



Rothwell Primary School Newsletter



25th January 2019

Message from Mrs Rothenburg

We are really proud that we have been validated and awarded our Healthy Schools Status which recognises many of the positive things we do to help support our children in developing happy and healthy lifestyles. This validation visit involved many elements from the team; speaking to parents, governors, many children throughout school, specific groups of children across school, teachers, support staff, as well as many leaders: PSHE, PE, DT (Cooking), our Healthy Schools leader and Pastoral leader. An important part was your thoughts and feedback, I would like to thank all of you who completed the online survey just before the visit in December; more than 100 parents and carers did this and it was remarkably positive and showed the strength we have in working together in partnership for our children.

As well as our children's physical health and wellbeing, we have also been validated as a 'Mindmate Friendly' school. The 'H' in REACH represents 'HEALTHY BODIES AND HEALTHY MINDS'. As part of our school PSHE curriculum we teach 'Mindmate' lessons during the first week of each half term, followed by other aspects of the Leeds 'PSHE and Me' curriculum, and other key elements. Nationally, children's social and emotional mental health is an area of growing concern and we strongly believe that giving the children the courage to speak about their feelings and concerns, amongst other strategies, is essential. There is an incredible online resource which has been established by the NHS to support young people and adults helping young people (parents/carers and professionals) to access a large number of really useful resources. www.mindmate.org.uk If you have any concerns in this area as parents/carers, this is a great place to use for ideas on how to support and, as always, we are here to support your child and yourselves with any concerns. We are here to help!

WEEKLY ATTENDANCE W/E 25/01/19	
Rec Miss Callally	96.5 %
Rec Mrs Petch	95.2 %
Yr1	95.3 %
Yr1/2	96.5 %
Yr2	96.5 %
Yr3	96.0 %
Yr3/4	95.3 %
Yr4	86.5 %
Yr5	98.0 %
Yr5/6	94.5 %
Yr6	94.7 %

change4life

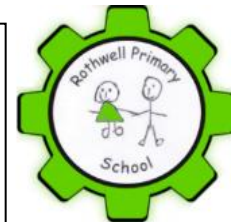
Make a swap when you next shop!

Search Change4Life | Download the Food Scanner app | Look out for the badge

We are embracing the new Change4Life campaign 'Make a swap when you next shop.'

This campaign is in light of the new statistic showing that 34% of children leaving primary school in the UK are overweight. The campaign aims to encourage families to cut back on sugar in their weekly diet by making simple swaps when shopping. This involves us all being mindful of the sugar content in the foods we might usually choose, and opting to swap them for a healthier option with less sugar-content. On our website under the 'Healthy Schools' tab, you will find two easy-to-read documents showing simple swaps and easy, healthy recipe ideas. We will be embracing this within school too as part of the children's PSHE curriculum this half term. We welcome any pictures of you making simple swaps and/or making any healthy recipes at home. Children will be rewarded with dojo's, as we aim to promote a healthy lifestyle at all times.

Thank you for your support.



MAKING A DIFFERENCE!



As a school, we have decided that we would like to support some of our children in school, as well as people in our local community, by raising funds to purchase a defibrillator. There was an incident with a child last half term when we needed this piece of equipment in an emergency.

A defibrillator is a device that gives a high energy electric shock to the heart through the chest wall to someone who is in cardiac arrest. This high energy shock is called defibrillation, and it's an essential life-saving step in the chain of survival. In an emergency, every minute can make a big difference and by having one on site, it could potentially save a life.

The first stage of this fundraising will involve us all wearing red next week on **Friday 1st February**. We would appreciate a voluntary contribution of £1 towards this life changing piece of equipment. We will also sell raffle tickets for 50p at break times on Wednesday for children to buy tickets if they wish. There will be a range of prizes available. If you know any local companies or businesses that may be willing to help with funding this, we would love to hear from you.

On behalf of the children and families who may benefit from this life saving defibrillator - THANK YOU AGAIN FOR YOUR INVALUABLE SUPPORT.

Spring term - 2019

Date	Event	Time
Monday 28th January 2019	Nurse in for Reception Height, Weight and Vision check Yr6 Height and weight check	AM PM
Friday 1st February	Whole School - Wear it red! Children can wear red, with a £1 voluntary contribution, raising money towards a defibrillator to support our children and community. 50p raffle tickets will also be on sale.	All day
W/C 4 th February 2019	International study fortnight	
Friday 15 th February 2019	Break up for half term	
Monday 25 th February 2019	Return to school - Start of Spring 2	
Tuesday 26 th February 2019	Y2 SATs meeting for parents	3.30pm
Thursday 28 th February 2019	Y6 SATs meeting for parents	3.30pm
Thursday 7 th March 2019	World Book Day - Children to dress as their favourite book character.	
Wednesday 13 th March 2019	Tempest Class photos	
Thursday 14 th March	Y4 Parents meeting for Buckden	3.30pm - please enter through the main office.
Thursday 21 st March 2019	World Poetry Day	
Wednesday 27 th March	<i>Provisional</i> date for parent consultations	8-8.30am 9.10 - 9.50am 2 - 6.30pm
Friday 29 th March 2019	Break up for the Easter holiday	We will finish at the usual time.