

# What's on?

## Outstanding payments

Thank you to everyone who manages their payments for trips and events via ParentPay – it helps us to manage our cash flow and is an easy way for us to keep track of payments.

If your child is in any of the following year groups – please check that your payments have been made.

Years 1, 2 and 3 – pantomime.

Year 4 – Chedworth trip and goodie bag.

Year 6 – IMPS donation.

Year 6 – Quinta payments can continue to be made in instalments.

## Trees planted so far...

As a school we have changed our web browsers to [Ecosia](#). Ecosia plants a tree for every 45 web searches.

We are keeping a termly count of how many trees we have managed to plant as a school. So far we have planted an impressive 18 trees.

Changing your browser at home is very easy to do, just search for Ecosia.

## Dates for your diary

We will shortly be welcoming the travelling book fair into school.

There will be opportunities to buy books after school on Friday 11<sup>th</sup> March and before school on Tuesday 15<sup>th</sup> March.

Further details will be shared next week.

## Book Week Reminders!

Tomorrow (Thursday 3<sup>rd</sup> March) is World Book Day. All children are invited to come into school dressed as their favourite character from a book. Please do be as creative as you like!

If your child has not brought in a book for the book swap on Friday, tomorrow is their last chance to do so. On Friday, children will be given a token to exchange for a book of their choice.

## School meals next week

Please don't forget to order school meals for next week, before the deadline of Thursday at 6pm. Order meals using [the link](#).

If you experience any problems with the order form, please contact the school office.

## School uniform

Our lost property boxes are bulging with good quality un-named items that we cannot return to their owners.

Children who have lost clothing are very reluctant to take an item of clothing that they do not know for sure is theirs.

Please do make sure that you name every item of clothing that your child may possibly remove at any time, from coats to shoes, jumpers to trousers, cardigans to PE kit.

Please also make sure that lunch boxes and water bottles are clearly named. Lots of children have identical items, which can be very confusing!

*Loving, learning and  
flourishing in community*

## A celebration of sleep

The primary nurse team has highlighted to schools the importance of ensuring that children have a solid night's sleep.

Whatever age you are, sleep is essential for health and wellbeing. Sleep boosts immunity, helps prevent anxiety and depression and helps with learning.

Primary school age children need between 9 and 12 hours' sleep a night.

To learn more about sleep and get tips for helping your children get a good night of sleep, look at the [NHS website](#).

## The conflict in Ukraine

Russia's invasion of Ukraine is distressing and concerning and we understand that children may have questions about this, or be seeking reassurance. In school we are answering any direct questions honestly and openly.

The DfE has shared [some useful advice](#) and resources that you may find useful as you discuss the conflict with your children.

The BBC website also has some articles aimed specifically at children from the '[Newsround](#)' programme, which you may find it helpful to watch with your children.

## Healthy snacks

It is really important that the snack that children bring into school is a healthy one, which means absolutely no crisps or chocolate!

Snacks can be crackers, fruit, vegetables, breadsticks or cheese. If your child likes cereal bars, please do check that they are low in sugar and do not contain nuts or chocolate.

## Nutrition and hydration

14<sup>th</sup> – 20<sup>th</sup> March is 'Nutrition and Hydration' week.

Although we often talk about a healthy balanced diet, it's just as important to make sure we stay sufficiently hydrated too.

Hydration is important to keep our bodies and our brains working at their best, so it can make all the difference when it comes to learning and concentration.

4-8 year olds require 7 glasses of water a day and 9-13 year olds should be drinking 9 glasses of water a day.

Please do make sure that your child brings a named water bottle into school every day. If they empty it during the day, they can re-fill it.

**change 4 life**

**Top tips to keep your family healthy and happy**

- 1 Sugar swaps**  
Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks.
- 2 Me-sized meals**  
Remember kids are smaller than adults so give them a smaller portion to begin with, if they're still hungry they'll ask for more.
- 3 Snack smart**  
Sugary snacks can all add up! When choosing packaged snacks, stick to two a day max. But remember, fruit and vegetables are always the best snack.
- 4 Eating out**  
When eating out look for child-friendly options that include fruit and vegetables. Try to avoid bigger portion sizes such as "go large" or "supersize" deals.
- 5 Get going every day**  
Kids need 60 active minutes each day. This can be in short 10 minute bursts throughout the day, try scootering to school, skipping to the shops, or dancing to a song. Keep track of screen time - many parents find it helpful to set a daily limit.

Want more tips to help you stay healthy and happy?  
Search **Change4Life**

## 100 club draw

Congratulations to Ruth Cadywould whose number (47) was drawn for the 100 club draw this month!

We hope Ruth enjoys treating herself with her winnings, we are sure her children will have some ideas to help!