



## Newsletter No: 60

Friday 8th February 2019



Parents as Partners

### MERIT CERTIFICATES

\* POPPY  
\*CYGNETS

**WELL DONE!**

### MERIT CERTIFICATES

\* LUCY  
\* ROBINS

**WELL DONE!**

### MERIT CERTIFICATES

\*DANIKA  
\* OWLS

**WELL DONE!**



Number Day 2019

### MATHS AWARDS

#### CYGNETS

Daisy  
Logan  
Mia

#### ROBINS

Lucy  
Ronny  
Molly W

#### OWLS

Vitor  
Finlay  
Zak

Dear Families,

This week has been Children's Mental Health Week (4 – 10 February) nationally. This year's theme is Healthy: Inside and out – we're encouraging everyone to think about how they look after their bodies and minds.

Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults, so as parents and carers, you play a very important role in your child's health.

When we think about healthy living, we tend to focus on looking after our bodies – our physical well-being – through food, being active and getting enough sleep. However, in order to be healthy overall it's important that we look after our minds – our mental wellbeing – too.

Our bodies and minds are actually very closely linked, so things that we do to improve our physical wellbeing can help our mental wellbeing as well. When we take steps to be Healthy: Inside and out, it helps us to feel better in ourselves, focus on what we want to do and deal with difficult times.

Here are a few simple ways you can encourage your children to look after their body and mind:

- ~ Chat with your child about what you do to look after your body and mind, from walking the dog to turning your phone off before bed.
- ~ Praise your child and other family members for what they do to look after their body and mind – even if it's small.
- ~ Remind them that there's no such thing as a perfect body or mind – and no one is perfectly healthy! Your child might be tempted to compare themselves to other children, especially on social media, but it's important to remember that everyone's bodies and minds are different – and that's something to celebrate.
- ~ Do something regularly with your child to be Healthy: Inside and Out. Family life can be very busy and stressful at times. Cooking a meal, sitting down for a family dinner, or going for a walk together can be a great way to stay connected and have fun.



Regards

*Miss Hayes & Mrs Arrowsmith*

**Heads of School**





## FILM NIGHT

WEDNESDAY  
13<sup>TH</sup>  
FEBRUARY

3:30 PM



## READING RECORDS

Please can you ensure that these are returned to school every day!

### CHANGE OF MENU

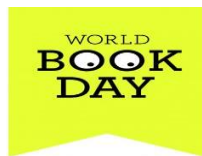
*Fairground  
Lunch*

*Tuesday 12<sup>th</sup>  
February*

'Go Faster Waltzer'  
(Sausage in a bun)  
(V) 'Dodgem Bangers'  
(Quorn Sausage in a  
bun)

'Chair-o-Plane Chips'  
'Carousel Corn'  
(Popcorn)

'Frozen Iced Scream'  
(Ice Cream)



PLEASE CAN CHILDREN DRESS UP  
AS THEIR FAVOURITE BOOK  
CHARACTER



## EMERGENCY SCHOOL CLOSURE

As the weather is getting colder and there may be chance of snow in the coming months then please listen to:

**KLFM** 96.7 FM

**Radio Norfolk** 95.1 95.6 & 104.4 FM,

or visit the following website:

<http://www.schoolclosures.norfolk.gov.uk/>



NSPCC

A massive thank  
you to all for  
your support

We raised £67.10



### SAFETY



We have had a few instances of parking which is a risk to the children. Please can Parents only use the Village Hall Car Park

# MAKE MUSIC DAY UK

21<sup>st</sup> June 2019

HELP

Are you a MUSICIAN?

Do you have MUSICAL LINKS?

Are you able to support our school on Make Music Day.

Any help would be greatly appreciated.

If you could leave you details at the school office.

Thank you,



**KWEST**  
Multi Academy Trust

## KWEST Academy's Roadshow

You are invited to attend one of the following sessions on

**Tuesday 5<sup>th</sup> March:**

St Germans Academy at 2.30pm (parents and staff)

Wimbotsham and Stow Academy at 7pm (parents and staff)

**Parents of Magdalen Children please attend either St Germans Academy or Wimbotsham and Stow Academy**

**NO  
DOGS  
ALLOWED**



Recently, we've noticed that the number of dogs on the playground has increased during drop-off and pick-up times. For health and safety reasons, we kindly request that you do not bring your dog on to the school grounds.

Thank you

If you have any queries or questions please speak to Mrs Arrowsmith or Miss Hayes.

## PUPIL PROGRESS MEETING DATES

	Meeting 1	Meeting 2	Meeting 3	Meeting 4
	<b>Week Beginning</b>			
Red	24/09/18	07/01/19	04/03/19	20/05/19
Orange	01/10/18	14/01/19	11/03/19	03/06/19
Yellow	08/10/18	21/01/19	18/03/19	10/06/19
Green	29/10/18	28/01/19	25/03/19	17/06/19
Blue	05/11/18	04/02/19	01/04/19	24/06/19

## FEBRUARY

Tues 12<sup>th</sup> – Fairground Lunch

Weds 13<sup>th</sup> – Film Night (Incredible 2)

Fri 15<sup>th</sup> – Break up for Half Term

Mon 25<sup>th</sup> – Back to School

## MARCH

Tues 5<sup>th</sup> March – Academy Roadshow

Thurs 7<sup>th</sup> – Flag Fen Visit Robins Class

Thurs 7<sup>th</sup> – World Book Day

Fri 15<sup>th</sup> – Red Nose

Fri 22<sup>nd</sup> – Year 5/6 Trip (Details to follow)

