



Frodsham Primary Academy

Newsletter 30

12^t May 2023

This week, we have been so incredibly proud of all our year six children. They completed their end of year SATS tests over four days. All children came prepared for their tests and showed great determination and resilience throughout. They ended the week with celebrations in their classes. Thank you to our year 5 children too, who gave up their classroom and acted as 'mini TA's' around the school supporting other classes. Year six have their residential to look forward to next. Well done year six!

This week, we have also seen some great sporting events across school. Our reception children took part in a mini kicker's tournament at Helsby High School and our reception and year 1 children had their first bikeability session this week. Some children rode a bike unsupported for the very first time!

It has been great to see so many children attend our breakfast club over the last few weeks. Remember, breakfast club is available for only £2. Children can come into school at 7.45 and have breakfast with their friends. After school club is also available Monday-Thursday. Please collect a form from the office or speak with me if you would like to find out more.

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 we were very happy to see Paddington bear return safe and well from his adventures in London. He even brought each of the children a very special postcard back for them to keep. We looked at the photos from his visit and took it in turns to hot seat each other, answering as if we were him. We have then focused on some of the sights of London, learning lots of facts about Big Ben, and designing our own medals that a King's guard might wear. Some of our Reception children represented our school for the first time in an inter-school mini-kickers competition. They really did us proud, showing great skill, resilience and excellent sportsmanship. They even let children in other teams have a go at kicking the ball if they weren't scoring much! On Thursday the 25th we would like to invite all parents to our EYFS teddy bears picnic in honor of Paddington heading off on a new adventure. This will be from 2:00pm onwards, more details will be sent home next week. Save the date!

Miss Curtis

This week Snowy Owls have been writing up their own invention stories. They have been trying hard to include all the language features spotted in the text in their own writing. In Maths this week we have been recapping our shapes and what properties they have. We went on a shape hunt and explored both 2D and 3D shapes. We have continued with our new computing topic this week and explored how to take a good photograph. We thought about lighting, focus and taking both portrait and landscape pictures. Also linking with our class text we have been discussing our goals and dreams in PSHE this week and all children have thought of a goal and how they can achieve it. Keep up the great work Snowy Owls!

Miss Sands

We have been focusing a lot this week on decimals in maths, we have been making links with money to provide a real life context. The children have been making and comparing different amounts in Year 3. Year 4 have focused on ordering decimals with tenths and hundredths. The children have used bead strings to support their understanding. In English, we have been looking at a newspaper report based on an elusive whale spotting. The children have been looking at using apostrophes for possession as well as writing in standard English. The work we have been doing based on the style of writing and the features of a newspaper will support the children in writing their own newspaper report. In science, the children have been looking at the human body. This week we have learnt about all the different bones in the body and what the bones do. We have used a song to support us learning the different names and we will have a quiz online next week to see what the children have remembered. As part of our art based on sculptures, we have looked at how Greek pottery often tells a story. We have also started to make our own paper mache pots, these will be a model of the pots we will be making at the end of the unit using clay.

Mrs Price

Desert Owls have made me very proud this week. The Year 6 children have shown incredible resilience all week during your SATs tests. Each and every one of you should be thrilled with how well you have taken on the challenges of this week, and you have all showed great determination and dedication to your learning. I hope you all enjoyed our celebration afternoon and are able to rest and relax at the weekend. The countdown to Menai begins now!

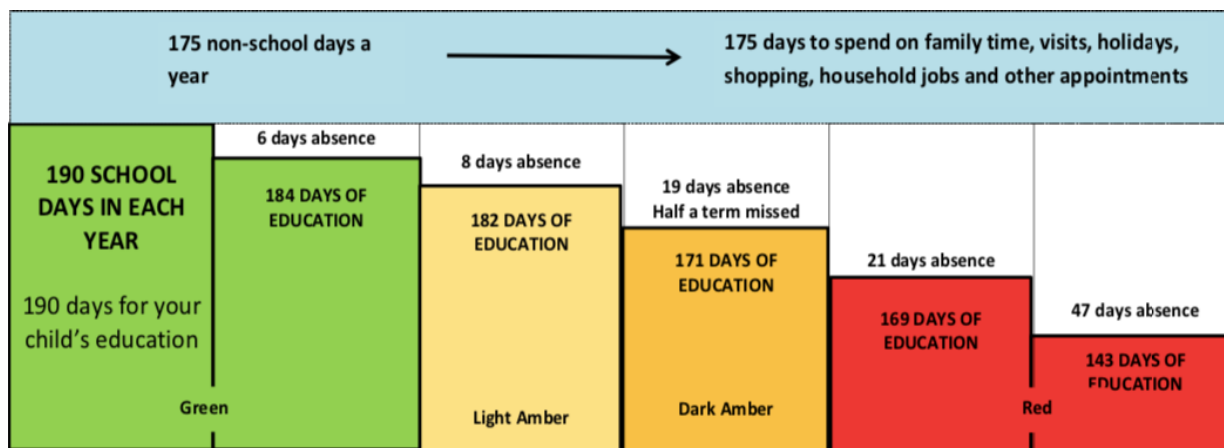
Children in Year 5 have been working as Classroom Assistants in all of the other classes in the school during the SATS tests, and school staff have reported on how helpful you have all been. I am really looking forward to the whole class working together again. Well done everyone.'

Mrs Hayes

This week, we have been exploring lots of different books in Tawny Owls. We have listened to our friends in year 5 read us lots of stories, as well as listening to some of our favourite stories on the interactive whiteboard. We have enjoyed having the year 5 children in class with us to help us with our learning. Our year 1 children enjoyed their bikeability session too. Well done everyone.

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



Dojo Champions

Nursery: Charlie
 Reception: Veronica
 Year 1: Evie
 Year 2: Rowan BB
 Year 3: Mason
 Year 4: Charlotte
 Year 5: McKenzie
 Year 6: John
 RP: Freddie



Birthdays this week

Jeff-James (8)

★ HAPPY ★
 BIRTHDAY!

Healthy breaks for schools

A guide for pupils and parents



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.



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.



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.



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.



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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



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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

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

