



Frodsham Primary Academy

Newsletter 31

19th May 2023

It has been another busy week in Frodsham Primary Academy.

This week, our year 6 children travelled to a neighbouring primary school to watch a performance called Snap Trap. The 'Snap Trap' was 50-minute performance created to equip young people with the tools and attitudes they need to deal with some of the dangers associated with smart technology such as tablets, smartphones and laptops. Designed to raise awareness of e-safety, children were engaged immediately and encouraged to interact throughout. The performance told stories of real young people whose lives were negatively impacted by a host of issues surrounding the misuse of smart technology.

Our year 2 children have started their 'Special papers'. We have already, been very proud of their resilience and we wish them the best of luck as they continue these into next week.

Our resource provision children have been learning about water safety. Their local area walk down to the river really brought the learning to life and children used this as an opportunity to discuss everything they had learnt.

Our week ended with year 3 and 4 performing in our celebration assembly to 'Hold Back the River' using BSL. Please look on our Facebook page if you would like to see them in action.

It is our final week in school next week before half term. Don't forget, Monday is sports day. EYFS and KS1 9.10-10.10am and KS2 2.00-3.00pm. These are approximate timings, and some events could run over. We hope to see you there. Don't forget to wear your trainers for the parent race!

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.

We have travelled around the World this week in EYFS! Paddington is ready to go on a new adventure but couldn't decide where he wanted to travel next. First, we looked at a World map and found both hot and cold countries. Some had beaches but some were surrounded by other countries. We then explored a different country each day, learning facts about all of them. We have made polar bear paintings in Canada, ancient necklaces when we visited Egypt and the pyramids, blossom craft pictures in Japan and finally we designed and made our own tasty pizzas in Italy! I wonder which country Paddington will choose to visit? In Maths, we have been looking at 3D shapes, remembering their names and some of their properties. Can the children find a cylinder or a cube at home? In nursery the children have learning all about aeroplanes, thinking about where they would travel to and role-playing with their friends being at the airport. We have all been practicing ready for Sports day on Monday, and also can't wait for you to join us at Paddington's leaving party on Thursday 25th - 2:00pm. Bring a blanket for a mini picnic on the field, I hope you like marmalade sandwiches!

Miss Curtis

This week Snowy Owls have been working hard recapping all of the different rules in maths and the most efficient/preferred method to use for each. They have shown great understanding and independence to answer different style questions. In Science we have started our experiments with plants. We have planted some peas and broad beans in different places to test what a plant needs to grow.

In PSHE we have been thinking about how we can help each other achieve our goals and how we can challenge ourselves and each other. In PE children enjoyed practising for their sports day activities. A big well done to our Year 2 children in their special papers this week too!

Miss Sands

This week Hawk Owls have been analysing a newspaper report and they have been looking at the features of report writing. The children have planned their own newspaper report and have started to write them. These will be finished next week, and we hope to publish them using the laptops. In maths, we have been using money to explore the use of decimals. Year 3 have focused on adding amounts of money and money problems whereas year 4 have been multiplying and dividing decimals by 10 and 100. This then led onto money problems. We have all been really excited about our science unit of work on the human body and we have been learning the bones in the body. On Friday, we developed this further by looking at our muscles. We then made models of our hands and how muscles support movement. The children also made Mrs Price and Mrs Atherton proud with the work they have been doing in music. The children learnt a song linked to our water unit of work in geography. As a surprise for the music teacher, the children have learnt the song with British sign language. The use of BSL also supports the children's work in PSHE, and removing barriers for others.

