



# Frodsham Primary Academy

## Newsletter 25

24<sup>th</sup> March 2023

At the start of the week, we had a visit from all the headteachers (8) from the Warrington Primary Academy Trust and our CEO Mrs Louise Smith. We started the morning by having a full tour of the school. We spent time in every classroom, looked at books and spoke to children. Headteachers looked at the changes in the school in the last 12 months. Feedback was extremely positive. Feedback from all was that our school is unrecognisable. Learning environment, behaviour and attitudes and leadership all came out very strong. Headteachers were pleased to see that we had fully implemented our new curriculum and I look forward to sharing more information from this with you next week at the curriculum session on Friday.

We finished the week by taking all KS2 children to Delamere Forest. They competed in cross country races with local schools from Frodsham and Helsby. At final count, I think there were over 550 children present on the day. The children were fantastic ambassadors for our school. They showed their determination and resilience as they all managed to complete the very challenging course. Well done to each and every child involved. A huge thanks goes to Miss Pemberton for arranging it all and Miss Sands for being a runner in the races too! Thank you to our helpers who volunteered, we could not have done it without your support.

Next week is our final week in school, we finish next Friday for a two week Easter break. This week's newsletter has lots of attachments to share activities that were going on over the Easter break.

Don't forget, tomorrow is our active travel breakfast in school. Parents and children are invited into school at 8am for a cereal breakfast with Sustrans Active Travel. Dr Bike is also in school making general repairs to bikes for children that have signed up.

Have a great weekend everyone

Mrs Callaghan

**We raised  
£61.20 for Red  
Nose Day.  
Thank you all.**

### 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	<b>Mid or dark grey (not black)</b> Trousers/skirt/shorts/pinafore dress Summer Term options: Shorts/light blue checked summer dress
Jumper	Navy blue with logo <b>V Neck</b> Jumper or cardigan
Tie	Navy and white diagonal striped <b>Elasticated</b>
Shoes	Sensible black flat school shoes or <b>plain black</b> 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...

On Friday we said goodbye to our 9 little chick friends. They had certainly grown over the last 2 weeks and are definitely ready to move on to bigger pastures! We will still miss them though. After reading the Odd Egg in our English lessons, the children worked together to create their own eggs, with papier-mache on balloons. Once painted, they really did look like very large odd eggs! In Maths we have been learning all about measurement. We made our own measuring sticks and looked around our environment to see what we could find that was longer or shorter. We also researched our shoe sizes as part of a school project. We put our findings in to a pictogram and could make some links with our findings, such as younger children having smaller feet, and the tallest children having the biggest feet.

Miss Curtis

This week Snowy Owls have been working really hard on their assessments (special papers) and have all showed brilliant resilience! We kicked off the week with DT, designing and making our own fruit smoothies! The children showed great independence to follow all of the steps and even evaluated their smoothies at the end thinking about what they would do differently if we made them again. We also found new creatures in our school this week, gave them names and started to think about what habitats they may need to be living in. Yesterday was World Maths Day and we explored different types of measure. The children enjoyed measuring different capacities, temperatures, weights and lengths. They even had a go at measuring each other! One more week, keep up the great work Snowy Owls!

Miss Sands

We have had a great week in Hawk Owls. This week has been assessment week and the children have given their assessments their best and they have been resilient when faced with a problem. In English, the children have been looking at the features of newspapers and at the start of the week they interviewed witnesses to an event. In maths, the children have started to look at fractions and they have used fractions strips to support their understanding. In art the children have started their fabric designs. They have used inspiration from William Morris and Cath Kidson to design a print. They have then sketched these out and started to dye them. Next week, they will be able to add more detail and embellishments. We have ended our week with our cross country running at Delamere Forest. The children did extremely well and they represented school well.

Mrs Price

Desert Owls have worked incredibly hard this week, during our assessment week, and have all shown real maturity and resilience when working quietly to practice their SATs and Year 5 tests. As well as our tests, the children really enjoyed joining in with the Science fair. We have had a very interesting music lesson, composing our own rhythms based on 'The Wolves in the Wall.' We have also worked hard on editing our own stories, ready to publish these next week. In PSHE we learned all about the Rights of the Child, and created our own posters to look at these rights in more depth. We learned about reproduction and life cycles in plants in our Science lesson. In Art we have continued to develop our collage work in our sketchbooks. Well done everyone; have a restful weekend after such a busy week!

Mrs Hayes

This week all the children in class have been completing assessments to show how hard they have been working in school. In between assessments, they have had lots of opportunities to lean outdoors where we have been completing some of our science week work in the forest school and the allotment.

Miss Pemberton

## Attendance News

We are hoping that all the sickness bugs have now been and gone. We have had an unlucky few weeks with sickness, but we are hoping that this week we are back to full capacity throughout school.

It is also the run up to KS1 phonics check, KS1 SATS, Y4 multiplication check and KS2 SATS.

Every day is critical in ensuring children are as prepared as possible.

