



Dear Parents,

Congratulations to our Year 5/6 football team who beat Oswestry School 5-1 on Tuesday evening.

I hope years 1,2,3 and 4 all enjoy their trips today (and fingers crossed for nice weather!).

Enjoy your weekend.

Sean Sibley



SCHOOL PHOTOGRAPHS

Monday 4 November

Tempest will be coming in to school to photograph the children individually and with siblings. Pre-school siblings can also be photographed from 8.30-9.00am.

Just turn up! Photos will be ready in time for Christmas.



SCHOOL LIBRARY

Our library is open on

Tuesdays

12.00—12.30pm for children
and

3.15-3.30pm for children and parents

We look forward to seeing you!



Rotary Club Shoe box Appeal

Thank you to everyone who is supporting our shoebox appeal. Boxes are in the school office ready for you to collect and fill. We would like them to be back in school by Friday 8 November please. We have a few spare boxes if anyone would like to fill one. Please call at the school office. Thank you!

All about Sticky Fingers

Sticky Fingers is a group that meets once a month, after school. It is a bit like Sunday School, but on a Monday! We begin the session with a drink and a snack, followed by a Bible Story. We then have a craft activity, usually relating to our story and then we have a game. We are open to all year groups at school.

If you would like to see what its all about then please pop in to join us. Our next session is on October 21st and if parents would like to come and see what we do, then you will be welcome to attend. We will also be preparing for the Church Nativity Play in November if anyone would like to take part. Please check the Bell, for further details of our next meetings. We just ask for a charge of 50p to cover the costs of refreshments and materials used. Any queries then please contact Natalie Charmley or Ruth Jones.

DIARY DATES

- The Week Ahead

Monday 14 October

8.35am	DEXYS IS ON ALL WEEK .
AM	Year 3 and 4 Football Tournament at Moreton Hall School
PM	No Muddy Mondays (yet!) for children in Reception Class
3.15—4.00pm	SENCO Surgery. Please make an appointment at the school office
3.15—4.30pm	Multisports Club with Mr Walker for children in Years 3 and 4
5.00pm	Full Governors Meeting
7.00pm	Friends Meeting here at school

Tuesday 15 October

12.30—1.00pm	I-pod Club for children in Year 6.
PM	Violins for children in years 4 and 5
3.15—3.30pm	Library open
3.15—4.15pm	Fencing Club for children in years 4-6. FULL
3.15—4.30	Football Club for children in years 5 and 6
3.30—5.00pm	E-Safety Meeting in the hall. Creche available for school age children

Wednesday 16 October

10.30am	Children in Years 3 and 5 going swimming at Oswestry Leisure Centre.
PM	Sports Coaching for children in years 1 and 2
3.15—4.30pm	J H Coaching—Football Club for all year groups. £20 for this half term

Thursday 17 October

12.00—12.30pm	NO Cross Country with Miss Mansfield for years 3—6
3.15—4.15pm	Art & Craft Club for children in Years 1 and 2 .
3.15—4.30pm	Multisports Club for children in years 1 and 2 with Mr Walker

Friday 18 October

3.15—4.15pm	Gymnastics for children in Years 3-6. £15 for the whole term. FULL
3.15—4.30pm	Football Club for children in Years 3 and 4.

DIARY DATES

OCTOBER

- Monday 21 Kilimanjaro Day for epilepsy research UK and Cancer Research UK.
Children come to school in green, pink or blue and each class will be doing a sponsored assault course.
Cake sale at the end of the day
Sticky Fingers after school club. Open to all year groups. 50p
- Tuesday 22 9.30am Vision Screening for certain children in Reception
NO FENCING CLUB
- Wednesday 23 Open Day at Lakelands for children in Year 6
Please let the office know if your child is attending this event.
Parents Evening
- Thursday 24 8.40—1.00pm Half of Year 6 going to The Marches for a Taster Day. Back for a late lunch
1.30pm Education Welfare Officer coming in to check registers
Break up for Half Term
- Friday 25 PD Day. Children do not attend school
- Thursday 31 Closing date for year 6 applications to secondary school

NOVEMBER

- Monday 4 Children return to school
School Photographer in school- individuals and siblings
Please let the office know if you DO NOT WANT YOUR CHILD TO HAVE THEIR PHOTOGRAPH TAKEN
- Tuesday 5 NO FENCING CLUB
- Wednesday 6 9.15am Church Service
- Thursday 7 Jeans for Jean Day in memory of Jean Rowson whose birthday would be today.
Children can come to school in jeans and pay £1 towards SDCS,
Shropshire Deaf Children's Society
- Wednesday 13 Rugby Tournament
NO SWIMMING
- Thursday 14 3.45pm Cross Country at Moreton Hall
- Friday 22 6.00pm Christmas Fair
- Thursday 28 8.40—1.00pm Half of Year 6 going to The Marches for a Taster Day. Back for a late lunch



DECEMBER

- Tuesday 3 Reception Class Nativity 2.00pm in the School Hall
- Wednesday 4 Christmas Dinner—£2.10. Please ensure you have money on your Allpay account
- Thursday 5 1.30pm Christmas Service in the church—please choose either one
- Friday 6 1.30pm Christmas Service in the church
- Wednesday 11 Goldilocks Pantomime coming to school
- Friday 20 Break up for Christmas holidays

CHILDREN RETURN TO SCHOOL ON MONDAY 6 JANUARY 2014



*Would you like to know more about
E-Safety and ways to keep your child
safe online?*

**Come along to our meeting on
Tuesday 15th October
3:30pm—5:00pm
In the hall**

OSWESTRY MAKES!

