



# Frodsham Primary Academy

## Newsletter 28

28<sup>th</sup> April 2023

Thank you to the parents who came to our SEND coffee morning, Mrs Arnaud came away with some good suggestions of the support parents would like from the school moving forward.

This week, our year 1 and 2 children have had a busy week. They attended a trip to Safety Central which was enjoyed by all. The children learnt how to stay safe in different scenarios such as crossing the road, train tracks and fire safety. A group of children also attended a Mini Kickers tournament at Helsby High School and played 9 football matches! Well, done to all of children who showed great determination and resilience and came away with a medal. At the end of the week, they all took part in a Marshall Arts taster session in school. Well, done Y1 and Y2.

There have been several holiday requests that have come through for holidays over the last few weeks. The Department for Education state that ***“Parents are responsible for making sure that their children of compulsory school age receive a suitable full-time education...If a child of compulsory school age fails to attend regularly at a school at which they are registered... the parents may be guilty of an offence and can be prosecuted by the local authority”***.

Holidays during term time are not permitted and will not be authorised, unless in exceptional circumstances which is at the discretion of the Head of School. As a school, we are moving at a rapid pace with our curriculum delivery and our children are making huge progress in 14 different subjects. Children will miss a huge chunk of new knowledge when they are absent from school, and this will impact their learning moving forward. Please try and support your child to enable them to achieve to the best of their ability and avoid taking holidays in term time. There are 12 weeks outside of school days available for holidays and extended bank holiday weekends.

A reminder that next Friday is own clothes day for our King Charles III celebrations. Children can come to school in red, white, and blue and are asked to bring a cake for the cake sale. Parents can come and join the celebrations at 2.30pm. Don't forget to bring a picnic for you and your child.

Have a great bank holiday weekend,

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	<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...

In EYFS this week we had a special arrival, Paddington Bear arrived with his suitcase full of Marmalade on his way to see the King's coronation. We have said we will look after him while he is here, so far, the children have made new labels for him, written a letter to Aunt Lucy to tell her that he is ok, made their own passports with information about themselves and painted some fabulous portraits of Paddington. He was very impressed! In Maths we have started to look at ways to make 10, and how it could be partitioned. Our younger Nursery children continue to look at different types of transport, sorting out which are on land, sea or in the air, and talking about if they have ever travelled on them. They have focussed on recognising if a group has more or fewer items, lining the objects up to help them count.

Miss Curtis

Snowy Owls have had a brilliant week in school. The children attended Safety Central on Tuesday and had a fantastic day. The children all took part in different workshops to support their understanding on how to stay safe when near roads and railways. Children enjoyed the workshops about how to look after their own mental health too. On Wednesday, we took a team of 8 players to Helsby High. They played in a tournament against other local schools and played 9 matches of football. The children's determination was amazing. They wanted to play every match and showed great sportsmanship throughout each game. All children came away with a medal and were very proud. They finished the week with a Marshall Arts Taster session inside school. This was a great end to a very busy week.

Miss Sands

This week Hawk Owls have been looking at ways to add more detail and description to their writing. The children have written some great descriptive pieces, so the Hawk Owls team are excited for the children to write their final pieces. In maths, we have finally come to the end of our fraction's unit and hopefully they all now love a bar model! We have started to look at decimals. In this unit we will be making links to our prior knowledge of decimals and linking it to fractions. In our music lessons, we have been learning a music piece that the children sing too. There has been an overwhelming number of children offering to do solos! In history we have started our unit on Ancient Greece, and we have looked at how Ancient Greece links in with the other ancient civilisations we have learnt about this year.

