



**Newsletter 30 – 12<sup>th</sup> May 2017**  
 ‘We are proud of our similarities and differences.’

**Diary Dates**

Being Proud

<p>Y5 &amp; 6 Isle of Wight Trip  <b>Year 1 Assembly</b>          PTA Meeting  <b>Year 4 Assembly</b>          Y4 Trip to Water Treatment Works  <b>Y2 Circus Workshop</b>          OosC Great British Courtney Bake Off  <b>Reception WOW Event</b>          Break Up  <b>Back to School</b>          JIA Day – Wear Purple  <b>Year 2 Assembly</b></p>	<p>Week beg 15<sup>th</sup> May  <b>Friday 19<sup>th</sup> May at 2.30pm</b>          Friday 19<sup>th</sup> May at 3:15pm  <b>Monday 22<sup>nd</sup> May at 2.40pm</b>          Wednesday 24<sup>th</sup> May  <b>Wednesday 24<sup>th</sup> May</b>          Wednesday 24<sup>th</sup> May  <b>Thursday 25<sup>th</sup> May at 2.15pm</b>          Friday 26<sup>th</sup> May  <b>Monday 5<sup>th</sup> June</b>          Friday 9<sup>th</sup> June  <b>Friday 14<sup>th</sup> July 2.30pm</b></p>
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**INSET Days**

- Friday 1<sup>st</sup> September 2017
- Monday 30<sup>th</sup> October 2017
- Tuesday 31<sup>st</sup> October 2017
- Monday 18<sup>th</sup> December 2017
- Friday 9<sup>th</sup> February 2018

**Headteacher’s News**

A huge congratulation to Cedar class this week. If you hadn’t realised, this week has been KS2 SATs Week which meant a great deal of testing for our Year 6s. Every single one of them had a really good attempt at each of the papers they sat; they didn’t give up; and nobody crumbled under the pressure. Great control of those nerves! We are very  **proud** of you.

And finally, please could I politely remind you that the bay outside school should not be used to park in at drop off and pick up times. It is designed as a ‘drop and go’ space and is great for people using it as that. If you are coming round to the playground with your child, please find a proper parking space.

**Deborah Wood**

**This week’s Crown Values Certificates awarded to:**

- Year R Cherry: Bradley and Daniel
- Year 1 Oak: Marcel
- Year 2 Ash: Lacey
- Year 3 Lime: Sam
- Year 4 Maple: Joshua
- Year 5 Sycamore: Freya
- Year 6 Cedar: The Whole Class



**Attendance Total 96.2%**

- YR Cherry 96.1%
- Y1 Oak 95.0%
- Y2 Ash 97.1%
- Y3 Lime 96.5%
- Y4 Maple 96.0%
- Y5 Sycamore 96.5%
- Y6 Cedar 96.1%



**Reading Certificates**

- Reading 10:** Ella
- Reading 20:** Caitlin
- Reading 30:** Eleanor, Shaya, Carson, Liam



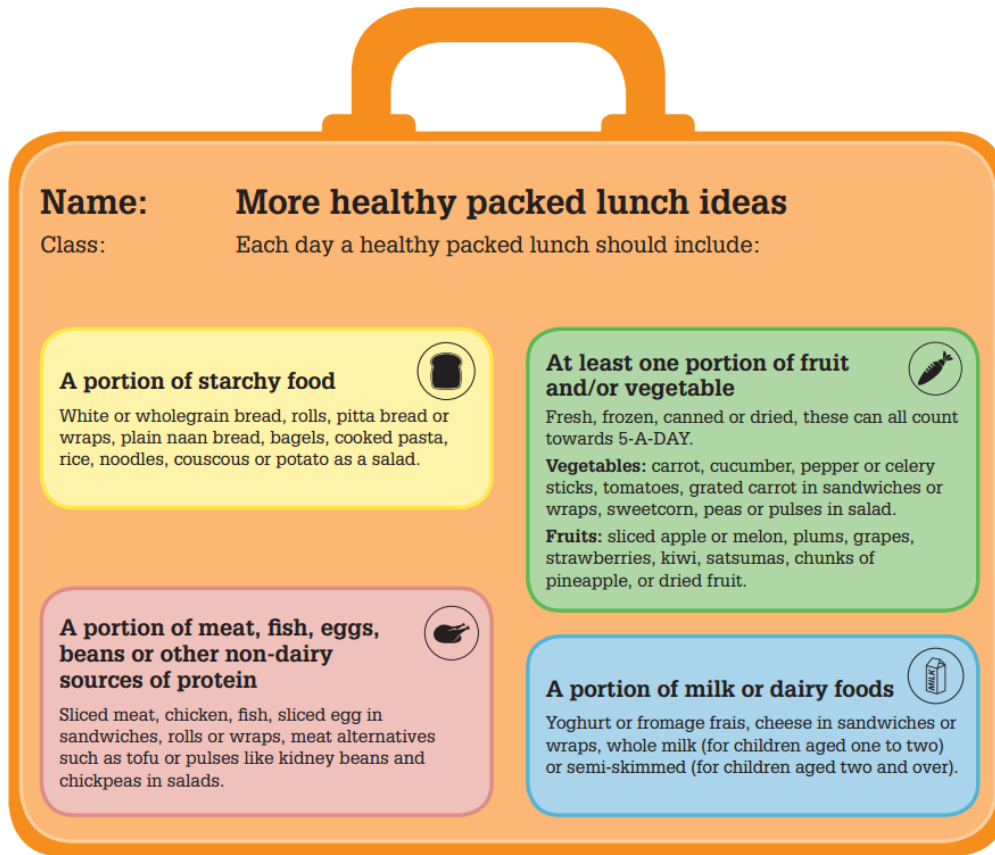
**Multiplication Masters**

Edie







## Packed Lunch

At Courtney we very much take the approach that parents/carers decide what goes into school lunch bags and trust that a good balance of food and drink is provided. We are, however, getting worried by the fact that actual sweets have started to be put into boxes. Not only are these empty calories but add to the risk of tooth decay. Below is a healthy packed lunch reminder from the Children's Food Trust.



