



Westfield Primary School
01761 413662
office@westfieldprimary.com
www.westfieldprimary.com
Headteacher: Mr Simon Mills



Friday Note
17 January 2020

Dear Parents

Beat the January Blues

As part of 'Mindfulness in Schools' over the next few weeks we will be giving out some top tips of ways to support children's mental health in Winter.

Week One – Keep Moving

- **Get your wellies on and go to a forest.** You won't need to go far before you can jump in some muddy puddles. Children love the freedom of exploring and may like to build dens or climb trees!
- **Blow up a balloon.** Once you've tied it, see how long you can keep it up in the air while passing it between you.
- **Host a home disco.** Play the family's favourite dance songs and have a ten minute boogie.

Give it a go and let us know - Mrs Young in Badger Class is our PHSE lead and she would love to hear if you have done any of these things!



Dr Bike

22nd/23rd January

Bikeability training for those who have signed up in Year 5 and 6 takes place in February. As part

of the Travelwest transport partnership, Bath and North East Somerset Council have offered all Bikeability pupils a Dr Bike free safety check. Dr Bike will check the bike is safe and fit for purpose.

You are invited to bring your bikes into school on Wednesday 22nd or Thursday 23rd January and leave in the cycle shelter. The children have been given a letter with all the information. You will not be able to receive the free bike check if you have not returned your permission slip.

Facebook

Please can we remind you that we don't take messages via Facebook. If your child is ill, there is a change in going home arrangements or you would like to book them into wrap around care then please call or email the school. Tel: 01761 413662 or email:

office@westfieldprimary.com

Belongings

Please can we remind parents that Key Stage 1 children should not be bringing pens, pencils, pencil cases or toys into school from home.

Year 6 SATs Meeting

Wednesday 5th February at 3.00pm in Falcon Class. All parents are invited to a Year 6 SATs information meeting. It is really important that everyone tries to attend.

Snacks

Westfield School is a Healthy School. We are committed to promoting healthy choices for our children in order to give them the very best start in life, and our commitment has been recognised and validated by external agencies. Here is some guidance about school expectations and some choices that can be made. We appreciate your support in this.

Drinking water ONLY in class, unless qualified medical advice makes a recommendation for alternative. Whilst this supports a healthy lifestyle, parents also need to be aware that having juice in bottles in class can often cause mess and stickiness. Water spillages are not a problem.

Breaktime snacks ideally should not exceed 100 calories, and be non-sugar. Cereal bars vary in nutritional value, so check packaging. Acceptable examples include:

- Fresh or tinned fruit
- Chopped vegetables (with low-fat hummus)
- Plain rice cakes or crackers (with low-fat cheese)
- One crumpet
- One scotch pancake
- Bread sticks
- Plain popcorn

High sugar/salt choices such as chocolate bars and crisps are NOT ALLOWED at break time but a moderate amount of these foods are allowed in **lunchboxes**, as well as a **juice drink** for lunchtime if preferred. If a pupil has these in school they are for consumption **at lunchtime only**. KS2 children should have their break time snack in their tray/bag and not need to go to their lunchbox during the morning.



Cyber Bullying

Since Christmas we have had a few reports of some of our children using on-line messaging services to be incredibly unkind to others (who are also part of the group that the unkind words are being shared on). As you can imagine this is extremely upsetting for the children reading things about themselves.



With increasing numbers of our children using social networking sites and getting their first mobile phone, it is really important that those closest to the children and young people are able to help and support them. They need to learn

how to stay safe and use technology responsibly early and to continue to be supported with this issue as they grow older.

The minimum legal age for using WhatsApp was set at 16 years old in April 2018.

How you can help?

- Be aware of what cyberbullying is and how it can happen by looking at helpful internet sites like http://www.bbc.co.uk/schools/parents/cyber_bullying
- Agree on family rules and procedures about what to do if someone is being cyberbullied, such as saving messages or texts as evidence and telling a trusted adult.
- Encourage positive use of technology by helping your child to use it to support learning, socialise with peers and explore the wider world.
- Discuss and promote 'netiquette'- responsible online behaviour – and reward your child for this.
- Use an app such as Bark to monitor your child's messaging. If they are under the legal age for using these applications then it is up to parents/guardians to check they are being used safely and respectfully.

What is responsible online behaviour? (please read this through with your child)

- Respect others online – treat them how you would want to be treated
- Only post or write things online or in a message that you would be happy for anyone to see
- Use appropriate language when chatting or playing games online

Safeguarding

Please can we remind parents that you are only allowed in certain areas of the school buildings. Doors and entrances are clearly signed stating which places are for staff only which includes the Atrium building for Years 4, 5 and 6. If a member of staff finds somebody in an unauthorized area then expect to be challenged – this is to ensure that all children and staff are safe in school at all times.

Reading Raffle

Key Stage 1

Winners	68% Rabbit
	60% Badger
	40% Panda
	25% Bumblebee
	20% Owl

Key Stage 2

Winners	87% Eagle
	80% Turtle
	76% Falcon
	68% Panther
	64% Butterfly
	59% Monkey
	46% Dragonfly
	38% Dolphin



Help your child with home reading

Please can you make sure that you hear your child read their school reading book 5 days each week. This needs to be recorded in their reading record book. At KS1 we ask parents and carers to fill out the comments, whereas in KS2, the children should be recording what they have read and writing a comment. Both reading books and reading record books need to be in school EVERY DAY!



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Diary Dates

Sept

Thurs 3

Pupils Return to School

Jan

Tues 21 KS1 Stay and SPAG

Feb

Wed 5 Year 6 SATs Meeting

Mon 17 – Fri 21 Half Term

Thurs 27 KS1 Stay and Read

Fri 28 Reports Out

March

Mon 2 Book Week

Parents Evening

Thurs 5 KS2 Stay and Read

Book Day – Dress Up

Parents Evening

April

Mon 6 – Fri 17 Easter Holidays

Wed 22 KS2 Stay and Multiply

Wed 29 KS1 Stay and Multiply

May

Tues 5 – Thurs 7 Year 4 Camp

Fri 8 Bank Holiday

Mon 11 Year 6 SATs Week

Fri 15 Inflatable Day

Year 3 Sleepover

Mon 25 – Fri 29 Half Term

June

Tues 9 KS1 Stay and Puzzle

Tues 16 KS2 Stay and Puzzle

Thurs 25 Sports Day

Fri 26 Reports Out

Mon 29 Shuffle Up Morning

July

Thurs 2 Shuffle Up Day

Mon 6 – Fri 10 Fantastic Futures Week

Thurs 16 Year 6 Leavers Services at Church

Mon 20 Inset Day

Tues 21 Pupils break up for Summer