

Message from Mrs Ohene

Dear Parents and Carers,

This week children have learned how to keep physically healthy in our 'I am safe, I feel safe' assembly. What do you do as a family to keep physically healthy? Perhaps it's a walk in the park, bike ride, or even climbing up hills! Daily exercise is important for so many reasons, not least because it keeps us fit, but also because it's great for the mind and dispelling feelings of low mood. Getting out in nature can be the antidote to many ailments. It's also a great opportunity to seek out the awe and wonder of our world- the dew drops early in the morning, the sparkling frost on a wintry day, the sound of birdsong overhead.

Whatever you do this weekend, try and venture outdoors. I wonder what wonders you will see...

Kind regards,

Mrs Ohene

Toys

We do not allow personal toys to be brought into school unless specifically requested by the class teacher, e.g. for phonics or where a reasonable adjustment has been made. Toys should remain at home. If they are brought into school without express permission, they will be held until the end of the day and returned to parents.

Birthday treats

If you would like to celebrate your child's birthday then we kindly ask that you make a book donation to the class instead of handing out sweet treats. We want to give our children the best chance of growing up healthily and are committed to being a healthy school.

Punctuality

Please ensure your child/ children are on time for school every day. Gates close at 8.55am. Learning begins promptly at 9.00am. Children arriving after this miss out on core learning, including phonics- key skills for reading and writing.

Pond life!

In other news, our pond is coming along- some plants have gone in. On **Monday 27th January**, Year 2 children (as our Bee champions) will take part in our 'Big-dig-Plant-a-thon.' Several plants, seeds and Bee bombs will be planted as part of our commitment to biodiversity and sustainability at Elmtree. We want to attract pollinators to protect vital eco-systems.

Appointments

To minimize disruptions to your child's learning and maintain consistency in their school routine, we kindly request that all appointments, such as medical or dental visits, are scheduled outside of school hours whenever possible. Proof of these appointments may be requested to ensure accurate record-keeping. Please note that early collection for non-urgent reasons is not permitted, as it impacts both the child's education and the smooth running of the school day. Your cooperation in adhering to these guidelines supports the best interests of all students.



CELEBRATION

Happy Birthday

- Hamza - Nursery
- Isabelle - Cherry

Headteacher Award

- **Antoni - Birch**



Attendance

School attendance over the last 7 days is **96%**

Let's aim to be in **#SchoolEveryDay** next week

Champion Year Group: Year 2

This weeks attendance

Reception - 93%



Year 1 - 96%



Year 2 - 98%



Remember that **#MomentsMatter**

We expect all children to attend school for at least 96% of sessions across the year.



ATTENDANCE
EVERY DAY COUNTS!

Expected attendance means having no more than seven days off in the school year!

Attendance matters!



**MOMENTS MATTER,
ATTENDANCE COUNTS.**



Dates for the diary

20th January “January Joy Day” Children to wear their favourite colour (MUFTI)

20th January Stay and play sessions for ALL classes (art) 9.00-9.45am

5th February Maple Class Assembly 9am

12th February Cherry Class Assembly 9am

17th February—21st February Half Term

24th February Return to School



DANGEROUS- driving and parking- PLEASE KEEP OUR CHILDREN SAFE!

Last week, children learned about road safety. We shared keep messages to help them know how to be safe and some messages for their grown-ups too! We are sorry to report that we have seen several dangerous behaviours that are putting our children's lives at risk. We want our children to come to school safely, knowing that whether they are walking, scooting or coming by car, everyone is following the Green Cross Code as well as safety rules in the car.

Parking restrictions

Any white and yellow zigzag markings indicate **no waiting, no stopping and no parking**. Parking or stopping on these markings creates dangerous blind spots and makes the area outside school much less safe.

Letting children out of cars in the road

Every morning, we see parents letting their children out on the roadside, with oncoming cars present. Others have paused in the middle of the road to let their children out. This is incredibly dangerous- it disrupts traffic, causes frustration and significantly increases the chance of an accident.

