

Newsletter

Dear Parents/Carers



This Week

This week the children attended an assembly focusing on Looking After Ourselves and Health & Hygiene. The children learnt how eating a balanced diet, exercising and having plenty of sleep benefits us. We also discussed why it is important to talk about how we are feeling with others.

Next Week

Next week, our Reception year will receive a visit from the Fire Service, to support their topic of People who Help Us. They will talk about their role with all the children and answer questions.

Next week we are also being visited by a group, who play the steel drums. This will enable the children to experience cultural music and also learn how to play them.

Careers Week

Careers Week begins 9th February for all the children. We will be receiving visits from a school nurse, a dentist and the police, who will speak to the children about their roles and what they entail.

Dental Survey

The Office for Health Improvement and Disparities are undertaking a survey of a selection of 5 year old pupils across the country to gain an insight into the tooth health in this age group. Some 5 year old children in Reception and Year 1 have been selected randomly to take part and information will be sent out shortly. If your child has been selected, please read the information provided and send back the consent slip as soon as you receive it.

This is an important survey and your agreement to your child participating would be greatly appreciated.

Have a lovely weekend.

Kind regards

Mrs K Maguire-Egan
Head Teacher

Key Dates	
February	
9th	Fire Service visit to Reception children
10th	Reception Valentine Disco
11th	Year 1 Valentine Disco
12th	Year 2 Valentine Disco
13th	Valentines Dinner
16th-20th	Half Term Break
23rd Feb	Non Pupil Day
24th & 25th	Chinese Cultural Day
Menu	WC 2nd February January –Wk 2

Attendance



The class winners this week were Kingfishers in first place, followed by Rabbits and Ducklings.

Well done to all classes but especially Kingfishers whose reward will be extra time in the adventure playground.

Vacancies

We currently have vacancies for the following:

Relief Mid Day Assistants

Parent Governors

Volunteer Readers

If you would like to find out more information, please contact the school office.

Head Teacher's Surgery

I hold a surgery every Thursday afternoon. If you would like to see me to discuss any issues, please contact the school office to make an appointment.

Reminder—Request for Spare Clothing

Our stock of spare clothing is very low. If you have any spare uniform including trousers or jogging bottoms that you no longer need, we would be very grateful for the donation. We would also be grateful for donations of socks, underwear and spare shoes.



Thank you for your support.

Valentine Discos



Reception—Tuesday 10th

February

Year 1—Wednesday 11th

February

Year 2—Thursday 12th

February

Tickets can be purchased for £2.00 from the school office .



Parenting Course

We may have the opportunity to provide a free parenting course to our parents/carers. The course would involve a variety of topics, with more information being given once secured.

If you would be interested in attending such a course, please register your interest with the school office and we will be in touch when we have more information. Thank you.

Reminders

Please read with your child at home regularly and complete their reading diary.

Please ensure your child wears no jewellery to school on PE days.

A reminder we are a nut free school. Please remember this includes items that contain hazelnut such as Nutella.

All children are expected to come to school with a water bottle containing just water.

Reducing our Carbon Footprint



Below are this week's tips on how to save money and reduce our carbon footprint.

THIS WEEK'S ENERGY SAVING TIPS



- Now the warmer weather is approaching, make sure you do not use the tumble dryer.
- Reducing shower time can significantly reduce water usage.
- Use a tap aerator: A tap aerator can help reduce water usage without sacrificing water pressure.



Save money and cook better
than the takeaway

JOIN OUR **FREE** FUN COOKING COURSES

...all you need is a kitchen and a phone!

FREE
fun cooking
courses **AT HOME**
Cook great food in
just two weeks!
Impress friends
and family

Exciting meals can be quick, fun, easy and cheap to cook with our **FREE** (ingredients included), flexible, home-based short courses



CHANA MASALA



ITALIAN PASTA SAUCE



MIDDLE EASTERN PILAF



To register

Phone or text/Whatsapp Adele on **07813 678 660**

or email: **tendring@bagsoftaste.org**

or you can sign up online: **<https://bagsoftaste.org/students>**



Are you worried about the rising cost of food and how to eat healthily on a tight budget?

Then join one of our free, fun cooking courses. Learn how to make delicious, healthy meals from all over the world whilst saving money.

All you need is a kitchen and a phone!



About the course

FREE

- Cook tasty, healthy meals, cheaply
- Get tips on how to budget and save money when you're shopping
- Learn how to waste less

How does it work?

- We deliver 3 step-by-step recipes and all the ingredients you need, straight to your door
- Your personal mentor will support you by phone or WhatsApp with lots of tips and advice along the way
- At the end, you'll get a free gift of wallet-friendly recipes

What do I need to do?

All we ask is that you cook the three recipes and send us photos of your lovely food!

How long does it take?

About two weeks, but you can work at your own pace

How do I join?

- Register online:
www.bagsoftaste.org/students
- Call/Whatsapp **07813 678 660**
- Email **thanet@bagsoftaste.org**

Once we've confirmed your registration, we'll contact you to arrange your delivery

* Free course for qualifying participants only



**LEARN TO
COOK**



**EAT LESS
TAKEAWAYS**



**SAVE
MONEY**



**IMPROVE
HEALTH**



**HAVE
FUN**