



Weekly Newsletter

Living to Learn, Learning to Live



10.09.2021

REACH FOR THE STARS

Key Dates

School Closes Friday October 22nd for Half Term, opens again on Monday 1st November.
School closes for Christmas Holidays on 21st December

SPOT-LIGHT ON LEARNING

ACADEMIC YEAR 2021—2022

Autumn Term 2021
1st September 2021 - 21st December 2021

Half term: 25th October to 29th October 2021

Spring Term 2022
5th January 2022- Friday 8th April 2022

Half Term: 21st February to 25th February 2022

Summer Term 2022
25th April - 20th July

May day: Monday 2nd May

27th May Jubilee Day

Week beginning Monday 30th—Friday 3rd June—INSET Days

Whit Break: 6th June



WELCOME BACK!

It's lovely to see so many of our children back in school and looking smart in their new uniforms and new shoes!

You will have noticed that we have a lot of after school clubs on offer this term. We are trying to bring some normality back to school life and offer a variety of interesting opportunities after school, now that guidelines allow us to do so.

There are still spaces in Y3 (Thursday) and Y5 (Wednesday) chess club. You do not have to know how to play chess. We have managed to arrange for chess experts to come in to school to teach us (some of the staff want to learn also). Chess is a great game and really develops the thinking skills!

On our return, we are really looking at healthy eating. If your child brings a snack we will be asking you to send them with a healthy snack. This was a school rule which we have let slip, a little, during COVID times, but we really think encouraging our children to think about what they eat and how to eat healthy is a lesson for life.

Our school values:
We are always on the look out for children following our school values. It's very easy for us to do as our children are the best in the city!!



Support Macmillan

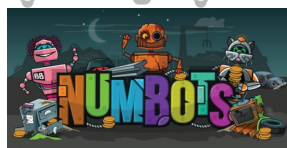
Friday 24th September before the start of the school day.
Drinks, cakes, breakfast items and fruit available for sale, on site to support Macmillan Coffee Morning 2021



Check here on our newsletter to find who our Lexia Superstars are!



Check here on our newsletter to find TTRS Fastest Rock Speed, Highest Earner, Most Improved and Star of the Week



Check here on our newsletter to find: Most Correct Answers, Most Coins Earned, Most Minutes Played



MENTAL HEALTH AND WELLBENG

Good health is about the mind as well as the body - feeling physically fit, and feeling good about ourselves, means that we can go and achieve more of the things we want to do in life. Staying in good health is important to all of us, and can become particularly important in later years. The best way to stay healthy - physically and mentally - is by learning how to take care of yourself, and about the support you can get to help with any health problem you might already have. Sometimes it's difficult to find the motivation, the time and the energy to make a few changes in our lives. We're all human! However a bit of effort can pay off in many ways.

<https://www.peoplefirstinfo.org.uk/health-and-well-being/>

Reading @ Wellesbourne!

Cooperate



This year we are excited about all the reading we will be doing in school.

At Wellesbourne, we want all children to be excited about reading and it be part of their daily routine at home, as well as in school. There are so many benefits from reading books with your children, it provides opportunities to talk to your child about situations and characters and makes them feel that their views are important too.

Respect



Also, children who develop strong reading skills do better in school. As part of daily homework this year, children should be reading their home reading book at home most days. This only needs to be a few pages a day. As an incentive, when children finish 10 books (or 5 longer books in year 5 and 6) they will receive a gift from Mrs

Ryan.

Can we ask you to write in their record, the page they got up to and any challenges or praise.

Also, if a child has finished their book, encourage your child to let an adult know and we will swap their book ASAP. We want to support you as much as possible, so if you have any questions or worries please see your class teacher.



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Attend



ATTENDANCE IS ONE OF OUR VALUES.
ATTENDANCE Superstars last week are **Year 2CY** with 100% attendance all week!!
Well done Year 2CY!
PLEASE try to make sure your child is in school, on time, every day.

Weekly Newsletter

Early Years

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Key Dates

Reception have P.E every Tuesday.
Children are to come to school wearing their P.E kits.

SPOT-LIGHT ON LEARNING IN OUR EARLY YEARS

These books can be viewed on line.

Google the title and it will take you to a Youtube link. Why not read them with your child

Effort



IN NURSERY THIS WEEK

This week we welcomed our wonderful Nursery children back. It has been lovely to see lots of happy and excited faces ready to explore our new Nursery environment and play with their friends. The children have settled beautifully and are already beginning to follow our new routines.

We have been thinking about important rules for in our Nursery that we can all follow to keep everyone safe and happy. We think we will have lots of kind friends and great tidy uppers this year. We look forward to welcoming some new children into our Nursery.



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IN RECEPTION THIS WEEK

It has been a pleasure to meet all of our new parents this week. It was lovely to get to know lots more about our children. We enjoyed welcoming our new classes, they have been exploring lots of the different areas in our classrooms.

The children have also been drawing their first self portraits, and were happy to be able to share them with their families. We are proud of how the children are settling into their classes.

Effort



NOTICEBOARD

HEALTHY LUNCHBOXES



Summer is coming to an end and we understand the craziness that going back to school brings. It is, however, the best time to get your family on a healthy track for for the school year. Aesthetically pleasing lunch boxes with cookie-cutter shaped vegetables are awesome but what really matters is the nutritional value of what you're feeding your precious ones for lunch.

Kids from ages 4+ need to have a wholesome meal that's saturated in proper amounts of the following:

- **Protein source:** 28g of meat or poultry, 28g cheese, 1 yogurt cup, or 1 egg.
- **Complex carbohydrates source:** 1 slice of whole wheat bread, 1 muffin, 5 whole grain crackers, or 3 cups popcorn.
- **Fats source:** 1 tablespoon peanut butter, 14g nuts, and seeds, or 1/2 an avocado.
- **Fruit and vegetable source:** 1 small apple, 1 cup grapes, 1 medium banana, 1 cup carrots, or 1 cup cucumbers.

It's vital to get your children into the habit of eating healthy nutritious food at an early age. Kids spend most of their day at school, where their diet plays a tremendous role in determining how well they perform in class. A balanced diet has the power to highly influence students' academic performance and their behavior at school, potentially affecting their focus, energy levels, and even their mood.

Snack smart!

Half the sugar children are having comes from snacks and sugary drinks. Too much sugar can lead to harmful fat building up inside and serious health problems, including painful tooth decay.

We know it can be difficult to know what the best choice might be, so we have lots of tips and advice to help you make and buy healthier options when it comes to snacks.

Because we are spending a lot more time at home at the moment, it can be easy to snack more than usual. Fruit and veg snacks are always the best choice for kids' snacks – but if they are having packaged snacks, just remember to aim for 2 a day max.

Visit [quick and easy snack ideas page](#) for more ideas, including easy home-made options as well as examples of healthier packaged snacks.

<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks/>

Choosing healthier snacks in the shops

If you're short on time, here are some good ideas for snacks that you can pick up in the shops:

a slice of malt loaf

lower-fat, lower-sugar fromage frais

plain rice cakes or crackers with lower-fat cheese

sugar-free jelly