



Dear Parents and Guardians,

As we welcome the third edition of our Froebel House Newsletter, I would like to take this opportunity to thank the community for their support and positive feedback regarding our first two editions and their contents.

Best Wishes,

Mr. Roberts (Headteacher)

THOUGHT OF THE DAY:

Education is simply the soul of a society as it passes from one generation to another.

– G.K. Chesterton

QUOTE OF THE DAY:

“You will not be punished for your anger, you will be punished by your anger.”

– Buddha

Worthy of Praise

WHAT IS WORTHY OF PRAISE?

Worthy of Praise is an opportunity for the school to recognise students who have made a noteworthy contribution to the school, each week, during our Monday morning assembly. Each teacher, when discussing the class and their merit cards, selects a student that they believe deserves to be recognised school-wide for their efforts.

A 'Worthy of Praise' candidate has met one or more of the following criteria:

- Demonstrating a genuine caring and responsible attitude towards others
- Demonstrating and practising an improved positive attitude to learning throughout the week
- Working independently to improve their academic performance through effort and perseverance, having struggled to do so in the past
- Modelling the behavioural expectations of the school throughout the school
- Demonstrating good manners, polite behaviour and genuine acts

of kindness towards other members of the class and school community

I would like to congratulate the following students for qualifying for 'Worthy of Praise' over the last six months:

Worthy of Praise over the last six months:

Reception: Isobel Dearing, Ethan Maiolo-Skelly, Eden Michaels

Year One: Henry Osgerby, Millie Humphrey, Scarlett Lane, Olivia Pennack

Year Two: Tristan Boakye, Sophie Fitzsimons, William Hird

Year three: Olivia Harding, Dandara Richardson, Sarah Solaiman

Year Four: Yasemin Aydemir, Zainab Ahmad, Annabelle Pennack

Year 5: Emily Firth, Saad Bhamji

Year 6: Harry Barker, Grace Wilkinson, Eve Pashby, Saaima Bhamji, Luke Priestman



WELL DONE HARRY

Congratulations to Harry Barker, who was part of the Elloughton Blackburn Yellows team that won the South Cave Cup.



CONGRATULATIONS TO JOSHUA

Congratulations to Joshua Long for completing the Beverley 2K Fun Run. Joshua did extremely well and will be competing in the Humber Bridge 2K and the Humberside County Athletics open over the May half term.

Packed Lunch – Why is it so important and what constitutes a healthy packed lunch?

INTRODUCTION

To grow and stay healthy, children need to eat a nutritionally well-balanced diet and one of the most important meals of the day is their packed lunch. I often peruse the students' lunch boxes to ensure students are eating a healthy lunch and, in many cases, it is evident that the intention is to ensure that the children are doing so. However, one element that still concerns me is the amount of sugar consumed between 12.25 and 12.45.

Schools are an influential setting and can contribute significantly to improving the health and well-being of pupils. We all know that good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables. I know how easy it is to fill a packed lunch box with what a child wants, as opposed to what they nutritionally need!

It's important to note that packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced, nutritious and, above all, healthy.

AIM

To ensure that packed lunches reflect the school's efforts to promote a healthy learning environment and, in doing so, to support learning.

The short-term effects of unhealthy packed lunches and food intake can include: poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may have an impact on a child's learning. The longer-term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.

To help parents with the daily bind, I have included some easily absorbed pointers to keep in mind when trying to get the healthy options in the box to replace those that are not!



Make good food fun:

- Cut bits of salad into shapes, to make it a fun eating experience; think star-shaped tomato slices or spiralized carrots.
- Focus on bright colours in the lunch-box – blueberries, raspberries, and red tomatoes – to make the lunchbox look vibrant.

Ditch the quick energy options:

- Swap the refined carbohydrates in their sandwiches for slower release options such as whole-meal or seeded bread.
- Very sugary snacks can often give your child short bursts of energy, which leave them hyper, but then eventually cause the lows that leave them deflated and lethargic by home time. Instead, try choosing savoury or low-sugar snacks for more constant energy levels. I often know who has had a lot of sugar at lunchtime because they tend to crash in the afternoon and it's not very pretty! I know when my own children have had too much sugar at a party (or when I share my chocolate buttons which, quite frankly, is not very often) they are as high as kites for an hour or so afterwards before the dreaded tear festival begins.
- If your child really can't give up sweets, rather than

going for very sugary snacks, choose healthier sweet treats that also contains nuts to lower the GI of the treat and give a more sustained energy release. Could this be the secret to stress-free bedtimes?

- Swap fruit juices for water – not only will these juices upset your child's dentist, but the concentrated sugar they contain will also cause the energy highs and lows that you want to avoid.
- Encourage them to eat sugar-free, salt-free nut butters, such as peanut butter or cashew butter. You can also try cinnamon apple crisps or vegetable crisps.

Involving your kids:

- A great way to ensure that your healthy lunchbox is a success is to get your child involved in preparing, packing and choosing the items that go into the lunch box.
- If they've helped to make their healthy sweet treat, grow the tomatoes in the salad or cut their sandwiches into star shapes – they'll be more excited and feel a little more involved when it comes to their healthy lunchtime.

Packed Lunch continued...

- Involving your children now is teaching them the value of a healthy diet which, hopefully, they will carry with them throughout the rest of their life.

How to snack swap:

- Try and choose healthy options – so, instead of crisps, choose sliced carrots. Sweets can also be swapped for raisins or dried mango. Homemade fruity flapjacks are also a great option as they're healthy but are still a treat.
 - Drinks – any drinks provided in lunch boxes should only include either plain water, milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies.



