



Stoke Holy Cross Primary School

[www.stokeholycross.co.uk](http://www.stokeholycross.co.uk)



Newsletter  
October 2017

## October Newsletter!

We are racing towards the first half term of this academic year. Where have the weeks gone? What a busy 6 weeks it has been!

### A Busy Year 3!

A focus on habitats in our school grounds, a maths café and a trip to Gressenhall to experience life as a Stone Age person have all been experienced by the Y3 children already this half term! Here are a few things the children had to say about the RSPB Habitat event:

*'I enjoyed sticking the stickers onto the map because it was fascinating where the stickers go.'* GB

*'I liked the nature walk because I loved working in a team.'* CT

*'I liked the habitat walk because I found different insects.'* DS

*'I enjoyed building the shelter because I like tying knots.'* ME

*'I enjoyed being in the gallery and learning about all the possibilities of flint.'* DS

*'I enjoyed the trip and I really liked the hunting and gathering.'* ES

### All Different, All Equal Anti-bullying week – 13 -17 November

This year we are pleased to have secured Firehorse Productions to visit school to present 'The B Word' – an interactive production to help Y2-6 children understand how to deal with bullying. Thank you for the donations towards funding this activity. Although we cover this in school we would not have been able to engage Firehorse Productions to bring this subject to life. For more information on Anti-bullying week please visit: [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

## **Bio Blitz**

Year 5 were visited by an expert from the RSPB who explained how the children would be acting as scientists, looking for living things in the school grounds. It is called a bio blitz because it is a fast survey. The children started by thinking about what living things they may find and what signs and clues they could look for. This is what the children thought:

*'The bio blitz was really fun and informative. We were told how to handle wildlife carefully. My favourite part was looking at the snails.'* AL

*'I liked looking under logs, especially when we found some maggots! I really enjoyed the afternoon and I hope we do it again in the future. This was my second bio blitz, but I think this year was even better than last time.'* PS

*'I really enjoyed looking for wildlife with my friends.'* AM

*'The bio blitz was really fun and Rodger from the RSPB was great at answering our questions. My favourite part was when I had a harvestman spider on me and it would not leave my ear.'* WH

We would like to thank the RSPB for giving their time freely to the Y3 and Y5. Watch this space as YF will experience their expertise in December – more details to come!

## **We Are A Nut Free School!**

*Please remember that we have a number of children with food allergies and so ask that no products containing nuts are brought into school. Please check ingredients lists on chewy bars etc. to be certain. Thank you.*



## **Outdoor Classroom**

All the children are enjoying the use of the outdoor classroom at break time and lunchtime. The African drumming takes place in there with Y5 and Y6 under the direction of Mr Bell, one of our music specialists. We are continuing to develop learning opportunities to make full use of this new facility. It is always a pleasure to show visitors our new Outdoor Classroom and it never gets less than a WOW!

## Y1 News

Well done to Y1 parents for baking and thank you to everyone who bought cakes. A record breaking £160 was raised for Y1 to spend - get your thinking caps on Y1. They'll let you know what they bought.



This week also saw Dr D Enay visiting year 1 to conduct a 'Wicked Weather Workshop' to enhance the children's learning focus this half term. Thank you to all the donations towards this event enabling us to run it.

## Advanced Warning – Non-uniform Day for Christmas Hampers! Friday 24 November

This could be the first chance to air your Christmas jumper! We will be holding a non-uniform day to help with preparing the Christmas Hampers for our Christmas Fair. Children are encouraged to come to school in clothes of their choice (still suitable for a usual school day) in exchange for a donation for their class Christmas hamper. This can be anything that you might like to find in a winning family hamper - chocolates, biscuits, 'smellies', crackers, bottles of drinks, tins or packets of food etc. Please ensure all food is within sell by date and any alcoholic drinks are handed into the office by an adult.

## School Association News

Laura Hood is welcomed as the new Chair of the School Association. Vice Chair Holly Elverson will ably assist her. The newly formed Committee have some great plans for the school community to enjoy while raising some generous funds for all the children.

I would like to take this opportunity to thank Nicki Mayhew who has stepped down from Chair after 5 years of co-ordinating the School Association. Her commitment to the school has been unwavering. Although she will no longer be Chair, she will still be helping out at events – she doesn't escape that easily!

## How Hill – Y6 Visit

A great success and thoroughly enjoyed by all. A special thank you to the staff – Mr Claxton, Mr Phillips and Miss Coman - who gave up their time to be part of the residential trip. It was great to have Mrs O'Grady on board again volunteering on this trip. She said the children were a credit to the school. We are already planning a residential for Y6 next year!

## Rugby Club

Mr Phillips and Mr Scott are running this club, for upper school, between them this term. I would like to thank them for giving up their valuable time to coach the children. There will be a tag rugby competition this year but more details to follow later.



## Supporting you with healthy choices

The Daily Run is truly embedded after only six weeks! The children are keen and even more children are able to maintain their running for the full 10 minutes. Our children competed with a great sporting attitude On Monday 16<sup>th</sup> October at Framingham Earl High School. Many of them have gone through to the next round and this, in part, is due to their Daily Run.

The school lunches, provided by Norse, comply with nutritional standards but it is sometimes not so easy to pack healthy options in lunch boxes.

### What should be in a healthier lunch box?

A healthier lunch box should be based on the eatwell plate food groups, [www.eatwell.gov.uk](http://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 and ensure that this includes a drink. Bright and colourful foods with different tastes and textures should be encouraged. Fruit and vegetables do this naturally. If the food looks good then the chances are that children will want to try it. There are many ways to keep the lunch box exciting, for example adopt a colour theme for each day, take inspiration from holidays or different countries and foods that are in season or grown in the school or home garden.



### 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, mini-can of fruit chunks in natural juice or a small box of raisins. • 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.

### Foods that should be limited

Remember, we should all aim to reduce foods high in fat and sugar. Treats can be included at lunchtime; however, plain or lower sugar varieties should be encouraged. **WE REQUEST YOU DO NOT SEND FIZZY DRINKS IN A CAN OR BOTTLE.**

For more information on what to have in a lunch box refer to the 'School food: top marks' lunch box leaflet, Are you packing a healthy lunch? - [www.publichealth.hscni.net](http://www.publichealth.hscni.net).

## Junk Modelling – Cardboard needed!

Year 5 are junk modelling after Half Term. Please bring in any spare cardboard you may have. Thank you.