Mrs Price

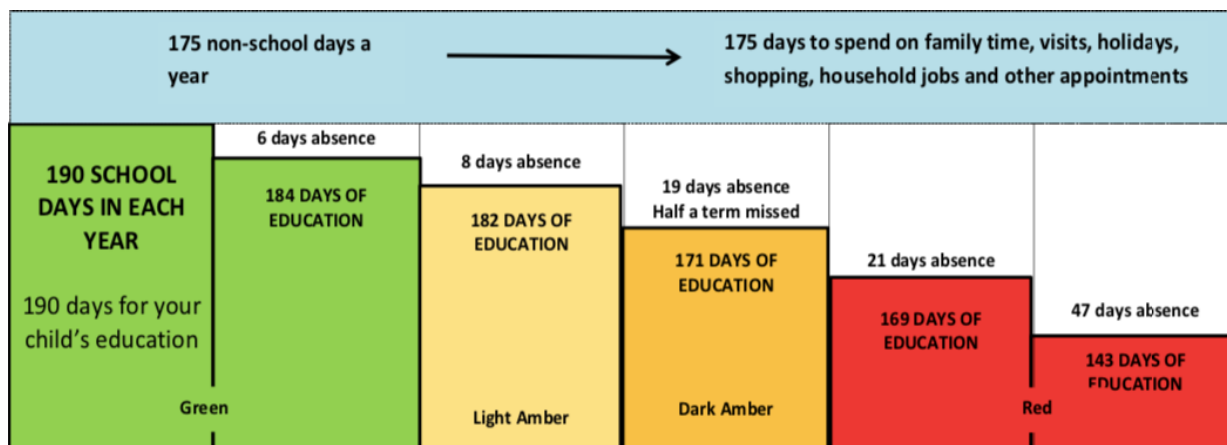
'Desert Owls have had a great week and have really carried on with their hard working attitude, even though the Year 6 SATS are over! In Maths we have been learning how to tell the time, as this is one area that many children find really difficult. As well as lots of practice with our own small teaching clocks, we have been matching digital and analogue clock times and solving reasoning problems in small groups. In English we have been reading and researching biographies of various famous people from the world of sport, music, nature, literature and the royal family. We have linked this into our Computing work by looking at how search engines and web crawlers work. In Science we found out about Carl Linnaeus and his system of classifying plants and animals. We have started our local area study in History and have been tracing back the history of Frodsham Hill. In Music we have been learning about The Beatles and starting to learn a few famous songs. In Art we sketched ferns, using a range of observational sketching skills. In RE we began thinking about our big question 'What makes a good life?' and exploring the concept of contentment. With that in mind, have a lovely weekend!'

Mrs Hayes

This week, Tawny Owls have been preparing for our local area walk down to the river. The most important thing we have been focusing on is water safety. Not only have we learnt how to be safe around the water, but we also wrote tips for our friends. We have been deciding what types of things we are going to explore when we go on our walk. Animals is a big focus one. We all want to explore to try and find some insects and birds. Some of us are hoping to see cats and dogs on our journey. We are going to take some food to feed the ducks on the river too. Also, we have talking about some physical features that we will look for such as bridges and roads. We also worked together to write a shopping list for some little treats to enjoy along the way!

Miss Pemberton

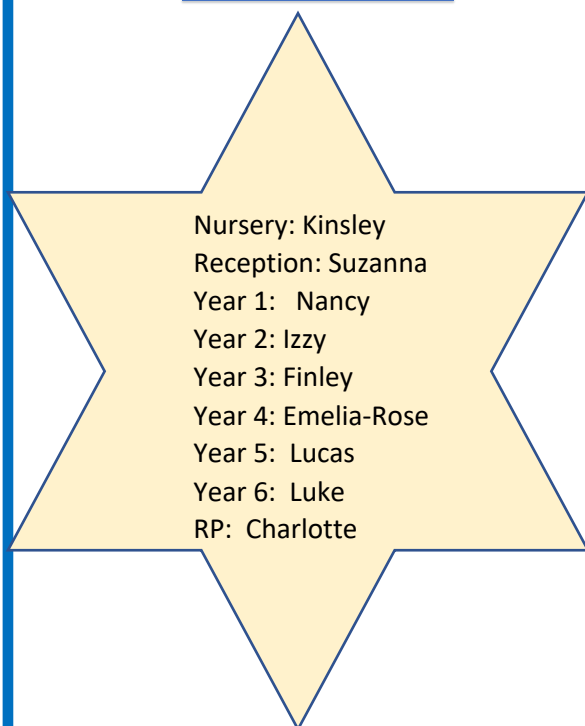
Attendance News



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: Kinsley
 Reception: Molly
 Year 1: Jaxon
 Year 2: Zac
 Year 3: Ruby
 Year 4: Esmail
 Year 5: Thomas
 Year 6: Kasey-Leigh
 RP: Jack



Birthdays this week

Jacob (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 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
Thursday 25 th May	EYFS Paddington picnic
Monday 22 nd May- Friday 26 th May	KS1 SATS period
Friday 26 th May	Last day in school. School closes for one week
Monday 5 th June	School reopens
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



Login with Facebook

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

Looking After Your WELLBEING ONLINE

We all know that taking care of our minds and bodies is essential to keep us feeling happy and healthy. The thing is, we spend so much of our time online these days that it's also important that we remember to look after ourselves in the digital world, too. Our poster has got some simple but useful tips for supporting your wellbeing while you're gaming, on social media or just using the internet.



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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

