

Value of the week:

This week we continued to consider healthy eating, particularly focusing on our intake of sugar. There is a very informative programme from Jamie Oliver available on line at <https://www.youtube.com/watch?v=hS4zLOws7jM> which explains in detail about some of the problems associated with sugar consumption. Some of this will be too much for many children, as there are some worrying images of illness and tooth decay, but as a professional, and also as a parent, I found it very interesting. The clip showing how much hidden sugar there is in a "healthy" day's food is suitable for all and may be something that you want to share with children. Our aim is to educate children to make good choices, not to avoid sugar all together, and to get into habits that will enable them to have a long and healthy life. One child in Year 1 chose chocolate at the disco last night, and then said she would choose water instead of squash because it was healthier and had less sugar. This balance, understanding, and awareness is ideal. Next week we move on to thinking about exercise and the role it plays in our health.

Achiever of the week:

Minibeasts: Charlie P
Minibeasts: Jordan C
Tigers: Josie S
Zebras: Riley P
Penguins: Angus C
Giraffes: Cayden H
Lions: Joshua K
Meerkats: Oliver MH
Eagles: Jasmine W

Value of the week:

Minibeasts: William T
Minibeasts: Jasper McC
Tigers: Alecia J
Zebras: George S
Penguins: Ella B
Giraffes: Luke T and Nia J
Lions: Freya H
Meerkats: Samantha L
Eagles: Olivia S

Next Week:

Is Arts Week! All classes will be doing a variety of activities as part of the week, with the main sessions being Tuesday afternoon, Wednesday afternoon and all day Thursday. We are looking at Chinese New Year as our theme, with many activities based around this.

Lunch next Thursday:

As part of our celebrations of Chinese New Year, Tammy and her team will be preparing a special Chinese-themed lunch on Thursday next week. From Year 1 and above, if your child already has a meal booked with us, we have asked them today which choice they would like, but if your child isn't usually booked in for a school meal next Thursday they might like to change for that day. If so, please fill in the **slip** that will come home with your child today. The menu is as follows:

Chinese Menu

Option 1: Chinese Chicken Noodles

Option 2: Quorn pieces in a sweet and sour sauce with Rice

Option 3: Packed lunch

Option 1 and 2 will then include stir fried mixed vegetables and prawn crackers, and for pudding there will be Strawberry Jelly and Orange segments

We are sending a slip home with all Reception children: please choose with them what they would like and send this back in on Monday. If we don't receive a slip from you on Monday, we will ask the children what they would like as we need to give numbers to the kitchen. If you need a slip but can't find it there is one sent as an attachment with this newsletter. Please note that, as with every other day, we will make sure that children do not go hungry if it turns out they don't like something, and will make sure there are plenty of choices on the salad bar.

Thank you...

...to all those who supported the school discos last night. Thank you to those of you who accompanied children to the first disco, to those of you who brought and dropped off to the second, and particularly to all the parents and staff that helped out. The children seemed to have a great time, either as superheroes or as themselves, and this wouldn't have been possible without all the support they received. Thank you especially to the people in FoHPFS who organised the whole event. We know it doesn't just happen by magic, and appreciate all the time you spent in getting it ready and making it great.

Thank you...

As you know FoHPFS helps us out in many different ways. Their aim is to enrich the children's school experiences and offer the "add-on" extras that we wouldn't otherwise be able to fund. Through the generosity of all parents and friends of the school that take part in the fundraising activities, the Friends have been able to be very generous. There is a wider picture for the whole school, but for primary this means:

- Money spent on fiction and non-fiction books for the school library: these books will be kept in the library and some will be rotated termly so there is a small library in each classroom.
- Money towards some additional resources for our Arts Week next week. This is based around Chinese New Year, and thanks to the Friends we have been able to purchase some additional craft resources to make our week more exciting.
- Looking ahead, shortly after the Easter break, we will be having a performance of "Jungle Book" for all classes. This will give children the chance to see actors performing, and to immerse themselves in a novel in a very real way through live performance.

