



Frodsham Primary Academy

Newsletter 24

17th March 2023

WOW! What a week we have had in Frodsham Primary Academy.

Our week started with an assembly delivered by Mrs Price, our science lead. The focus of the assembly was linked to the British Science Week theme of Connections. Mrs Price ignited excitement right across the school with a range of scientific experiments all linked to birthday parties. Children then continued to explore different scientific themes throughout the week. We are looking forward to seeing as many of you as possible at our science fair on Monday from 3.30-4.30. Children's science work will be available for you to see and mini experiments for you to observe.

EYFS has also been an exciting place to learn this week. On Monday, 9 eggs arrived in their incubator, and we watched patiently to see what would happen. We now have 9 chicks that our EYFS children are responsible for. They are doing a fantastic job so far!

Children may have told you that we have spare PE kits in school. We have noticed that we have quite a few children are coming in without their full PE kit. For safety reasons, children must wear a PE to participate. Buttons shirts, skirts and tights are not to be worn in PE. Year 3 and 4 were great this week, with MOST children being in full kit, well done. Please check your child has a full kit in school including blue shorts/leggings or joggings bottoms and a plain white t shirt. If you would like to purchase one from school, this would be at a cost of £5 for shorts and a white t shirt.

We are also in the process of setting up a new school Facebook account. This will be a great addition for the sharing of information, this will ensure that all parents who are not accessing Twitter are able to see the great things going on across our school.

We had quite a high number of children with a sickness bug towards the end of the week in school. Our caretaker and cleaners have completed enhanced cleaning across the school to ensure any bugs are wiped out ready for a Monday start.

Have a great week everyone

Mrs Callaghan

Uniform reminders

Here is a reminder of correct school uniform. If parents have any uniform that is now too small, we would like to start a uniform bank within school. If any items of uniform are too small, please wash them and send them into school and I will keep a running record of what we have available should there be any families in need.

Item of clothing	School agreed standard
Shirt	White buttoned cotton shirt
Bottoms	Mid or dark grey (not black) Trousers/skirt/shorts/pinafore dress Summer Term options: Shorts/light blue checked summer dress
Jumper	Navy blue with logo V Neck Jumper or cardigan
Tie	Navy and white diagonal striped Elasticated
Shoes	Sensible black flat school shoes or plain black trainers with no other colour/logo
Socks	White/grey/black Grey tights
Nursery	White polo top and grey or navy-blue joggers/leggings with Navy Blue school jumper or cardigan with Logo
PE	White plain t-shirt Navy blue shorts Black plimsolls Outdoor kit- Plain navy tracksuit bottoms/jumper and trainers.

Please note that trainers are permitted under our uniform policy, but these must be plain black. **PE kits should be in school every Wednesday** as all children will have PE on this day. Children will be asked to wear one of the spare kits if full kit is not in school.

Learning this week...

The children have had a very exciting week with the arrival of 9 chicken eggs in their incubator on Monday. It didn't take long for them to start hatching, with 7 of them waiting to greet the children on Wednesday morning. They have learnt all about how to take care of them and have helped to clean out their brooder box each day. They loved finally holding them on Friday and can't wait to see them grow over the next week. We have also started our new text 'The Odd Egg' by Emily Gravitt. We have looked at the different animals that lay eggs finding out that it's not just birds. In Maths we have been learning about using maps when giving directions, telling our friends how many spaces to move and which way to turn to get to a given object.

Miss Curtis

Snowy Owls have had another busy week. To kick start science week we went on materials walk around the school to see what objects we could find with different properties. We discussed the importance of why certain things need particular properties. We have been making maps of our classroom this week and creating algorithms for the beebots to get from one area to another. We made predictions for the algorithms needed and tested them out. In history, we have also been learning about a new explorer this week, Ibn Battuta. The children have been thinking about how he compares to the other explorers we have learned about. Keep up the good work Snowy Owls!

Miss Sands

This week we started with an assembly introducing British Science week. Each day the children have either had science activities out at break times or they have completed some science learning in the classroom. They have explored the water cycle and have used a rap to help them learn the key vocabulary. The children have also made models and posters of the water cycle to share at the science fair on Monday. In maths, the children have started a unit of work on fractions which has started with exploring a fraction wall and how we can make a whole and a half using different fractions. In English, the children have written their own lost stories. The children have worked hard to include emotion and speech in their final pieces, and they have written them up for display. In RE we have been looking at lent and what we would give up. We discussed how Jesus didn't give in to temptation as that has been one of the words, we have looked at during the unit if work.

Mrs Price

Desert Owls have had another busy week. In Maths we have been looking in more detail at ordering fractions and using lots of different methods to help us understand how to do this. We also had a 'Biscuit Maths' lesson, where we learned lots of facts about the shape of our NICE biscuits. In English we have started to write our 'Twisted Tales.' We took our lesson out into Forest School to help us improve the description of our story settings. Our stories are really developing nicely, with lots of suspense building up- we can't wait to read them to some of the other classes! Our Science for Science week has involved researching lifecycles. We have also worked on a STEM task to design a parachute for an egg to stop it from breaking if dropped from a height. We have also dissected a cow heart in class to help us learn about circulation. Mrs Hayes was very nervous about this but we all looked after the more squeamish members of the class!