SOME USEFUL LINKS

Behaviour in children: how diet can help

<https://www.bbcgoodfood.com/howto/guide/behaviour-children-food-and-additives>

Brain tests predict children's futures

<http://www.bbc.co.uk/news/health-38281663>

The Links Between Diet and Behaviour

<http://www.foodforthebrain.org/media/229766/FHF.pdf>

Does diet affect children's behaviour?

<http://www.abc.net.au/health/features/stories/2014/05/01/3995642.htm>

Brain tests predict children's futures

<http://www.bbc.co.uk/news/health-38281663>

Assemblies – What do we do?

Assemblies are an integral part of the day at Froebel House and every day starts with one, with each day having a specified assembly outline. Assembly offers the children the opportunity not only to meet as a whole school, but also to sing a hymn and to join in communal prayer which includes reciting the Lord's Prayer. We believe this is an excellent way to start the day before the children jump on to the learning wheel.

The weekly assembly roster follows the following routine:

Monday: 'Worthy of Praise' and Merit Assembly

Tuesday: House Meetings

Wednesday: Headteacher's Assembly

Thursday: Class assembly

Friday: Hymn Practice

On a Wednesday I use the assembly to touch upon PSHE themes which, this month, have included the following:

Honest Joe – A story about a young boy who kept on pretending

to be sick when he wasn't and the value of telling the truth.

From Small Acorns – A story about growing up and the correct conditions for growth and being responsible.

Too busy to help – Helping other people and not being selfish.

Too big for her boots – The importance of being level headed and keeping your ego in check.

Stephanie's Test – Avoiding temptation by quite simply doing the right thing.

The Training Shoe – Making the most of the talents that you have and being patient as your talents emerge.

Haircuts

Please ensure boys' hair is a sensible length – not too long, not too short and not shaved. I will not accept shaved hair, a number one length hairstyle or a Mohican style haircut. If the hair length is not suitable, then boys will wear their cap until it is. Please be vigilant when at the barbers/hairstylists to ensure the wrong grade is not chosen by mistake.

Girls' hair must be tied back neatly with a green bobble, and, if necessary, a green slide and ribbon. There should be no decoration in the hair. Braiding should be simple, kept to the minimum and tied back neatly.

The Uniform Shop

If you have any second-hand school uniform items surplus to requirements, then please let Mrs. Gadd know immediately, as we are very short of stock. Any uniform item is gratefully received. Mrs. Gadd's contact number is 07964 466191.

Arrival & Dismissal Time

- ⚠ Please do not park on double yellow lines anywhere near the school at any time.
- ⚠ Any child arriving after 9am is considered late.
- ⚠ Please do not, under any circumstances, at any time of the day, reverse onto the pavement outside the school – it is extremely dangerous. It takes a minute to drive up to the roundabout to turn around. In this last two weeks alone, we have had three incidents of parents backing almost up to the white fence which is, quite frankly, incredibly dangerous and severely lacking in care and thought.
- ⚠ Please will parents supervise their child/children outside school at dismissal time. It is a public pathway and we should respect that. A small number of children run up and down the street, shouting, and some walk on the walls of residents' properties or run in and out of gardens, which is not acceptable and not in line with the school's behavioural code. Your support in this regard is much appreciated.

Stationery

We still have some students who do not have the stationery they need to fully participate in lessons. Please check against the lists below and where you have gaps, please fill in accordingly.

The following items are essential so please ensure that your child has them in his/her pencil case:-

Years 4, 5 and 6

Scissors, large glue stick, coloured pencils, pen, compass, 30 cm ruler, white rubber and canister pencil sharpener.

Years 2 and 3

Scissors, glue stick, felt tips, coloured pencils, 30 cm ruler, white rubber and canister pencil sharpener.

Year 1

Coloured pencils, glue stick, white rubber and canister pencil sharpener.

Reception

Pencil crayons, pencil case, large glue stick and a rubber.

NB. Tippex is not allowed in school.

Uniform

Although reminders have been sent home we still have children either without the correct uniform or wearing uniform that is either too small or past its presentable date.

Please name all clothing, as we have no other way of identifying lost clothing. If we find unnamed clothing we donate it to the school uniform shop. Iron on name tapes are very easy to use. P.E. bags **must** be named on the outside with a permanent marker.

Children need **two** pairs of **named** plimsolls. One pair is for P.E. and one pair for indoor shoes.

Please label the P.E. shoes and keep them in the P.E. bag at all times.

Children also need a pair of white socks for P.E.

- The green waterproof jacket should be in school at all times. If children wear the jacket home, please return it the next day. Please check and make sure the jacket your child has is their own jacket and not somebody else's.
- Please ensure that wellingtons are black or green.

Parental warning/caution: FORTNITE

The NSPCC have suggested that 25% of children had been contacted online by strangers through Fortnite.

The charity advised parents to turn off the voice chat system in the game to ensure children avoided inappropriate contact. But the charity warned that the text messaging system in the game could not be disabled.

The NSPCC said parents should:

- let children know they could talk to them if upset or worried by anything they had seen online
- familiarise themselves with what their children did online and understand why they liked particular apps or games
- agree family rules on how to use apps, sites and games
- use privacy settings and parental controls to keep children safe

Read the article below for more information:

https://www.bbc.co.uk/news/amp/technology-43988210?_twitter_impression=true