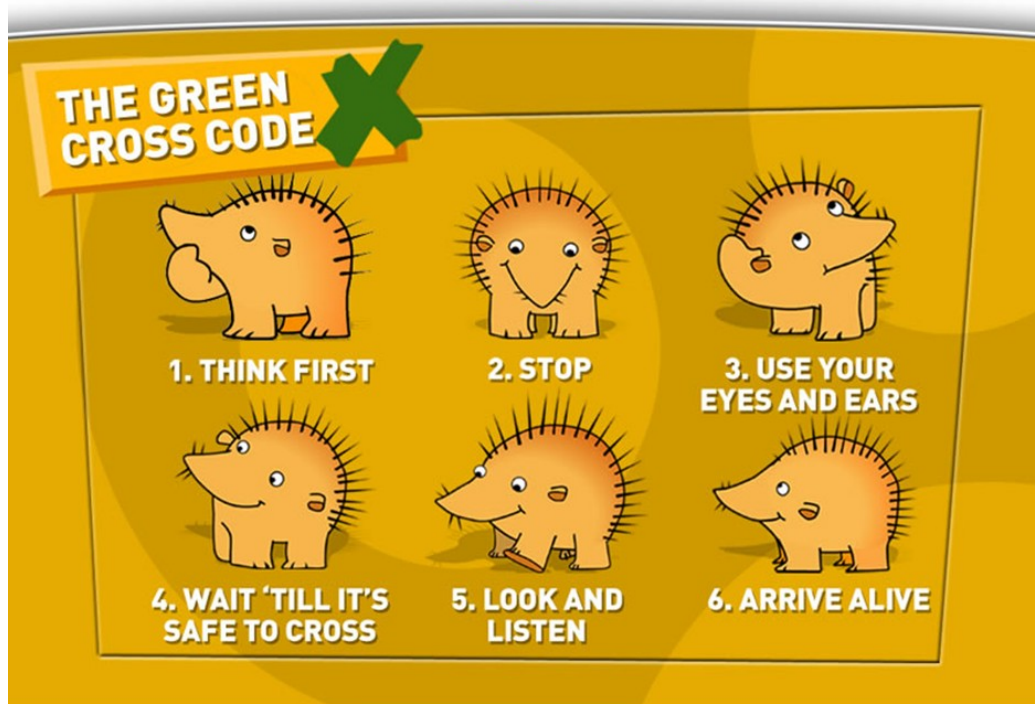
U-turns on Elm Tree Hill

We have seen multiple drivers perform u-turns on Elm Tree Hill. This manoeuvre causes traffic to back up and makes the road unpredictable and unsafe. Please continue driving in the same direction. There is space to turn further up the hill (round the corner), away from the school. **Adding a few minutes to your journey will help keep everyone safer.**

Thank you for your co-operation in making drop-offs and pick-ups safer for everyone.



Stop look  listen live



Pond Life



'Big-dig-Plant-a-thon" Monday 20th January



Healthy Lunches

Lunchbox tips



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[See more healthier swap ideas](#)



Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.



Plan to Eatwell

The guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. It can be really useful when thinking about what goes into kids' lunchboxes.

