



Stone

Church of England Combined School

Building stepping stones to success



Design adapted from the children of Stone C of E School

Weekly Newsletter

Friday 5th October 2018

COMING UP

Monday 8th October

Year Enterprise Week

Friday 12th October

3.20pm Year 6 Enterprise sale

Children of the Week

EYFS:

Maisie S for having a positive attitude to learning and approaching each task with a smile.

Year 1:

Elena G for her great work on number bonds.

Year 2:

Isla C for reciting her poem in a group with confidence.

Year 3:

Grace P for super focus and effort in lessons this week, especially Maths.

Year 4:

Zak F for being a fantastic rapper on National Poetry Day.

Year 5:

Kirsten T for great ideas for the personification work and joining in the class discussion.

Year 6:

Zack P for overcoming his concerns to perform his poem.

Stepping Stone to Success Awards

Community: to Harley H (Class 5) for always helping his table group and working well collaboratively.

Community: to Joy S (Class 4) for being a lovely new member of our school

Community: to Emily Y (Class 2) for being a thoughtful and kind member of the class.

Community: to Imogen S (Class 3) for tidying the classroom so it is lovely to learn in.

Perseverance: to Thomas L (Class 6) for persevering with the long division method and having a 'light-bulb' moment.

Perseverance: to Sienna C (Class R) for showing amazing perseverance during the sponsored scoot, even though she fell off 3 times she got up and carried on.

Responsibility: to Madeleine S (Class 1) for taking responsibility for tidying the classroom.

Skills for Life Update

Our skills for life focus this week is the unhelpful thinking habit of the 'Mental Filter', or in child speak, 'Gloomy Specs':

Please find attached this week's assembly for your information. Please talk about how your child could use this in their day to day life and model turning this around where at all possible.

Recommended Resource

Headspace: <https://www.headspace.com/>



This app has lots of fantastic mindfulness and meditation resources to help a vast array of areas such as anxiety, stress, grief, productivity and many more. There are also many resources for children, which are brilliant. You can use some of these resources for free or subscribe to unlock more but even the free resources are great.

We hope this helps parents as well as children. Thank you all for your hard work to foster positive mental health in our children.

Healthy Lunchbox

At Stone, it is part of our duty of care to educate children about healthy food choices. Diet plays an important role in children's future health and their ability to learn. We have noticed that a number of children are coming to school with a majority of unhealthy choices in their lunch boxes.

Please refer to the NHS guidance below for advice on what constitutes a healthy lunchbox. For further information please go to <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Lunchbox tips

Keep them fuller for longer

Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.

Mix your slices

If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.

Freeze your bread

Keep a small selection of bread in the freezer. Make lunchboxes more interesting by using different shapes, like bagels, pittas and wraps, and different types of bread, such as granary, wholemeal and multi-grain.

DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.

Less spread

Cut down on the spread used and try to avoid using mayonnaise in sandwiches.

Cut back on fat

Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.

Ever green

Always add salad to sandwiches – it all counts towards your child's 5 A DAY.

Always add veg

Cherry tomatoes or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.

Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-size fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.

Tinned fruit counts

A small pot of tinned fruit in juice – not syrup – is perfect for their lunchbox and is easily stored in the cupboard.

Swap the fruit bars

Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.

Watch the teeth!

Dried fruit counts towards your 5 A Day, but can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.

Swap the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).

Go low fat and lower sugar

Go for low-fat and lower sugar yoghurt or fromage-frais and add your own fruit.

Check your cheese

Cheese can be high in fat and salt so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties of cheese.

Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.

Variety is the spice of lunchboxes!

Be adventurous and get creative to mix up what goes in their lunchbox.

Mix 96 - Bra Appeal

Children at Stone are keen to collect bras for the Mix 96 bra appeal again this year, in order to raise money for Against Breast Cancer. There will be a box on the playground every morning next week for bras to be deposited in. We will then ensure these get to a deposit point.

For more information please go to:

<https://www.mix96.co.uk/boxofbras.php>

Thank you for your support and well done to our children for supporting such a fantastic cause

Male Role Models

One of our key objectives this year is to raise the attainment of boys reading in KS1. We really want to foster boys' love of reading and interest in books and believe the best way would be for them to see dads/uncles/grandads reading and talking about books. If you are male and would like to come to read with a small group of boys and share your enjoyment of reading with them on a one off occasion or more regularly please contact Mrs Fell. We would appreciate your support.



Changes to Contact Details, Address or Care arrangements

In order to ensure we are able to contact you in an emergency and to safeguard your child, please inform us of any changes to your contact details, address or care arrangements as soon as possible but within 48 hours. We appreciate your support in this.

Autism Seminars

The Autism Teaching Company is running Autism seminars at the Misbourne School on Friday mornings 9.30am-11am on 19th October, 16th November, and 18th January, 15th February, 22nd March and 26th April 2019.

Booking is via this link:

<http://autismteachingcompany.org.uk/seminars-mis/>

These are friendly confidential mornings led by qualified autism specialists and they will be covering areas including: social understanding (theory of mind and emotions), sensory processing, different profiles, (including passive and demand avoidant), communication and interaction, interests and information processing (including transitions and change which all lead to heightened anxiety).

Donation

An enormous thank you to Mr and Mrs Rossiter, who have donated a very generous £2000 to the

school, following their very successful Stone Village Sausage and Beer event. As you are aware, the school budget is very tight- so a large sum of money like this has been received with great excitement as it will allow us to purchase extra resources for the children. Thank you to all parents/carers who supported this event. Keep your eye out for the event next year.

Attendance

Next week we will be analysing pupil attendance. If your child's attendance is below 95% a letter will be automatically generated and sent to you, even if you have already explained the absences. It is important that parents/carers and school are aware and have an overview of each child's attendance even if the absence has already been explained, as absence, for any reason, can impact learning. Thank you for your support with this.

SSPTA Events

- 19/10/18 Bottle Mufti and Hot Dog
- 09/11/18 Quiz Night 7.30pm
- 23/11/18 Chocolate Mufti
- 01/12/18 Christmas Fayre
- 07/12/18 Christmas Disco
- 19/12/18 Hot Dog Lunch

Inset Days 2018/19

- Wednesday 2nd January 2019
- Tuesday 23rd April 2019
- Friday 24th May 2019
- Wednesday 24th July 2019



Term Date Reminders

Autumn Term 2018: Thursday 6th September to Wednesday 19th December

Half Term: 22nd October to 26th October

Inset Day: Wednesday 5th September 2018

Spring Term 2019: Thursday 3rd January 2019 to Friday 5th April 2019

Half Term; 18th February to 22nd February 2019

Summer Term 2019: Wednesday 24th April 2019 to Tuesday 23rd July 2019

Half Term: Friday 24th May to Friday 31st May 2019