



Frodsham Primary Academy

Newsletter 27

21st April 2023

Welcome to the first newsletter of the summer term.

We have had a fantastic first week back in school. Children settled quickly into their routines and have worked hard in all their lessons. An extra special well done to our Y6 children who are continuing to work their socks off in preparation for their SATS. So many children are reporting increased confidence this week due to Mrs Hayes quick tips and Miss Todd's support.

There is so much happening in school over this next half term, so please ensure to check all of dates on the back page of this newsletter.

As an inclusive school, we try to raise awareness of many different disabilities, special educational needs and medical needs. We have a child in school who has type 1 diabetes. On Monday, our children will be learning more about this medical condition and we are asking all children to wear something additional that is blue for example blue socks, blue hair accessories etc. If anyone would like to donate to the charity that support type 1 diabetes, donations will be taken on parent pay.

On Monday, Mrs Arnaud will also be hosting our second SEND coffee morning. This will be from 9-10 am in the school hall. We look forward to seeing as many of you there as possible.

There have been a couple of letters sent home this week so please ensure you have read them, as it includes important details;

- 1: The new breakfast and afterschool clubs
- 2: The Kings Coronation celebration event

There is a really useful article from National Online Safety attached to this newsletter, linked to social media usage in children.

Have a great weekend everyone

Mrs Callaghan

Uniform reminders

In the summer term, pale blue gingham summer dresses may be worn in school

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...

This week in EYFS we have started to look at different types of homes. The children made a list of all the type of homes they knew, including cave, trailer, connected houses and flats. We created our own houses and drew our families inside them. We spoke, then wrote about our favourite room in the house and why we liked spending time in there. In PE we have started to practice activities ready for sports day, we can't wait for you to come and watch us! In Maths we have started to recognise numbers to 20, and looked at how a number such as 15 is actually made up of 10 and 5. Can the children find any teens' numbers around the house or on doors on the way to school? Could they go on a number hunt for them? We have also been enjoying the sunshine in our outdoor area, please ensure your child has a cap / summer hat with them on those warmer days.

Miss Curtis

Snowy Owls have had a brilliant first week back showing great attitude to their learning and trying their best to follow the school rules. We have started fractions this week in Maths, finding halves and quarters of shapes. The children have been finding many different ways to do this. We enjoyed an Art afternoon making artwork inspired by Georgia O'Keefe. The children designed their work first using different lines and spiral shapes to make different areas with boundaries all across their page. They then painted their pieces by creating different tones and shades. In English we have started a new text called 'Rosie Revere Engineer'. We have been writing a diary account as Rosie to describe how she is feeling at this point in the story. Well done everyone! Keep working hard! :)

Miss Sands

An amazing start to the summer term in Hawk Owls. The children have come back from Easter extremely settled and ready to learn. This week we have been continuing our work on fractions looking at fractions of an amount, we have used a lot of chocolate this week to support the children's learning as well as putting our maths work into context. In English, we have been looking at our new quality text 'The Whale', the children have enjoyed looking at the picture book and making predictions about the text. Our Steps to Read sessions have linked well and the children are enthusiastic to learn more about whales. We have started our summer term geography unit linked to rivers and water. The children have all labelled the upper, middle and lower course of a river and how the movement of the water changes at each course.

Mrs Price

Desert Owls have had another amazing week of working hard, helping each other to learn and showing their resilience. In Maths, we have been learning all about decimals and matching these to fraction equivalents. The children have found using bead strings really helpful to develop their understanding. We have been reading newspaper reports in English, and looking at the different features. We have enjoyed some drama activities: role playing journalists and bystanders to help us to write witness statements based on our Twisted Tales. On Friday we enjoyed some mindfulness activities at the end of a very busy week. Well done everyone, I am so very impressed with your hard work

Mrs Hayes

This week Tawny Owls have had a very busy week with a big focus on Fractions. Every child in the class has been reintroduced to fractions and have had a go to understand the basics of what a fraction is, including sharing. We have also started our new topic of 'explorers'. We have spoken about why we would make a good explorer. We are going to focus on famous explorers, but as prior learning we looked at significant people in our own lives. Everyone was able to list multiple people who were important to them and why.

