

02/10/2020



# St Cuthbert's C of E Primary School

The Chase, Great Glen, Leicester LE8 9EQ  
Tel: 0116 2592764

## Headteacher's news

It is wonderful to see our children grow and shine as they continue to model our learning values so brilliantly in all they do.

We have started our 'Star of the Week' awards by hosting our assembly online. The children and staff really enjoy this opportunity to share their good news with the rest of the school and see the achievements taking place in other classes.

To complement our continued focus on our Christian Learning Values we would like to change our school motto/mission statement to reflect our Christian distinctiveness and values. We value your opinion on this change so please use the link to register your vote on what our new mission statement should be and leave a comment should you wish too. The children will vote in their classes.

<https://www.surveymonkey.co.uk/r/MQXVNXZ>

I would like to thank all parents, families and friends for your continued support. It is lovely to speak to parents at the beginning and end of the day and your positive messages of support for the staff and school are very much appreciated.

Please take a look at Twitter for some fantastic images of the work the children are doing. **Twitter! @StCuthbertsCEP1**



### Diary Dates

#### **5<sup>th</sup>-9<sup>th</sup> October**

Active Travel-Walk to school week

#### **Friday 9<sup>th</sup> October 202**

Year 1- Toys Theme day

Year 3 Stone Age Day

#### **12<sup>th</sup>-16<sup>th</sup> October**

Active Travel-Cycle to school week

#### **Monday 12<sup>th</sup> October**

Year 4- Romans Theme day

#### **Wednesday 14<sup>th</sup> October**

Year 5- Victorian day

#### **Thursday 15<sup>th</sup> October**

Year 6 Bronze/Iron Age theme day

EYFS- Bedtime story day ...dress in pyjamas

#### **19<sup>th</sup>- 23<sup>rd</sup> October**

Half term

#### **Week beginning- 26<sup>th</sup> October**

Parents Evening week

### Fundraising

Throughout the year the school puts together opportunities for the children to take part in fundraising activities. This is in support of National and Local charities but also to help raise funds for projects in school.

With the current Corona virus restrictions in place, our usual fundraising activities are not possible such as the autumn disco and Christmas market. Our school council will be coming up with ideas on how we can continue our fundraising safely in our bubbles in order to raise some much needed funds for projects in school.

This year we are raising money to undertake the following projects:

- A class set of 30 iPads
- Playground markings on the EYFS playground
- More bike and scooter stands to be placed in EYFS and Key Stage 1 playground
- Additional books for our reading scheme.

We are sure the School Council will come up with some great ideas and we look forward to your support.



### Website

We are working with a company to put together a new school website. This is a big undertaking. Whilst we do this, our current website remains in place but any up-to-date information will be shared on Twitter or through Parent Mail. Thank you for your patience.

## Class attendance up to 25/09/2020

Hedgehogs- 98%  
Badgers- 97%  
Foxes- 97%  
Owls- 96%  
Woodpeckers- 98%  
Pandas- 96%  
Koalas- 98%  
Giraffes- 97 %  
Zebras- 97%  
Leopards- 96%  
Panthers- 96%  
Lions- 98%  
Tigers- 95%  
Whole school- 96%



## Harvest

Thank you so much for all your donations so far. Please keep sending in any donations until **Thursday 8<sup>th</sup> October**- Thank you



## October Half term

Metcalfe Multi sports are offering a holiday course during the October half term here at school. Information has been sent out via Parent mail with all the details. All bookings and payments should be made directly with Metcalfe Sports, please do not send money to the school office.

### October Holiday Course

19TH - 23RD OCTOBER 9AM - 3PM

**£14 A Day**

Fun, Safe Learning Environment For Children Aged 4-14!

Half Price For Siblings When Booking Full Week

FOOTBALL • BASKETBALL • TENNIS  
DODGEBALL • CRICKET • OLYMPIC GAMES  
STREET DANCE • GYMNASTICS • AND MUCH MORE!

[WWW.METCALFMULTISPORTS.CO.UK](http://WWW.METCALFMULTISPORTS.CO.UK)

30 PLACES MAXIMUM PER COACH DUE TO NEW COVID RULES  
ALL CURRENT COVID-19 GUIDELINES WILL BE FOLLOWED TO BE ABLE TO RUN THIS COURSE. CHILDREN WILL NOT MIX BETWEEN GROUP BUBBLES AND SOCIAL DISTANCING USED AS MUCH AS POSSIBLE.

## School meals

Now that the school meals are back to normal, with a full range of meals, vegetables and puddings, please take a look at the menu each week to see what is on offer.

Our lovely ladies in the kitchen are working really hard and are making delicious healthy meals for the children. The majority of the children are really enjoying them but there are a few who are finding the change from the hot grab bags to 'normal' dinners not to their liking and are only eating a small amount.

Teachers will talk to individual parents if there is a concern about how much a child is eating but we ask that you keep an eye on the menu so that you can share what the option is for that day. Thank you

## Twitter Highlights! @StCuthbertsCEP1



Each month, the **South Leicestershire School Sports Partnership** team are sending out a newsletter to share ideas on how to support children with their health and well-being. Here is their October newsletter.

# HEALTHY EATING

SOUTH LEICESTERSHIRE SCHOOL SPORTS PARTNERSHIP - OCTOBER 2020

Eating a healthy, balanced diet is essential to maintaining good health and helping you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight (NHS, 2019).



## EATWELL GUIDE

Eat at least 5 portions of a variety of fruit and vegetables every day

Base meals on higher fibre starchy foods like potatoes, bread, rice or pasta

Have some dairy or dairy alternatives (such as soya drink)

Eat some beans, pulses, fish, eggs, meat and other protein

Choose unsaturated oils and spreads, and eat them in small amounts

Drink lots of water (at least 6 to 8 glasses a day)



## TOP TIPS

Serve balanced meals and eat with your family

Have healthy snacks available

Be role models and eat healthily

Avoid arguments over food

Involve your child in cooking and preparing healthy meals

Find balanced and healthy meal recipes;

<https://www.nhs.uk/change4life/recipes>



## INFORMATION

Puberty is a time of rapid growth therefore energy and nutritional requirements differ. In particular girls require more calcium and iron. Boys need more protein comparatively.

FAD Diets (as seen on social media)-Diets that promise quick weight loss are often not nutritionally balanced meaning you could miss out on important vitamins and minerals. FAD diets focus on short term goals.

Does eating make you feel anxious, guilty or upset? Talk about it to someone your trust and visit your GP.

### **The government have released a national campaign to reduce obesity levels in adults**

They offer free tools and apps to support people to eat better, drink less alcohol and get active. This includes an app for the free 12-week NHS Weight Loss Plan, helping people make healthier food choices and learn skills to prevent weight gain.

Visit <https://www.gov.uk/government/news/major-new-campaign-encourages-millions-to-lose-weight-and-cut-covid-19-risk> for more info.

Go to **LSLSSP YouTube** channel and listen to the latest *Podcasts about Mental Health and Wellbeing*