**Name:** \_\_\_\_\_ **More healthy packed lunch ideas**

**Class:** \_\_\_\_\_ Each day a healthy packed lunch should include:

- A portion of starchy food**   
White or wholegrain bread, rolls, pitta bread or wraps, plain naan bread, bagels, cooked pasta, rice, noodles, couscous or potato as a salad.
- At least one portion of fruit and/or vegetable**   
Fresh, frozen, canned or dried, these can all count towards 5-A-DAY.  
**Vegetables:** carrot, cucumber, pepper or celery sticks, tomatoes, grated carrot in sandwiches or wraps, sweetcorn, peas or pulses in salad.  
**Fruits:** sliced apple or melon, plums, grapes, strawberries, kiwi, satsumas, chunks of pineapple, or dried fruit.
- A portion of meat, fish, eggs, beans or other non-dairy sources of protein**   
Sliced meat, chicken, fish, sliced egg in sandwiches, rolls or wraps, meat alternatives such as tofu or pulses like kidney beans and chickpeas in salads.
- A portion of milk or dairy foods**   
Yoghurt or fromage frais, cheese in sandwiches or wraps, whole milk (for children aged one to two) or semi-skimmed (for children aged two and over).

**A drink** – to help with hydration and concentration.

- ✔ Water – is the best choice.
- ✔ Milk – use whole milk (for children aged one to two) or semi-skimmed (for children aged two and over).
- ✔ Diluted fruit juice (half juice, half water).
- ✔ Avoid squash, fizzy drinks, and flavoured water even if labelled 'sugar free', 'no added sugar' or 'reduced sugar'. These can contribute to tooth decay and have little nutritional value.

**Desserts, cakes, biscuits and crisps:** these foods are high in saturated fat, sugar and salt – too much of these foods can be harmful to health.

- ✔ Try to make desserts, puddings and cakes with fruit or milk, such as a banana muffin or rice pudding.
- ✔ Limit confectionery such as chocolate, sweets or cereal bars to help protect your child's teeth.
- ✔ Avoid salty snacks such as crisps. Replace with plain breadsticks.



## OosC

On Wednesday 24<sup>th</sup> May the OosC will be hosing the Great British Courtney OosC Bake Off! We are asking for kind donations of cakes, preferably home made, as these will be judged on the day by our very own versions of Mary Berry, Paul Hollywood, Mel and Sue! There will be a prize for the best Show Stopper. The cakes will then be sold to raise funds for our end of year Summer Extravaganza.



## Reception WOW Event – Thursday 25<sup>th</sup> May at 2.15pm

This term the Reception WOW Event will be taking place outside, making use of our school grounds. As our topic has been all about our Wonderful World we thought you could explore it with the children and take part in some fun activities. This does mean that unfortunately the event is **not suitable** for younger siblings and especially pushchairs as we will be up in the forest area exploring. We hope you can join us and look forward to sharing our learning with you.

## Juvenile Idiopathic Arthritis (JIA)

Juvenile Idiopathic Arthritis (JIA) is an auto-immune condition. This means that my immune system attacks my joints. I was diagnosed with JIA at 20 months old. It causes pain, swelling, stiffness in my joints and general fatigue. I take tablets and have weekly injections to suppress (lower) my immune system but this also means that I am more likely to get infections. Every day is different for me. Some days I can do things OK and some days I struggle to walk, write, get dressed, even get out of bed! I always have pain, but some days are better than others.

Friday 9<sup>th</sup> June is 'Wear Purple for JIA' day. We want to raise awareness of this condition so please wear something Purple and if you are able to make a small donation, money raised goes to JIA at NRAS in order to help support children that have JIA and their families, thank you **Megan Year 6**.

## Lost Property

We have a couple of valuable items of lost property in the Office. If you or your child have lost an item of jewellery or an electrical item recently please come to the office.

## Community News

**LEGO TAKEOVER**

Come and join us this half term LEGO TAKEOVER is here!  
Do your kids love LEGO?

Brickid Creators is hosting an event.  
We have a magnificent amount of LEGO to keep your children entertained.

Come along and build with your friends and family have your picture taken with one of our Lego Mascots!! fun crafts included, refreshments will also be available.

Kingswood Community Association,  
The Community Centre, The Arch,  
High Street, Kingswood, Bs15 4AB

We will be running 2 Sessions  
on Friday 2nd June  
10am-12.30pm & 1pm-3.30pm

All Children will need to be accompanied by  
an adult for the duration of the session.

Buy tickets at  
[www.brickidcreators.co.uk](http://www.brickidcreators.co.uk) £4.95 per child