Miss Pemberton

Attendance News

Please be reminded that holidays in term time are not authorised and may incur fines from the local authority. 1 week away from school means children will miss approximately 32 hours of learning each week from up to 14 different subjects.

This learning is hard to recover as new concepts and new learning is introduced everyday. Statistics show that children who make the most progress attend school more regularly.

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



Dojo Champions

Nursery: Jaxon
Reception: Amelia
Year 1: Jack
Year 2: Rowan BB
Year 3: Mason
Year 4: Esmail
Year 5: Poppy
Year 6: Louie
RP: Milo



Birthdays this week

Toby (8)

★ 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 17 th April	School reopens at 8.40am
Monday 24 th April	Wear blue accessories and raise money for Type 1 Diabetes
Monday 24 th April 9-10am	SEND coffee morning led by Mrs Arnaud
Tuesday 25 th April	Year 1 and 2 Safety Central visits
Wednesday 26 th April	Mini Kickers event
Friday 28 th April	Own clothes day for donation of bottles for the tombola
Monday 1 st May	BANK HOLIDAY SCHOOL CLOSED
Friday 5 th May	Kings Coronation celebration from 2.30pm Families invited Children to wear red, white and blue and donate a cake for the cake stall. Please see additional letter.
Monday 8 th May	BANK HOLIDAY SCHOOL CLOSED
Tuesday 9 th May- Friday 12 th May	KS2 SATS week
Monday 22 nd May	SPORTS DAY EYFS/KS1- 9.10-10.00 KS2- 2-3pm Weather permitting- More information has been sent out
Monday 17 th July	End of year reports go home
Thursday 20 th July	School closes for summer at 1.15pm



Our new Facebook page is now live. Please log on to see more.

[Frodsham Primary Academy](#)

FRODSHAM PRIMARY ACADEMY



WELCOMES YOU TO CELEBRATE THE KING'S CORONATION



FRIDAY 5TH MAY AT 2:30PM

*The Coronation of King Charles III
will be celebrated with a royal picnic!*

*Frodsham Primary Academy will be having a
picnic to mark The King's Coronation.*