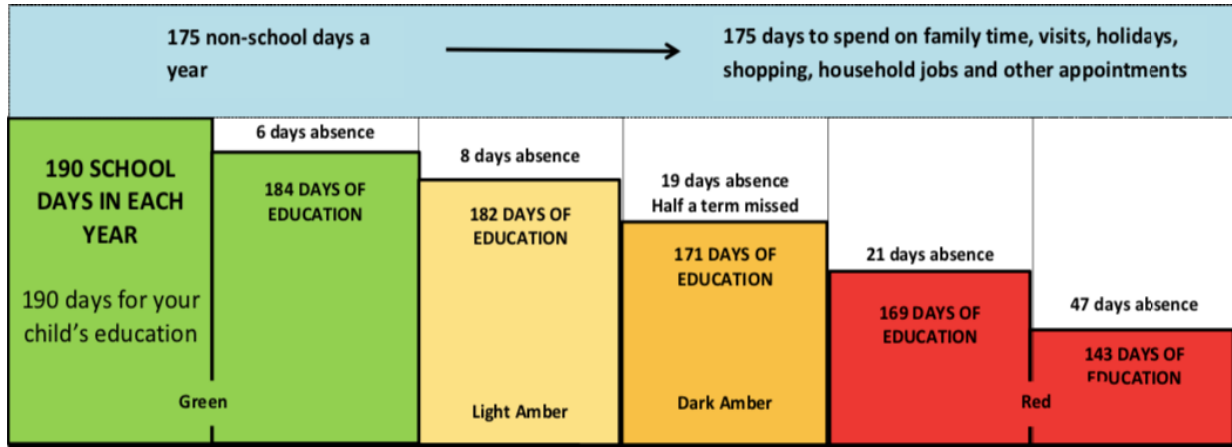
Mrs Price

Year 5 and 6 have had another hardworking week and have impressed me so much with the effort they are putting into all their learning. In English we are writing newspaper reports linked to our Twisted Tales. In order for us to really focus on writing in a journalistic style, we have been reading a newspaper article every day, and answering questions about it to practice our Reading Comprehension skills. These have included articles about WasteSharks- an amazing invention that clears up waterways from pollution and plastic. We have also found out about cycle tunnels in Norway and tiger cubs being born at Chester Zoo. In Maths we are practicing fraction, decimal and percentage equivalents and playing lots of games of bingo to help us remember these equivalents. The children have also been working in pairs and groups to look at challenging reasoning problems. It has been amazing to see such great teamwork and collaborative learning. Well, done Year 5 and 6. Have a lovely bank holiday weekend.

Mrs Hayes

This week Tawny Owls have been working very hard particularly in history. Children have researched different explorers including Neil Armstrong and Christopher Columbus. Children used the iPad to carry out their own research and then recorded this in their own way. Some children mapped all the different journeys that those explorers went on and labelled their work. A great week, well done!

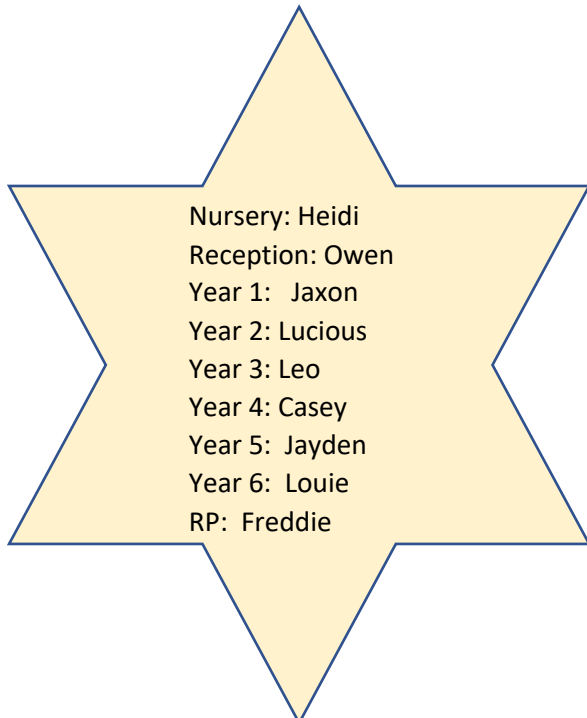
## Attendance News



80% attendance over 5 years = 1 whole year of education lost.

Research suggests that pupils who have an average of 20 days absent per school year see negative effects throughout their educational journey – resulting in a whole GCSE grade deficit by the time they leave secondary education.

### Stars of the week



### Dojo Champions

Nursery: Charlie/Kacper  
Reception: Veronica/ Kasey  
Year 1: Nancy  
Year 2: Charlie  
Year 3: Jeff-James  
Year 4: Honor  
Year 5: Alex  
Year 6: Isabelle  
RP: Prraveesh



### Birthdays this week

Toby (8)

★HAPPY★

# Healthy breaks **BIRTHDAY!** What is included

A guide for pupils and parents

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'.



### 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.

### 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 <sup>th</sup> April	School reopens at 8.40am
Monday 24 <sup>th</sup> April	Wear blue accessories and raise money for Type 1 Diabetes
Monday 24 <sup>th</sup> April 9–10am	SEND coffee morning led by Mrs Arnaud
Tuesday 25 <sup>th</sup> April	Year 1 and 2 Safety Central visits
Wednesday 26 <sup>th</sup> April	Mini Kickers event
Friday 28 <sup>th</sup> April	Own clothes day for donation of bottles for the tombola
Monday 1 <sup>st</sup> May	BANK HOLIDAY SCHOOL CLOSED
Friday 5 <sup>th</sup> 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 <sup>th</sup> May	BANK HOLIDAY SCHOOL CLOSED
Tuesday 9 <sup>th</sup> May– Friday 12 <sup>th</sup> May	KS2 SATS week
Monday 22 <sup>nd</sup> May	SPORTS DAY

	EYFS/KS1- 9.10-10.00 KS2- 2-3pm Weather permitting- More information has been sent out
Monday 22 <sup>nd</sup> May- Friday 2 <sup>nd</sup> June	KS1 SATS period
Monday 10 <sup>th</sup> and Tuesday 11 <sup>th</sup> July	Y6 transition days to Helsby High School
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



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

# 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.*



# ONLINE CONTENT

## 10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



### 1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



### 2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



### 3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



### 4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



### 5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



### 6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



### 7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



### 8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



### 9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.



### 10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

**NOS**  
National  
Online  
Safety®  
#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.09.2020

# 10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

WWW.BELIEVEPERFORM.COM



@BELIEVEPHQ



## ROLE MODEL

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



## TALKING

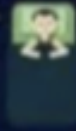
Support your child to talk about their problems and how they are feeling

## 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

## RELAXATION

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



## RELATIONSHIPS

Support your child to build positive relationships with friends and family

