



Newsletter No: 19

7th February 2020



Weekly Merit Certificates

Butterflies: Edward Fireflies: Frankie & Alfie
Dragonflies: Eve & Sebastian Ladybirds: Ethan & Elyssia



Weekly Attendance Award: Ladybirds 99.39%

Dear Families,

This week the children have been celebrating Children's Mental Health Week by thinking about "finding their brave". There has been many interesting discussions in the classes and the children have been excellent at articulating how they are feeling and things they can do to improve their confidence and self-esteem.

As well as promoting healthy minds it is vital we are also promoting other healthy lifestyle choices. One way in which we can do this is through providing healthy lunches for our children. Whether squeezing it in between getting a school uniform and making sure their shoes fit in the back-to-school rush, or on busy midweek evenings during term time, preparing your child's lunchbox can seem like just another thing on the list. School meals are a great choice, but if you do make a packed lunch for your child then we would urge you to think about using some of the ideas below or find further information at: <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

A healthier lunch box should be based on the eatwell plate food groups (see www.eatwell.gov.uk), which promote balance and variety in the diet. Parents and pupils should try to include something from each of the eatwell food groups in the lunch box.

Foods that a healthy lunch box should include:

- A good portion of starchy food, for example wholemeal roll or bread, wraps, pitta pocket, pasta or rice salad;
- Plenty of fruit and vegetables, for example an apple, satsuma, handful of cherry tomatoes or carrot sticks;
- A drink of semi-skimmed milk or a portion of dairy food, for example individual cheese portion or pot of yogurt;
- A portion of lean meat, fish, eggs or beans, for example ham, chicken, beef, tuna, egg or hummus;
- A drink, for example unsweetened fruit juice, semi-skimmed milk or water.

Remember, foods high in fat and sugar should be restricted. Treats can be included at lunchtime however plain or lower sugar varieties should be encouraged.

Miss Hayes and Mrs Arrowsmith
Heads of School

Next Week ...

Blue Week for Pupil Progress Meetings

Mon ~ Friends of the School Valentine Disco

Tues ~ Safer Internet Day

Tues ~ Swimming for Ladybirds Class

Thurs ~ Family Bingo

Valentine Disco

Don't forget your disco clothes for the Friends of the School Valentine Disco which is on Monday 10th February ~ 3.15pm to 5pm.

There is still time to hand your form and payment to the school office should your child wish to attend. Thank you



Board of Superhero Learners

This week the following children's work has been displayed on the Board of Superhero Learners:

Georgia, Miah, Aaron, Brody, Finn, Oliver & Zara.

Well done.



Outstanding Monies

Please could we ask that all outstanding monies be paid by **Thursday 13th February**. If you are having trouble paying please speak to either the ladies in the office or Toni Clarkstone as they will be happy to set up a payment plan for you. Thank you

Afterschool Clubs

The new Afterschool Club booklet is in bookbags **today**. We have some very popular clubs and they do fill up fast. Please make sure you return your booking form with payment as soon as

possible to guarantee your place on the clubs. Childcare is also available.



EDP Plant to Plate Campaign

Please remember tokens are printed in the EDP newspaper every day until Friday 27th March. Please bring your tokens to the school office. Thank you

Eastern Daily Press



Key Stage 2 Fruit Tuck

Due to an increase in supplier prices please note that from Monday 24th February KS2 fruit tuck will be 30p per day or £1.50 per week.



SAT Booster Sessions at St Germans

Year 6 SATs sessions will be starting after the half term.
YEAR 6 - SATS BOOSTER SESSIONS 3:15-4:30pm on Wednesdays; 26/02/20, 04/03/20, 11/03/20, 18/03/20, 25/03/20, 01/04/20, 22/04/20, 29/04/20 06/05/20. Please see Miss Burrell if you have problems attending these dates. Thank you



Holt Hall

Year 5 & 6 Holt Hall Residential

Please continue making payments to the office for this trip, remembering to send in your payment cards for updating the balance. Thank you.

Family Bingo

We are holding a family bingo on Thursday 13th February to raise money for new playground equipment. It will cost £1.00 to play per person which includes 3 games of 1 line, 2 lines and a full house. We are asking for donations of bingo prizes (suitable for children) and raffle prizes (suitable for adult or child) so if you have anything you wish to donate please bring it to the school office.

Doors will open at 1.45pm and eyes down for the first game at 2pm, it is open to family members too (they will just need to pay the £1 fee for playing on the door).

Refreshments and cakes will be sold and there is a raffle – if anyone wishes to make cakes for us to sell at the event please let the office know. Please can we ask that cake donations are brought to the school office Thursday morning.

Please give the £1.00 to the class teacher on Thursday morning as they will have a register to ensure everyone who has paid gets to play.



WARNING - HEADLICE

It has come to our attention that we have these nasty visitors at our school! Please check your child and administer the necessary treatment. If your child has long hair please ensure it is tied back for school to help enable us to reduce risk of headlice spreading.

Thank you



Junk Modelling Request

Our junk modelling resources are getting low. If you have anything the children can make models with (any size boxes, tubs or tubes) please leave at the school office.

Thank you



RSHE Information Evening for Parents

We are holding a RSHE (Relationships Education, Relationships and Sex Education and Health Education) Information Evening for Parents on Tuesday 10th March at 6pm. A letter with what we will be discussing, and other information was sent home with your child earlier this week. This was also sent out via the MCAS app. If you would like another copy of the letter please see the school office.

Sickness Absence

Parents are reminded to ring the school every day before 9.00am if their child is unable to attend due to sickness. If you leave a message on the answerphone please leave a clear message and give the specific reason for the absence.

Thank you.



IQM Award

We are pleased to announce following St Germans Academy being awarded the IQM Inclusive School Award we are being featured on their website. Please go to the following web address to see our feature.

<https://iqmaward.com/news/st-germans-academy-achieves-inclusive-school-award/>



Diary Dates:

Ladybirds swimming this half term on Tuesdays

February

Mon 10th ~ Valentine Disco

Tues 11th ~ Safer Internet Day

Thurs 13th ~ Family Bingo

Fri 14th ~ Break up for Half Term

Mon 24th ~ Back to School

Wed 26th ~ Friends of the School Meeting at 2.45pm

Fri 28th ~ Omnes Volleyball Practise for Selected Children

March

Mon 2nd ~ Friends of the School Film Night

Fri 6th ~ Omnes Volleyball for Selected Children

Tues 10th ~ RHSE Parent Information Meeting

Tues 17th ~ Dance Festival at King's Lynn Corn Exchange

Fri 20th ~ Dragonflies Trip ~ Billionaire Boy ~ More Details to Follow

Mon 23rd to Fri 27th ~ Mother's Day Lunch Week - tbc

Mon 23rd ~ Friends of the School Easter Disco

April

Wed 1st ~ Tri -Golf Festival for Selected Children

Wed 1st ~ Break up for Easter

Mon 20th ~ Return to School

Thurs 23rd ~ Class Photographs including Preschool and Year 6 Leavers

Fri 24th ~ School Nurse to see Reception Children ~ Height, Weight, Vision and Hearing Check.