*All children can come to school in red, white
and blue clothing for the day.*

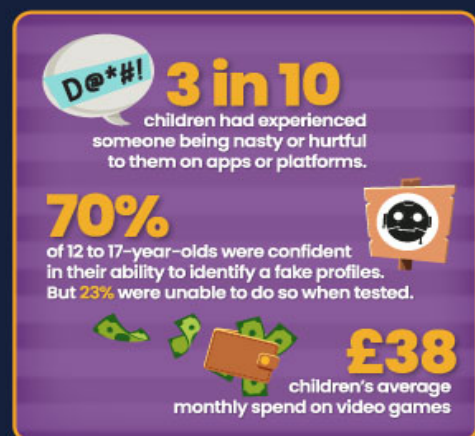
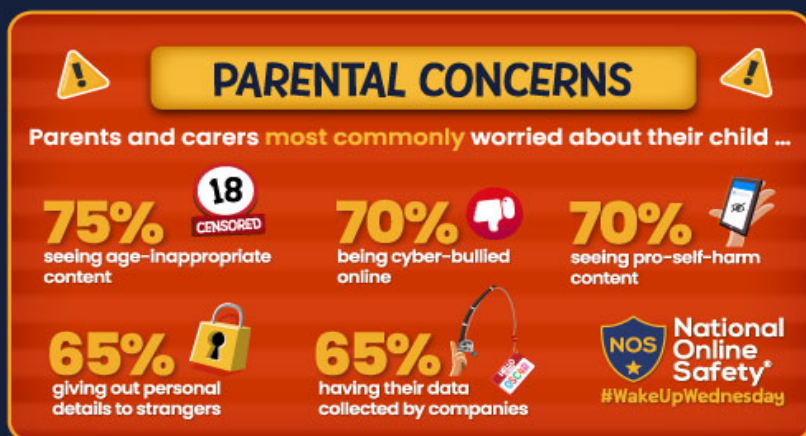
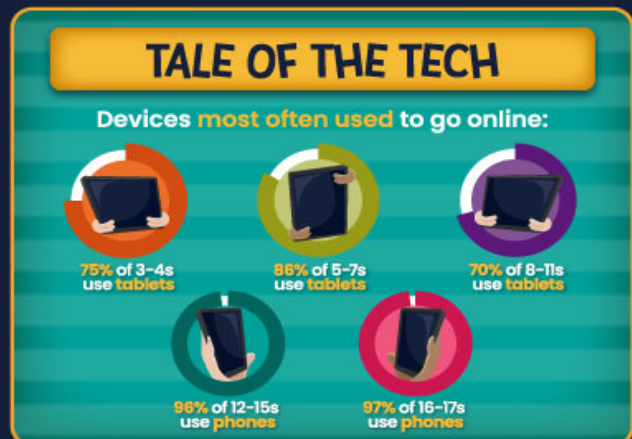
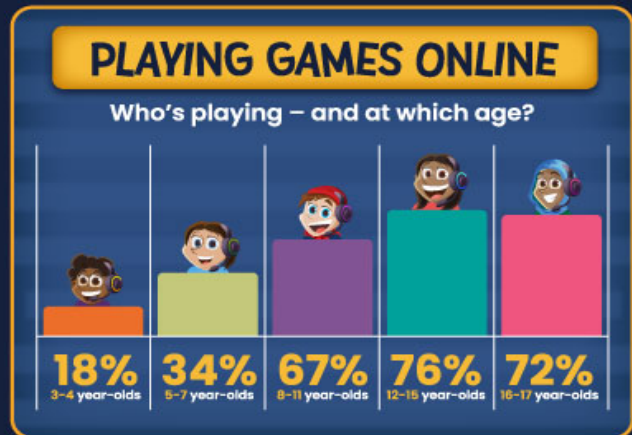
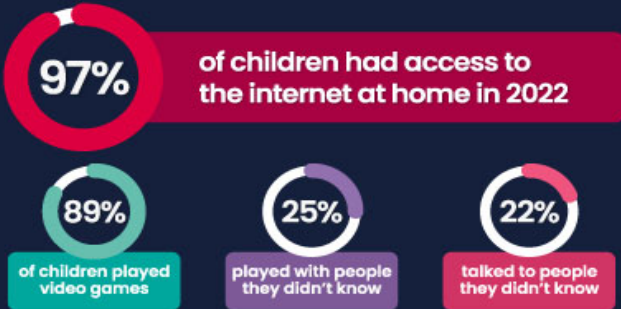
*Families and guests are invited to join us at
2:30pm for a picnic on the field. Please bring a
picnic and a picnic blanket to set up on the
field.*

*There will be music as well as a selection of
stalls and bric a brac for sale.*

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many areas which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about OFCOM'S 'CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES' REPORT 2023

Each year, Ofcom – Britain's regulatory body for communications – produces an overview of children and parents' media experiences across the previous year. The latest version has just been released, and we've pulled out some of the report's most thought-provoking findings which relate to online safety ...



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10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

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ROLE MODEL

Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you



TALKING

Support your child to talk about their problems and how they are feeling

COPING SKILLS

Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging

SLEEP

Support your child to build positive sleep habits. Develop a good sleep environment with your child



WELLBEING

Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety



PLAY

Promote play and creativity among your child. Allow them to explore



SELF CARE

Make sure your child has time and space to look after themselves. Involve yourself in their hobbies



AUTONOMY

Allow your child to make their own decisions. This will help to build resilience

RELATIONSHIPS

Support your child to build positive relationships with friends and family



RELAXATION

Help your child to relax. Teach them relaxation skills such as deep breathing

