



Newsletter No 20 Friday 7th February 2020



Weekly Attendance Award goes to Kingfishers Again!

Dear Families,

This week the children have been celebrating Children's Mental Health Week by thinking about "finding their brave". There have 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

Week Commencing 03/02/20

Pupil Progress meetings start this week **BLUE WEEK** on your child's class day – time

- Mon 10th ~ 2pm Kingfishers Reading Café – parents welcome
- Tue 11th ~ Swans swimming
- Tue 11th ~ Ducklings Reading Café – parents welcome
- Thur 13th ~ Swans Reading Café – Parents Welcome
- Fri 14th ~ Herons Reading Café – Parents Welcome
- Fri 14th ~ Break up for Half term



SAT Booster Sessions

YEAR 6 - SATS BOOSTER SESSIONS

3:15-4:30pm on Thursdays 27/02/20, 05/02/20, 12/03/20, 19/03/20, 26/03/20, 23/03/20, 30/03/20, 07/05/20 and 14/05/20.

Please see Mr Johnson if you have problems attending these dates.

Thank you



Plea from the Ducklings Class

Ducklings are putting the finishing touches on their outdoor space and would like to paint the car tyres. If anyone has any remnants of outdoor paint or primer that we could use we would be very grateful, ideally before half term.

Also if anyone has any whicker baskets that they don't need anymore, like the hamper ones then please could they give them to Mrs. Tutin or the office.

Thank you!

POLITE NOTICE:

The school play equipment must only be used during school time. Please do not use before or after school.

The school is not responsible for any injuries or accidents on this equipment outside of school times.

Thank You



Upcoming Events 2020

February

Mon 10th – Kingfishers Reading Café 2-3pm

Tue 11th – Ducklings Reading Café 2-3pm

Thur 13th – Swans Reading Café 2-3pm

Fri 14th – Herons Reading Café 2-3pm

Fri 14th – Last Day break up for half term

Feb 17-21st – Half Term

Mon 24th – Back to school



March

Fri 6th – Omnes Games Volleyball

Tues 10th – RSE Parent Workshop @ St Germans 6-8pm

Fri 20th – Swans Trip Billionaire Boy – More to follow

Tue 24th – Cluster First Steps Netball Tournament

Tue 24th – Bags 2 school pick up

April

Thur 2 – 17th – Easter holidays school closed

Mon 20th – Back to school

Tue 21st – Cluster Tri Golf

Thur 23rd – Pret a Portrait Class photos

Thur 30th – Swans Trip to Norwich Castle

May

Fri 1st – Omnes Games Curling

Thurs 7th – Cluster Mini Tennis

Fri 8th May – MAY DAY BANK HOLIDAY SCHOOL CLOSED

W/C 11th-15th - SATS Week

Wed 20th – Y6 London Trip for Leavers

Wed 20th – Cluster Cricket Event

Fri 22nd – Last day break up

Mon 25th – 29th – Half Term School Closed