



Frodsham Primary Academy

Newsletter 29

5th May 2023

What an end to a fabulous week! Yesterday, all the children across school joined in with the celebrations to commemorate the Coronation of King Charles III. The school was full of happy faces including children, parents and wider family members. Children started the afternoon with a royal dinner of fish and chips thanks to Amy and Hannah in the kitchen. The end of day celebrations included face painting, tattoos, hotdogs, hook a duck, soak the teacher, tombola, cake stall, raffle, lucky dip and crown toss. We also had a very special visit from Mr Tee's ice-cream van. The event was a huge success with our doors finally closing at 5pm last night.

A huge thanks goes firstly, to Mrs Price who organised this event in record time, whilst still teaching her class full time. Thank you to our fabulous PSA who came and supported throughout the whole afternoon and arranged prizes for our raffle and thank you to the those who purchased a stall. It was lovely to see our full school community come together. Children should also have come home with a red leather bookmark to commemorate the day.

As a school community, we raised almost £400. Thank you to everyone who attended, this money will be spent on the children within school. I am sure you will agree that our children had a great time.

Next week, our year 6 children begin their SATS. Mrs Hayes, Miss Todd and I are incredibly proud of how hard the children have worked this year. I know you will join me in wishing them all the very best of luck. Year 6 children are invited into school at 8.15am each day next week to join us for breakfast club and a SATS breakfast.

Have a great extended 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 | 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...

In EYFS this week, we have been preparing Paddington bear for some of the sights he may see when he visits London this weekend. We have looked at the River Thames and the many bridges that cross it. We experimented with building Tower Bridge using a variety of materials and worked in different teams. We thought it only right to taste Paddington's favourite food, marmalade, most of us loved it! In Maths we have continued to investigate number bonds to 10, working out how many more jewels need to be added to the crown to make 10. In nursery we have been learning all about buses, singing 'the wheels on the bus', making our own red bus and role playing buying a ticket and going on a bus journey.

Miss Curtis

This week Snowy Owls have been planning and beginning to write their very own invention narrative. We have had some brilliant ideas for new inventions their characters might like to design, make and test. We have also been exploring different number lines in maths and trying to work out or estimate where different numbers will go. In Geography we have been exploring different types of maps. We have been thinking about what they show us, how they help us and what symbols we can see. In computing we have been learning about how to take the best picture on an ipad. We have discussed things like focus, lighting and how we can capture the whole person or object in the picture. Snowy Owls have also enjoyed another self-defence/self-confidence lesson this week, thinking about how we can respect others and look after each other.

Miss Sands

We have a short yet busy week in Hawk Owls. The children have written their narratives based out at sea in a storm. The children have worked hard to include some amazing vocabulary and personification in their writing. These will be written up to display outside our classroom door. In maths we have been converting fractions into decimals. The children all thought this was far too easy and several children told Mrs Callaghan! There has been a lot of children who have found fractions fun to learn as we have used a lot of practical resources. We are just moving onto decimals and will be using money to support their understanding. Also, this week we sent home the children's timetable heat map from TTRockstar. The class team are so proud of the progress the children have made with their timetables and we have a lot of green heat maps showing that the children are answering questions in less than 2 seconds! Just fantastic! The highlight of the week has to be the Let's Walk programme the children took part in with our local PCSO's Neil and Sean. The children all went outside and practiced crossing the road safely in our local area. They then managed to talk the PCSO's into playing football with them at break time. We now have a signed class football.