### Stars of the week

Nursery: Jaxon  
Reception: Arlo  
Year 1: Jack-Desire  
Year 2: Aria  
Year 3: Jeff-James  
Year 4: Emelia  
Year 5: Precious  
Year 6: Kian  
RP: Jack

### Dojo Champions

Nursery: Kacper  
Reception: Levi  
Year 1: Nancy  
Year 2: Izzy  
Year 3: Leo  
Year 4: Charlotte  
Year 5: Lucas  
Year 6: Bobby  
RP: Eva



### Birthdays this week

Suzannah ( 5) Kacper ( 4) Harriett (9)

★ HAPPY ★  
BIRTHDAY!

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



On Monday 27<sup>th</sup> March our new Facebook page will go live.

### [Frodsham Primary Academy](#)

Our new page will be used to share learning from each class and will also be used to keep you updated with events within school.

Why do we want to do this?

- The children do so many great things in school and much of this you don't get to see or hear about.
- We would love to be able to share photos and videos of things happening in the school day
- We want to make our communications more timely and share more with you.
- It's a useful way to share important information with you, such as school closure due to bad weather.
- Sometimes we update information on our website or on Twitter, so we want a better way to inform you of this.
- It's a great way to share other important information and links with you that wouldn't normally be a part of our standard letters or termly newsletter.



# SPORTS HOLIDAY CLUB

## Helsby Community Sports Centre Holiday Camp Football

Callender Way, Helsby, WA6 0FX  
Reception - Year 6

**APRIL 3RD - 6TH & 11TH - 14TH**

Our action packed sports holiday clubs are specifically designed to engage all children from reception- year 6. They are a great way of sustaining your children's activity levels, along with providing the opportunity to gain new friends and learn new skills.





## TIMES & PRICES

### MAIN SESSION

9:00am - 15:00pm  
£20.00

### WRAP AROUND

8:00am - 9:00am  
+  
15:00pm - 16:00pm  
£6.00

**20% Discount**

When you book & pay  
before 26th March. Use code

**EAST23**

## DAY TO DAY STRUCTURE

- |               |  |
|---------------|--|
| 8:00 - 9:00   | ● EARLY RISER GAMES AND ACTIVITES      |
| 9:00 - 9:15   | ● REGISTRAION                          |
| 9:15 - 10.30  | ● FUN WARM UP GAMES AND SKILLS SESSION |
| 10:30 - 10:45 | ● BREAK                                |
| 10:45 - 12:00 | ● SMALL SIDED GAMES                    |
| 12:00 - 12:30 | ● LUNCH BREAK                          |
| 12:30 - 13:45 | ● SKILL SESSION AND COMPETITIONS       |
| 13:45 - 15:00 | ● TOURNAMENTS                          |
| 15:00 - 16:00 | ● FREE PLAY                            |

### WHAT TO BRING

- Bring suitable clothing and footwear for indoor and outdoor activities.
- Packed lunch and plenty of drinks.
- A huge smile!

### HOW TO BOOK

- Log in at [s4yc.schoolipal.co.uk](http://s4yc.schoolipal.co.uk) and select MAKE BOOKINGS and select holiday clubs.
- Follow the booking flow - School - Activity - Dates - Child.
- Select payment method - If paying by childcare voucher, you will need to login to the voucher providers account and make the payment manually to S4YC. These can take up to 5 days to be verified.
- Receive confirmation email - This may go into junk, please mark it as safe for future emails.



### CONTACT INFORMATION

-  [www.s4yc.co.uk](http://www.s4yc.co.uk)
-  [info@s4yc.co.uk](mailto:info@s4yc.co.uk)
-  07734 75559

### BOOK NOW



**SCAN ME**



# Easter at

Castle Park  
**Arts**  
Centre  
Frodsham



Kids Craft Workshops

Live Music

Refreshments

Raffle

Tombola

Easter Egg Hunt  
on Good Friday

Tues, Wed, Thurs  
4th, 5th, 6th April

1.00 - 3.00pm

Good Friday 7th

11.00 - 3.00pm

Booking required  
in Lavender Rose in the  
Courtyard  
or Tel: 07982 598065

All children must be accompanied by an  
appropriate adult

Childrens lunch boxes available to order when  
booking.



Frodsham

# Festival of Walks 2023

Friday 21 April - Sunday 30 April 2023



Frodsham Town Council invites you to take part in our nineteenth Festival of Walks

New for this year we have

- Four Trails
- Walk Mill
- Lost Pubs of Frodsham
- Pickering and Dutton Locks
- Frodsham Art Trail

As well as some old favourites

- Snickets of Frodsham
- Mindfulness Walk at Snidley Moor
- Bird Walks
- Plus many more...

For further details see our brochures available from Libraries, various outlets throughout Frodsham and Frodsham Town Council Office, Castle Park House, Castle Park, Frodsham or go to our website



[frodshamfestivalofwalks.uk](http://frodshamfestivalofwalks.uk)

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