'Cast off' Club



Oswestry Library
Monday 14 October 2013
3.30pm to 4.30pm
Free drop-in event



The club will then run every Monday in term time
3.30pm to 4.30pm

If you would be interested in getting involved as a more experienced knitting buddy please get in touch with Debbie at the Library or Becca at Alterknitive

Oswestry Library 01691 677388
oswestry.library@shropshire.gov.uk, becca@alterknitive.co.uk
Follow us on twitter @OswestryLibrary @oswestrymakes

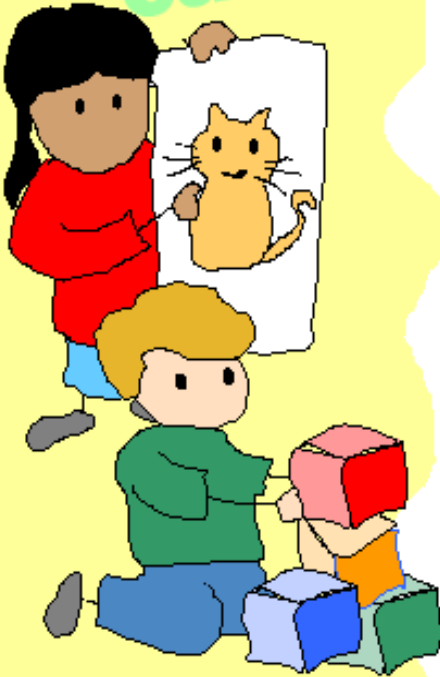
alterknitive

thebestofoswestry



**Sure Start
Children's Centres**
Shropshire

mummy
cat



red
daddy
mat
brick

Speech and Language Drop-in

During Stay and Play

Monday 28th October

1.00 – 3.00pm

at

**Woodside Sure Start
Children's Centre**

**C/o Woodside Primary School, Gittin St,
Oswestry**

Come along and meet Speech and
Language Therapist

Bridgit Naylor

If you would like further information please ring:
Sure Start Children's Centre on: **01694 723465**
www.servicesaroundyou.org



Support Services and Commissioning Development



Children's Centre activities in Whittington

Children's Centre sessions are open to all families with children under 5 and provide opportunities for families to make new friends and enjoy a range of activities such as messy play, outdoor fun, and song and rhyme time to support their children's learning, development and transition into nursery and school in line with the Early Years Foundation Stage.

All our staff are trained to provide support in a range of subjects such as breastfeeding, children's development and parenting skills.

Stay and Play takes place on **Thursdays 9.15-11.15am.**

*All our sessions are **FREE** of charge and run all year round.*

Children's Centres also offer a range of Family Learning courses and workshops in your local area with childcare where available.

For further information please contact 01691 656513 or visit our webpages:

www.shropshire.gov.uk/childrenscentres.nsf



Thanks to Jamie Oliver, school dinners have had a radical overhaul. But what about the lunchboxes we pack for our children?

It's just as important to make sure the lunchbox your child takes to school provide a healthy, balanced lunch as when they eat at home. This means plenty of foods that contain the nutrients that children need, and fewer foods that are high in sugar and saturated fat.

You can learn the healthy foods basics in [Good food and diet](http://www.nhs.uk/Livewell/Goodfood/Pages/Goodfoodhome.aspx). (www.nhs.uk/Livewell/Goodfood/Pages/Goodfoodhome.aspx)

Packing the lunchbox

A balanced packed lunch should contain:

- Starchy foods. These are bread, rice, potatoes and pasta, and others.
- Protein foods. These are meat, fish, eggs, beans and others.
- A dairy item. This could be cheese or yoghurt.
- Vegetables or salad, and a portion of fruit.

Starchy foods are a good source of energy, and should make up a third of the lunchbox. But don't let things get boring. Instead of sandwiches give children bagels, pitta bread, wraps and baguettes. Use brown, wholemeal or seeded bread, not white bread.

Get ideas for healthy [starchy foods](http://www.nhs.uk/Livewell/Goodfood/Pages/starchy-foods.aspx). (www.nhs.uk/Livewell/Goodfood/Pages/starchy-foods.aspx)

Children often like food they can eat with their fingers, so chop up raw veggies such as carrots or peppers, and give them houmous or cottage cheese to dip the veggies in. Breadsticks and wholemeal crackers are great finger foods and they can be spread with low-fat soft cheese or eaten with reduced-fat cheddar and pickles.

Replace chocolate bars and cakes with fresh fruit, dried fruit or unsalted nuts. Vary the fruit each day and get them to try new things, like kiwi or melon.

Here are more ideas for [healthy food swaps](http://www.nhs.uk/Livewell/loseweight/Pages/Healthyfoodswaps.aspx). (www.nhs.uk/Livewell/loseweight/Pages/Healthyfoodswaps.aspx)

You could also make up a tasty fruit salad. Be inventive and encourage your children when they try something new.

Making healthier food

It may take a while for your children to get used to a healthier lunchbox. But it will be worth it for their health, so keep trying.

You can help by eating a wider range of foods at home, as a family. For ideas on how to introduce more fruit and vegetables into your family's diet, read [5 A DAY and your family](http://www.nhs.uk/Livewell/5ADAY/Pages/Family.aspx). (www.nhs.uk/Livewell/5ADAY/Pages/Family.aspx)

Reading supermarket food labels can help you to buy healthier foods for your child's lunch, and for family meal times. Learn more in [Buy healthier food](http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx). (www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx)

Save chocolate and cakes for occasional treats. Remember to praise your child when they've tried something new, to show your encouragement.

Please try and make your child's lunch box healthy but enjoyable! As a school we try to promote healthy eating and we will confiscate any excessive unhealthy food in children's lunch boxes. Obviously little treats are acceptable!



Thank you for your cooperation with this .

Sean Sibley