



Newsletter



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Dear Parents and Carers,

Thank you to the parents who volunteered to help with reading. We have 4 willing volunteers but could urgently do with more - every class would like a volunteer! Are you able to help, or to pass this on to someone in your family or neighbourhood who might be able to help us? We would like to move ahead with this as soon as possible and your help and support in passing this message on, or volunteering yourself, would be hugely appreciated. Thank you. Mrs Holliday.

Packed Lunches: We have noticed that some children's pack lunches are including crisps and chocolate snacks (chocolate covered biscuits, confectionary bars etc) far too often than we would like. We, along with NHS UK, have a duty to ensure you have guidelines to provide a healthy packed lunch - we have to use national guidelines for our cooked school meals so it just as important that the food in a packed lunch follows similar principles. If you are struggling with ideas or organisation take a look at the Change4Life website from the NHS - there is page specifically dedicated to packed lunch boxes. We think it is very informative. Here is the link: <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>. I am happy for children to have crisps in their packed lunch on a Friday as this is the day the kitchen serves potato chips however there is little nutritional benefit and they can be high in salt. Thank you.

PSA



Please see the attached poster for The PSA Band Night taking place on Saturday 29th February. Tickets are now available to book on Gateway. Information has been sent.

All proceeds for any upcoming PSA events will go towards the children's new laptops so the PSA and the school would be very grateful for your support.

PSA Class Cakes Sales this year

28/2/20 Reception + Year 1
27/3/20 Year 2 + 3
24/4/20 Year 4+5
22/5/20 Year 6+6



Charities



Thank you for all your donations on our Christmas Jumper Day on 16th December. A cheque for £88.54 will be making its way to Save the Children UK very shortly.

Also, we raised a whopping £350 for the WWF Australia Bushfire Emergency Appeal with our own clothes day on Friday 24th January. Thank you very much for your generosity for this very worthy cause.



Bishops Down Football

The team is enjoying a successful season so far with an impressive record of 6 wins, 1 draw and only 1 defeat by one goal from 8 games.

With the support of regular training sessions we have encouraged several talented players who should develop even greater skills later and with Rose Hill's help in providing astro facilities during the recent bad weather we have been able to provide a full programme this season with no cancellations.

Well done to all concerned.



On Monday 20th January the Bishops Down community welcomed a very special guest into our whole school assembly, it was a super-hero! A super-hero who is only able to be a super-hero by playing and moving, if he sits down for too long, or doesn't move, his super-hero powers start to fade! Darryl Edwards is a movement coach and has created a whole way of keeping people active, happy and living a fulfilled life through his Primal Play programme. He travels the world changing people's lives, allowing them to think in a different way about exercise. Darryl shared his secrets and we found out that you are never too old to play and move and he had the whole school up on their feet trying out a few very fun games. Thanks to all the very brave staff who led by example and got involved!

Darryl went on to dance with This Is Us Dance Company and has left us with his wonderful book all about his movement ideas, and his fantastic Animal Moves card pack with loads of ideas to get everyone up and moving.

You can find out more about who he is and what he does on his website www.PrimalPlay.com Facebook The Fitness Explorer - Darryl Edwards, on Instagram fitnessexplorer.



Drop in surgeries On Thursday 6th Feb:

SEND - Mrs Woods
9-10am

Family Support
Mrs Stock
2-3pm

Headteacher
Mrs Owen
2-3pm



New School Councillors!

Charlotte and Daniel (Larch)
Zac and Sophie (Oak)
Tommy and Edie (Y5)
Riley and Lily (Y4)
Evie and Sonny (Y3)
Otto and Matilda (Y2)

As previously advised, the cost of a school lunch provided by Nourish will increase from **£2.27** to **£2.30** per meal from 1 April 2020. This increase only affects parents with children in Nursery and Years 3 – 6 who are NOT in receipt of free school meals.

Bookings for lunches from this date are now open on School Gateway

New bookings and payment items have been set up for this due to the price change. Any credits under the current booking item as at 31st March 2020 will automatically be transferred over. Please speak to Mrs Lucas, Bursar if you have any queries on this.

Reminder

You have until 8am on the morning of the day you wish your child to have a lunch to make the booking and pay for it.

As always, you can book and pay for lunches well in advance, or even add credit to your child's lunch account via the payments section.