Mrs Price

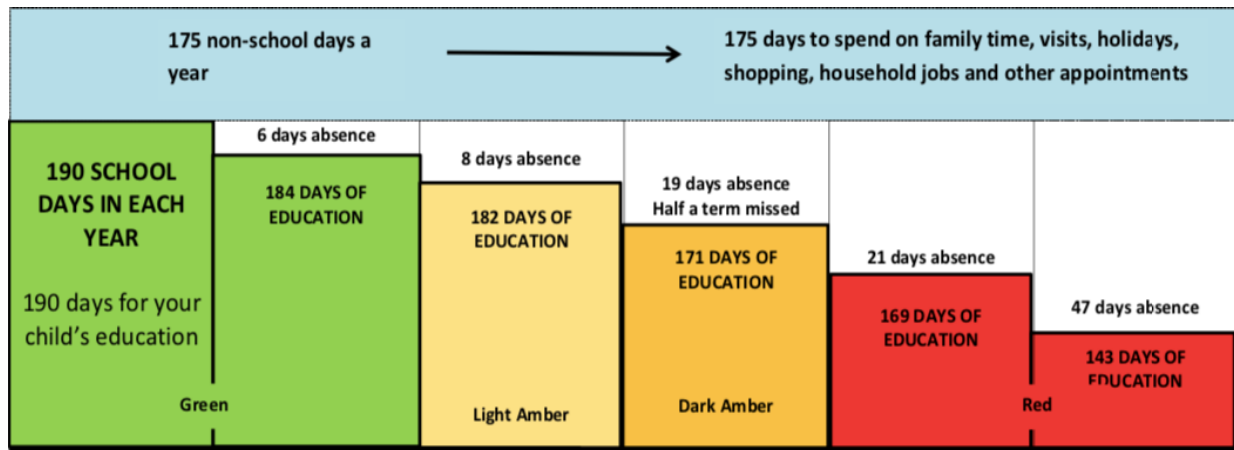
It's been another hardworking week in Desert Owls this week. Year 5 have been working hard with Miss Todd, working on all four operations in maths, including reasoning problems. They have also been writing character descriptions, focusing on accurate punctuation. Year 6 have been with Mrs Hayes, tackling a range of SATs questions in Maths, SPAG and Reading. They have worked well on their own, with a partner and in small groups. I don't think they could be any more ready for their SATs next week! They have also been writing newspaper reports and working on developing a journalistic writing style. Please don't forget about SATs breakfast club from 8.15 every day next week. Enjoy the bank holiday weekend and your celebrations for the coronation. Mrs Hayes.

Mrs Hayes

This week, Tawny Owls have been focusing on explorers again, with a twist! All the Tawny Owls became explorers and they had to find out what types of trees we have in our school by examining the leaves and the sticks they found around school. They also spent time looking at another explorer, this time it was Ernest Shackleton. Our KS2 children wrote some facts about him. Children also learnt about the king's coronation and were asked to be lead designers for our celebrations. They helped make all the posters and the price lists and some of the bunting to go around the school.

Miss Pemberton

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

Nursery: Charlie
 Reception: Lexy
 Year 1: Roman
 Year 2: Rowan H
 Year 3: Louise
 Year 4: Toby
 Year 5: Daisy
 Year 6: Miley
 RP: Noah

Dojo Champions

Nursery: Charlie
 Reception: Veronica
 Year 1: Roary
 Year 2: Freddie
 Year 3: Finley
 Year 4: Lilo
 Year 5: Alex
 Year 6: Sofia
 RP: Eva



Birthdays this week

Izaak (5)

★ 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 22 nd May- Friday 2 nd June | KS1 SATS period |
| Monday 10 th and Tuesday 11 th July | Y6 transition days to Helsby High School |
| 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.

The life of KING CHARLES III



1948

Charles Windsor is born in Buckingham Palace to proud parents Princess Elizabeth and Prince Philip.

1952

Charles' mother becomes Her Majesty Queen Elizabeth II of England, making him the heir apparent.

1958

Charles is made Prince of Wales but does not have his investiture until 1969, when he is crowned in a televised ceremony.

1971-76

Following in the footsteps of his father, grandfather and two great-grandfathers, Charles serves in the RAF. After training as a jet pilot, he joins the Royal Navy.



1982

The couple's first child, William, is born in St Mary's Hospital in London – and two years later, Prince Harry is born. Unlike many royal fathers, Charles was present at the birth of both his children.

1981

The prince marries Lady Diana Spencer in a ceremony at St Paul's Cathedral after a five-month engagement.

1976

On leaving the navy, Charles uses his severance pay to set up The Prince's Trust – a charity to help vulnerable young people which is still running today.



2005

Having divorced in 1996, Charles marries his second wife, Camilla Parker Bowles, in a civil ceremony at Windsor Guildhall.

2022

Charles becomes king following the passing of his mother, Queen Elizabeth II. He was the longest serving heir apparent in British history.

2023

Charles is crowned in a ceremony at Westminster Abbey alongside his wife Camilla, becoming the oldest British monarch to ascend to the throne.

Did you know?...

GOD SAVE THE KING

Charles was the monarch in waiting for 70 years, overtaking Edward VII who had been heir apparent for 59 years.



Charles is also passionate about architecture. His charity – the Prince's Foundation for the Built Environment – has helped design, construct and refurbish important buildings around the world. This won His Majesty the Driehaus Architecture Prize from the University of Notre Dame.



The new king has a degree from the University of Cambridge and A Levels in History and French.

Charles is a committed environmentalist who has supported campaigns to address climate change. In 2007, he won Harvard University's Global Environmental Citizen Award.



At 73, Charles becomes the oldest British king to be crowned. The previous oldest was William IV, Queen Victoria's uncle, who was 64 at his coronation way back in 1830.



NOS National Online Safety®
#WakeUpWednesday

Written By Kyle Graham

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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.

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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