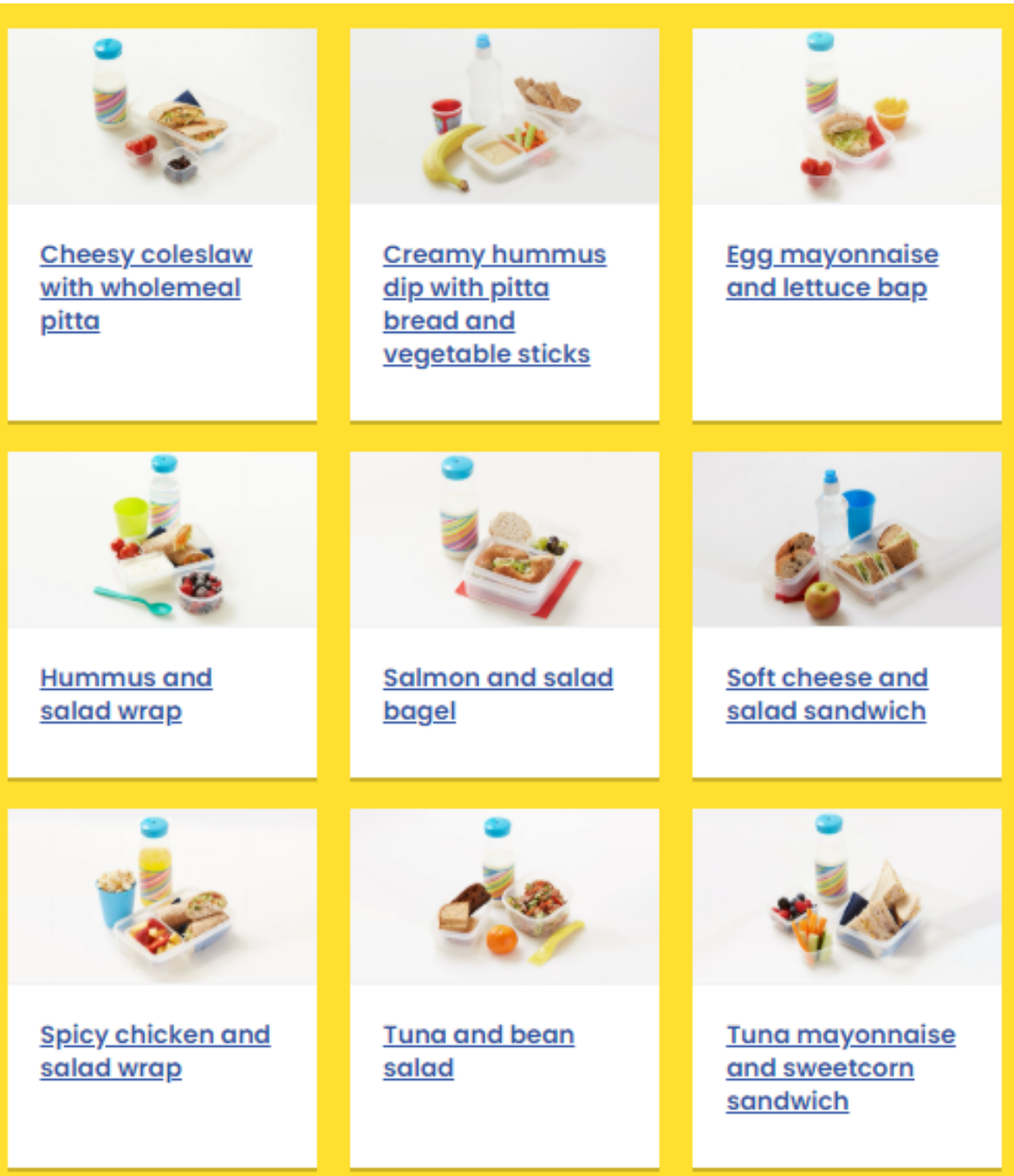
[The Eatwell Guide](#)

Healthy Lunches

Packing a nutritious lunch for school is key to keeping kids energized and focused throughout the day. A balanced lunchbox should include a mix of fruits, vegetables, whole grains, proteins, and dairy to provide all the essential nutrients. Swap sugary snacks for fresh fruit or yogurt, and choose wholegrain bread or wraps for added fiber. Planning lunches together can also encourage kids to try new, healthy foods. For tips, ideas, and easy recipes.

visit www.nhs.uk/healthier-families/recipes/healthier-lunchboxes.

Healthy lunches, happy kids!





FEB
HALF-TERM

PREMIER HOLIDAY CAMPS

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Premier
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INSPIRING
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YOUR NEAREST HOLIDAY CAMPS

Venue: **THOMAS HARDING JUNIOR,
HP5 1LR**

Dates: Monday 17th - Thursday 20th February

Ages: 5 - 12 year olds

Cost:	FULL DAY	EXTENDED DAY
	9:00am - 3:30pm	8:30am - 5:30pm
	£26.00 a day	£34.61 a day

Additional info: Please note that we can only accept children in current year 1 - 6 classes as per our Ofsted guidelines. As an Ofsted registered site, you can also book online using childcare vouchers!

Our 5* Holiday Camps are the perfect place to keep your kids entertained over the February half-term.

Children can meet new friends, have lots of fun, and create wonderful memories!

Every day is different, with a mix of fun activities that children may not have tried before - from dodgeball to cricket, basketball to archery.

Book now for a half-term full of fun!

CAMPS ARE BETTER WITH FRIENDS!



TREAT YOUR FRIENDS TO 20% OFF...AND GET 20% OFF TOO!

*Ts&Cs apply. Refer a Friend discount on new bookings only.

Contact: office-11@premier-education.com

PLEASE BRING

- A packed lunch
- Plenty of water
- Suitable clothing
- Loads of energy!



Based on over 20,000 reviews