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Operation Encompass

Supporting children through key adults

11th January 2018



Message from the headteacher: Please send children in with a hat and gloves on outside P.E. days if this very cold weather continues.

Healthier Eating

This is a great time of year to be thinking about food choices. Nationally our children are eating too much sugar this can lead to the **build up of harmful fat** on the inside that we can't see. This fat around vital organs can cause weight gain and serious diseases in the future. Having too much sugar can also cause **tooth decay**.



School dinners are nutritionally balanced to Government

guidelines and are good value for money at only £2 for Key Stage 2 children. Free for children in years R, 1 and 2.

If you choose to provide packed lunches, then there are some simple swaps you can make:

- Sausage roll = sandwich
- Fruit yoghurt = low fat, low sugar yoghurt
- Fruit bar = fruit
- Juice drink = water

School packed lunches should not contain chocolate bars or sweets

Home football matches

Congratulations to our boys football teams' who played St Peter's last Thursday. They won both matches in some style 3-2 and 15-0.

Climbing Competition

Congratulations to our team who won the area climbing competition yesterday. Olivia de Wolf was the winning girl and Oscar Slater winning boy, William Elliott came in 2nd boy. Well done to the whole team.

Applications for Primary School

Was your child born between 1st Sept 13 and 31st August 2014? If so, apply online at www.devon.gov.uk/admissionsonline until the 15th Jan 2018. If you cannot access the school admissions website you can get more information by calling the Devon County Council Education Helpline on 0345 155 1019 or email: primaryschooladmissions@devon.gov.uk

Extra Curricular Clubs

Clubs will start next week from Monday 15th January. Letters confirming club places are being sent home with children today.

Coats and jumpers

As the weather has turned colder, please can we remind you that children should come to school with a coat and jumper.

Plymouth & District Junior Badminton Tournament

Sunday 4th February from 9am at the Plymouth Life Centre. Entry forms are available from Plymouth Life Centre or online from Plymouth & District Badminton website. Closing date for entries Thurs 25th Jan, any enquiries please contact Jo Jackson on 01752 245581 or jo.jacko44@gmail.com

Swimming Squad Selection

A letter will be sent home this week confirming if your child has been selected to train with the swim squad. Training will be during school time on Wednesday afternoons and will start next Wednesday 17th January. The children will be escorted to the pool by members of staff.

Family First Magazine

A useful online magazine with lots of tips to build a happier, healthier family lifestyle. The link to this is www.familyfirst.co.uk

Good to be Green Winners

Every half term we put the names of all children who have been 'green' all term into a raffle. The winners of a £5 book voucher were:

Jameela Williams C2
Ronnie Langdon C6
Katie Court C8
Zoya Taylor C14

Diary Dates

Events in January

Today –Girls Home football match against St Peter's
Mon 15th- Yr 4 Dance festival
Wed 17th – Attendance Officer visit
Thur 18th —School Census day
Fri 19th —Fire talk Yr 2 & Yr 5
Mon 22nd– 3.15pm Parents' meeting
Dartmoor Residential trip
Fri 29th– Reception children eye check
Tue 30th– Youth Speaks competition

Family Assemblies—Spring 2018

Fri 2nd Feb—Year 3
Fri 9th Feb—Year R
Fri 23rd Feb—Year 5
Fri 2nd Mar—Year 1
Fri 9th Mar—Year 6
Fri 16th Mar—Year 4
Fri 23rd Mar—Year 2

Term Dates

Spring Half Term—12th to 16th Feb
Easter Holiday—30th Mar to 13th Apr
Half Term—28th May—1st June
Non Pupil day— Monday 4th June
End of Year—Tuesday 24th July

