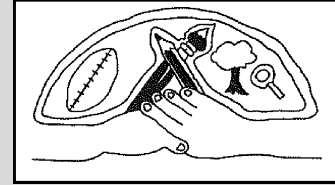


# Copmanthorpe Primary School Parents' Newsletter



17th May 2013

## Healthy Schools Weeks - 20th May–7th June Travel to School Month - Monday 20th May–21st June

When we planned these weeks almost a year ago, we anticipated that we would be looking forward to warmer weather in May and the prospect of doing more activities outside. However, we are undeterred by our current damp, chilly weather and would recommend to you the benefits of encouraging your family in their exercise including walking, scooting and cycling to school safely. We ask parents to help us in keeping our playground safe for everyone, reminding children to park their cycles as soon as they come to school and not cycle through school but lead their bike in. Similarly, scooterers being aware of keeping their scooter speed at walking speed for everyone's safety at the beginning and end of the day. We now have a new cycle rack at the entrance near to the Foundation Stage so children can park more easily.

### Parking Outside School on Low Green

We will also be having a special focus on limiting parents' parking on Low Green or on Croft Farm Close so that all parents can encourage their child to travel to school without concerns about their safety over the next four weeks. If you are using Low Green for parking or Croft Farm Close, we would ask for your help to park elsewhere, such as the Recreation Centre, so that we can be sure that the areas are really safe outside school (even in wet weather for our special Travel to School month). We also want children to understand the benefits of getting exercise on their journey to and from school. Further information about cycling / scooting to school is available on our VLE in the Parents' section. Please can we also remind parents about how dangerous it is to use the school entrance as a place to turn around—it is very dangerous for children who are not able to predict what you are doing. We will be asking parents to note registration numbers of cars who ignore this request.

We are also using this month as a focus to encourage healthy living in all ways in school using the themes (from the British Heart Foundation website) below as a focus.

### Get Active Each Day



- Regular physical activity is important for the healthy growth, development and well-being of children and young people.
- They should get at least 60 minutes of physical activity every day, including vigorous activities that make them 'huff and puff'.

### Choose Water as a Drink

- Water is the best way to quench your thirst—and it doesn't come with the added sugar found in fruit juices, soft drinks and other sweetened drinks.

### Eat More Fruit & Vegetables

- Eating fruit and vegetables every day helps children grow and develop, boosts their vitality and can reduce the risk of many chronic diseases.
- Aim to eat two servings of fruit and five servings of vegetables every day.



## Switch off the Screen and Get Active

- Sedentary or 'still' time spent watching TV, surfing online or playing computer games is linked to kids becoming overweight or obese.
- Children and young people should spend no more than two hours a day on 'small screen' entertainment.

## Eat Fewer Snacks and Select Healthier Alternatives

- Snacks based on fruit and vegetables, reduced fat dairy products and whole grains are the healthiest choices.
- Avoid snacks that are high in sugar or saturated fats—such as chips, cakes and chocolate.

We are having a particular focus on packed lunches. As you know we discourage sweets being part of a pack-up for health reasons. We would ask you to re-consider giving children a whole packet of crisps every day when these often contain saturated fats. Please look on the VLE in the Parents' section for some ideas for healthy pack-ups.

## Play-time Snacks

Please can we remind parents that the children in Key Stage 2 are encouraged to bring fruit to eat at play-time. This can be kept in your child's drawer. We do want to encourage the good habits set up in Key Stage 1 where fresh fruit is served every day at morning break-time.



## Fruit Kebabs - Key Stage 2—Wednesday 22nd May—10.45 am

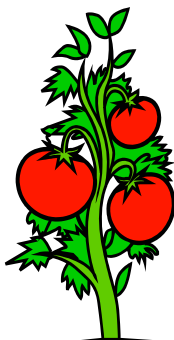
As an alternative to our kitchen's very yummy biscuits, the Year 6 Council will be selling equally yummy fruit kebabs next week at the same price of 20p.

## Copmanthorpe School Plant Sale



Where? **Copmanthorpe Primary School - Upper School Playground or amphitheatre if raining**

When? **Wednesday 22nd May, 3.00 pm**



For one day only, the Year 6 children will be selling a range of colourful, beautiful plants and scrumptious vegetables planted by the Year 6s themselves. Don't miss out on this once in a life time chance to buy our special plants. (Bring your purse or wallet!)

By Alex Kemp, Millie Saywell, Charlotte Corner-Walker and Esther Abraham-Silas.



**\*\*\*Please come along and support this venture\*\*\***

## Parents' Questionnaires

Thank you to those parents who have returned their questionnaire already. We do need your feedback on school systems to help us improve what we already do. Please send your questionnaire in as soon as possible, if you have not already done so, before half-term please—Friday 24th May

## Dates for the diary

### Pack-up Workshop for You and Your Child— Monday 10th June, 6.00 pm

We have been able to persuade one of the proprietors of 'Little Acorns' in the village to come and set up a workshop for us after school so that you and your child can have the chance to come and try some new ideas for pack-ups. I am sure that some of you have sampled some of the tasty items at the 'Little Acorns' teashop. There is very clear evidence that if you involve your child in making up their pack-up that they are more inclined to try new foods so do come along.

Please complete the slip below to let us know if you are coming. There is a charge of £2 (please bring this with you on the 10th) to cover ingredients and items to take home for the next day's pack-up.

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### Copmanthorpe Primary School

#### Pack-up Workshop

We are able to attend the Pack-up Workshop on Monday 10th June.

Name of parent attending: .....

Name of child/children attending: .....

Class: .....

***Please return this slip to school by Wednesday 5th June***