
June Newsletter

Welcome back after the holidays

I hope that everybody has had a great holiday and is refreshed and ready for the next seven weeks which will take us up to the summer holidays when hopefully the sun will shine. Let's hope that the sun also shines for more than two consecutive days this half-term so that the children can get onto the grass to play!

This is generally a very busy term in school with teachers preparing reports, getting ready for Sports Day and Golden Day, having transition mornings and meetings, organising lots of end of year activities as well as the usual daily tasks of teaching and learning. We have lots of exciting things planned!

Many thanks for continuing to encourage the children to continue to walk and cycle to school. This is a healthy alternative to driving and really reduces the traffic congestion outside of school.

Contact Details

I know this is a standing item on every newsletter, however it is very important that we have **current and up-to-date phone numbers and contact details for every child in school at all times**. If any of the contact details we hold for you or your child change, you must let us know the new information as soon as possible. Failure to do so can often pose problems if we need to contact you regarding your child. We would also request that current email addresses are checked and updated. This information can be emailed to cairnsr02@brigshawtrust.com.

Keeping Safe at all Times

With the weather becoming warmer, we recommend that the children bring a fresh bottle of water every day. These water bottles need to be taken home and washed on a daily basis as they can be a source of germs, especially in the hot weather. Please do not send juice as it only becomes sticky and attracts ants and flies.

If we get any real sunshine, please also ensure your child has a named sunhat to wear at playtimes and that sun cream has been applied prior to coming to school.

Digital and internet safety is something that we take very seriously at school and we regularly talk to the children about how to keep themselves safe online. Why not ask your child to see what they can remember!

FAB and Summer Fair

As with the Christmas Fair, our Summer Fair will be held after school and will take place on Friday 5th July. The fair will run from 3:30pm – 4:45pm and each class will be responsible for running their own stall. There will also be a BBQ and hopefully lots of sunny weather. FAB are busy planning and organising lots of other exciting events and activities for the fair – we will keep you posted! We look forward to seeing you there.

FAB's 5p Challenge is also proving very popular with the children and has created some healthy competition between the classes. Remember any spare 5p pieces that you have can be bought into school and added to your child's class bottle. The class with the most before we break up for summer will receive a prize.

2019/2020 Dates

The academic year for 2019/20 will begin on Tuesday 3rd September and end on Friday 17th July 2020.

There will be five training days as normal on which school will be closed to all children. They are as follows: Monday 2nd September 2019; Friday 25th October 2019; Monday 6th January 2020; Friday 22nd May 2020 and Monday 20th July 2019.

Please remember 'Learning Matters, Make Every Day Count'. We would remind parents that anyone taking their child out of school for a holiday during term time is liable to a fine of up to £60 per child.

Assessment Time for Year 1

As many of you will be aware, the Year 1 children will be taking their National Phonics tests during the week beginning 10th June. Phonics works best when children are given plenty of encouragement in order to learn to enjoy books and reading and you as parents play a very important part in helping with this. Some simple steps to help your child learn to read through phonics include:

- Ask your child's class teacher about how we approach teaching phonics and how you can reinforce this at home. For example, their class teacher will be able to tell you which letters and sounds the class is covering in lessons each week.
- When you read with your child, you can then highlight these sounds. Teaching how sounds match with letters is likely to start with individual letters such as 's', 'a' and 't' and then will move on to two-letter sounds such as 'ee', 'ch' and 'ck'.
- With all books, encourage your child to 'sound out' unfamiliar words and then 'blend' the sounds together from left to right rather than looking at the pictures to guess. Once your child has read an unfamiliar word you can talk about what it means and help him or her to follow the story.
- Your child's teacher will also be able to suggest books with the right level of phonics for your child. These books are often called 'decodable readers' because the story is written with words made up of the letters and sounds your child has learnt. Your child will then be able to work out new words from their letters and sounds, rather than just guessing.
- Try to make time to read with your child every day. Grandparents and older brothers or sisters can help too!
- Word games like 'I-spy' can also be an enjoyable way of teaching children about sounds and letters. You can also encourage your child to read words from your shopping list or road signs to practise phonics.

Any questions, please see your child's class teacher who will be more than happy to help.

Assembly Dates and Reminders

Celebration assemblies on a Friday afternoon are a real highlight of the week for us all and we are very pleased with the amount of visitors that have been attending. If you have not managed to join us yet, we would love to see you at the next assembly you are invited to.

To help keep the children quiet and engaged in the assembly, we would be very grateful if you would resist the temptation to talk, have mobiles switched to silent and use the break-out space provided outside for any toddlers who may be upset or restless. This will really help make the assemblies run more smoothly. Thanks in advance for your co-operation.

Date	Foundation Stage & Key Stage One	Key Stage Two
Friday 7 th June	Year 2	Years 4 & 5
Friday 15 th June	No assembly – FAB Sponsored event	
Friday 21 st June	Reception	Years 3 & 6
Friday 28 th June	Year 1	Years 4 & 5
Friday 5 th July	No assembly- Summer Fair	
Friday 12 th July	Year 2	Years 3 & 6
Friday 19 th July	No assembly – last day of term	

A Note from the Head Teacher: The Importance of Healthy Lifestyles

It's extremely important for children of all ages to continue (or to start!) to lead a healthy lifestyle, including eating nutritious meals as well as getting plenty of exercise and adequate sleep every day. These positive health habits will help children grow strong, stay healthy, and decrease the likelihood that they will become obese.

Childhood obesity rates have increased dramatically in recent years. Children's skyrocketing rate of obesity is worrisome because it greatly increases children's risk for remaining obese in adulthood, which in turn raises their risk for heart disease, stroke, cancer, diabetes, and premature death as adults. Obese children may also develop associated health problems during the middle childhood stage, such as high blood pressure, high cholesterol levels, and respiratory problems. Obesity can also set the stage for problems with self-esteem, depression, anxiety and social ostracism, and/or being victimized by bullies.

Healthy diet and adequate exercise are important in preventing Type II diabetes in childhood as well as obesity. In Type II diabetes, the body does not produce enough insulin to deal with all the sugars coming into the body.

Children who embrace healthy eating and exercise habits during middle childhood will have a much easier time maintaining a healthy lifestyle through adolescence and adulthood than individuals who try to make the shift later in life. Teaching children to habitually eat moderate portion sizes and to choose healthy foods in preference to junk foods becomes increasingly important as children begin to spend more time away from home and gain more independence over their food and activity choices. Even though parents have less control over their children's eating habits during middle childhood than when children were younger, it remains vital that parents continue to reinforce children's healthy habits whenever possible.

On that note, we are really looking forward to introducing our new 'Healthy Packed Lunch' policy. If you would like any more advice or support regarding healthy eating before we launch this new policy, please contact myself or Mrs Oldroyd.

The Importance of School Trips

We are always grateful for the support that all parents and carers clearly demonstrate when we run school trips - we would be unable to give the children these positive experiences without this financial support. Thank you in advance for your continued support.

Sports Day

As we prepare for Sports Day on Thursday 20th June, our fingers are crossed for a dry day. We want to ensure everyone stays safe on the day as if there is any rain prior to the event it becomes unsafe to run. We will keep everyone updated and, if it has to be postponed, we will try again on Tuesday 2nd July.

Open Door Policy

Just a quick reminder that if anyone has any worries, issues or concerns regarding school, please do not hesitate to contact us at any time. It is better to sort concerns face-to-face rather than over social media/email. We will always endeavour to work with people to solve whatever the concerns may be.

If there is anything in this newsletter that you would like to discuss further, please do not hesitate to contact school.

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