Thank you FoHPFS! Both to the committee and to all parents and friends who support events. The experiences our children get at school are richer because of you.

Voice in a Million: a message from Mrs Beckett for Year 4 and 5:

For those of you with children in the choir, and who have bought or will be buying tickets for this event:

If you would like the opportunity to travel with the choir on a coach, please could they let Mrs Beckett know by Tuesday next week and she will look into quotes and availability of transport. Please email her directly at sbeckett@heyfordparkfreeschool.org

A difficult subject:

We have had some children frightened by others last week and I know that we have some children in the school that have watched things on screens that would scare most other children (and some adults.) If these are then discussed in the playground, others can get scared, and we have had some difficulties with that this week, with some children talking about "killer clowns." I

would suggest that you don't bring up the subject with your children as many will not have been affected by it, but be aware that this is something that we have had to deal with in school this week. Our message to children has been:

- Don't watch things that your parents don't know about
- If you do watch something that is scary or that has a certificate that is older than you, please don't talk about it with others
- If you hear something that scares you, please talk to an adult, either at home or at school
- If you hear something that scares you, try to think about whether it is likely to be true or not before worrying about it: but do talk to an adult.

I would encourage every parent to be vigilant about what their child is watching on screens – so much can be found through a simple search engine that can lead to images and videos that are inappropriate.

In addition, please keep an eye on games that children play on line – there have been reports of inappropriate images and children talking to strangers on line through different games, including Roblox.

Friendships:

Most children at some point go through some friendship difficulties, and we are seeing quite a few with our Year 3 children at the moment. Miss Chalmers and Miss Curtis have talked to children about having a "bucket" and that you can add to other people's buckets by doing good things, saying kind things, including others etc., however you can also do the opposite. We are encouraging all our children to be "bucket fillers" not "bucket dippers."

Some challenges for reception children!

After having the topic of Space this week, can you show your family how to mix primary colours (red, yellow & blue) to create secondary colours (purple, green & orange) in the form of a beautiful planet? Use the skills experienced during 'Creative Friday' to predict which colours will be created with their 'magic fingers'. Don't forget to send photos and explanation via 2simple profile.

How much of your Space Rap can you remember?

Parents – can any of you support us with reading on a Wednesday afternoon? Please speak to one of the team if you can. Thank you.

PE:

There will be no PE at the specialisms campus next week, because of Arts Week and the changes to the timetable that this will mean. Children will need to be collected from the main Officers' Mess site.

Author visit:

This week, Natasha Spence came in to see Year 1 and 2 children to talk about her book "Molly's Shoe Box." There is an opportunity for children to buy her book – please don't feel any pressure to do so, as this is not why she came in to school – and children will bring home an **order form** today should you wish to buy it (£3.50 cash plus the order form in an envelope labelled with your child's name and class please.) Any profit made on the book by the author will go to the Oxford Children's Hospital.

Dates for your diary:

Monday 5th – Friday 9th February – Arts Week – more information to follow

Friday 9th February – last day of the half term

Tuesday 20th February – first day back after half term

Tuesday 20th February – Giraffes on a trip to Greatworth Farm – please let Miss Chalmers know next week if you can support.

Tuesday 20th February – first session of Cycle Training for selected Year 5s – children should come home with a letter today: don't forget your bikes!

Wednesday 21st February – Parent Drop-in sessions 2pm and 6pm with Mrs Healey and Mrs Hughes

Thursday 22nd February – Lions on a trip to Greatworth Farm

Tuesday 27th February – Meerkats on a trip to Greatworth Farm

Thursday 1st March – Eagles on a trip to Greatworth Farm

Tuesday 27th February, Wednesday 28th February and Thursday 1st March – Parents' Evenings for Primary parents: booking will be open by the middle of next week and we will send an email out when appointments can be booked.