Mrs Hayes

Science week has been so much fun for Tawny Owls this week. We have had a deeper exploration of space! We looked at what an astronaut is and learnt all about gravity. We also looked at different events that have happened, linking to space, and what year they happened in. We made a class timeline of space events.

This week, we completed lots of nature work. We hung our new, clear bird boxes outside our windows so we can spy on the birds. We also made some bird feeders for the forest school area. We are looking forward to going out into the forest area to explore for different animals and create a range of habitats for them. We will be making some bug hotels and exploring the bird houses

Miss Pemberton

Healthy breaks for schools

A guide for pupils and parents



HSC Public Health Agency

school food

Fruit and vegetables

Help your child get their five a day by including some fruit or vegetables as a snack for their morning break.

This includes all fresh fruit and vegetables and pots or tins of fruit in fruit juice, but not in syrup.

A portion could be:

- 1 medium sized piece of fruit, eg apple, orange, banana, pear
- 2 small fruits, eg kiwi fruits, satsumas, plums
- 1 cup of grapes, cherries or berries
- 1 large slice of pineapple or melon
- 1 cereal bowl of salad, eg lettuce, tomatoes, cucumber and celery
- 3 heaped tablespoons of fresh veg, eg chopped or sliced carrots, peppers or sugar-snap peas
- 3 heaped tablespoons of fruit salad (fresh or tinned in fruit juice)



For younger children (4–6 years), reduce these portion sizes by about half, then increase the amount as they grow. Older primary school children should be eating full portions. To reduce the risk of choking in young children, halve smaller fruits and vegetables like grapes and cherry tomatoes by cutting lengthways.

Not suitable: fruit tinned in syrup, dried fruit (eg raisins, sultanas) and processed fruit bars (eg fruit winders, fruit flakes etc). These are high in sugar and can cause tooth decay, so are not suitable as between-meal snacks.

What is included in healthy breaks for schools?

Drinks

It is important that children drink enough during the day, so that they don't become dehydrated and tired. Water should be freely available throughout the school day and drinks should always be included for break time and lunch. Water and milk are the most suitable drinks for children.

Water: tap water or unflavoured, still, bottled water.

Milk: all whole, semi-skimmed or skimmed unflavoured milk.

Not suitable: fruit juices (including pure fruit juice), smoothies, sparkling water, squash or fizzy drinks, even those labelled 'no added sugar', 'diet' or 'zero'.



Bread-based snacks

Children need more or less energy (calories) depending on their age and stage of development. Bread-based snacks can help to meet these extra energy needs and help your child feel more satisfied.

This includes white or wholemeal bread, rolls or baguettes, toast, plain bagels, wheaten, soda, potato or pitta bread, spread thinly with a little margarine, low-fat spread or butter; plain bread sticks, plain crackers or plain unsalted rice cakes; or a small sandwich with a sugar-free filling such as tomato, tuna, chicken, cheese etc.

Not suitable: Sugary spreads, including jam, honey, marmalade or chocolate spread as these are harmful to teeth. Peanut butter is high in fat and salt so is not recommended.

No cereal bars, or sweetened breads and pastries, eg pancakes, scones (plain and fruit), fruit bread, malt loaf, brioche, croissants and Danish pastries as these contain a lot of sugar and/or fat and salt.



Events for Spring 1 Term

Monday 9 th January 5-6pm	Whole School Open Day
Monday 30 th January 9-10am	SEND coffee morning in the hall with our SENCO Mrs Arnaud
Tuesday 7 th February 2-3pm	Phonics workshop with Miss Curtis
Wednesday 15 th and Thursday 16 th February 3.30-6pm	Whole School Parents evening
Thursday 2 nd March 2.30-3.00	World Book Day- parents to come in for hot chocolate and story time
Friday 17 th March FULL DAY	RED NOSE DAY WEAR RED AND DONATE £1 on PARENTPAY
Monday 20 th March 3.30-4.30 pm	Celebration for world Science week Parents to come and look at the work the children have produced for science week.
Monday 27 th March 8.00-8.30 am	Active Travel breakfast in school with Sustrans for parents and children Breakfast from 8.00-8.30am
Monday 27 th March FULL DAY	Dr Bike in school to carry out bike repairs on children's bikes. Letter to follow from Miss Pemberton
Friday 31 st March 9-10.30 am	Curriculum workshop with Mrs Callaghan Opportunity to learn about our whole school curriculum.
Friday 31 st March	SCHOOL CLOSES at 3.20 for EASTER
Monday 17 th April	School reopens at 8.40am
Monday 24 th April 9-10am	SEND coffee morning SENCO Mrs Arnaud will be present
Tuesday 25 th April	Year 1 and 2 Safety Central visits
Monday 1 st May	BANK HOLIDAY SCHOOL CLOSED
Parents will be invited to King Charles Coronation celebration. More information to follow.	
Monday 8 th May	BANK HOLIDAY SCHOOL CLOSED
Tuesday 9 th May- Friday 12 th May	KS2 SATS week
Wednesday 24 th May	SPORTS DAY Weather permitting- More information to follow
Monday 17 th July	End of year reports go home
Thursday 20 th July	School closes for summer at 1.15pm

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



National Online Safety®

#WakeUpWednesday

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