

THE



BELL

Working together -Together things work

Week Commencing: 30 September 2013

Lunch Menu Week 1

Dear Parents,

Thank you for all the harvest produce you have handed in. This is going to church today and on Monday, two year six children and I will be taking it to Dolywern rest home. Have a good weekend. *Sean Sibley*



THANK YOU!

Thank you to everyone who made a donation to the 'Little Princess Trust' in recognition of Ebony Tomkins donating her hair to make wigs for young cancer patients. You raised a total of £10.00 which we will send off to the Little Princess Trust. Thank you

FRIENDS MEETING

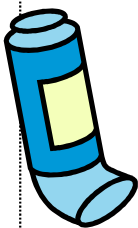
The AGM of the Friends of Whittington Primary School will take place here at school on Thursday 3 October at 7.00pm. Please do come along. It would be great to see some new faces.

IMPORTANT

Does your child have asthma?

If you have not completed and returned an asthma healthcare plan for this school year, please pick up a copy from the rack in Reception. Please fill it in and return it to the school office as soon as possible.

Thank you.



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!

POLITE REQUEST

We would really appreciate it if parents using Breakfast Club could park at the far end of the car park to enable staff to occupy the spaces closest to the gates. Staff often have bags and trolleys to bring into school and may need to leave during the school day and want to avoid being blocked in. *Thank you!*

TIMELY REMINDER !

We have a small number of children who are regularly late for school in the mornings and others who are late being collected after school. The bell goes at 8.55am when children should get in to line. After school, children in Reception Class up to and including Year 2 come out at 3.10pm and children in years 3-6 come out at 3.15pm.

Our Education Welfare Officer is monitoring punctuality.

We would also like to remind parents that children should not be dropped off before 8.45am as there are no members of staff out on the yard to supervise them until then.



DIARY DATES—WALK TO SCHOOL WEEK

(All activities are completely FREE)

Monday 30 September

Meet at the Castle at 8.30am and walk to school wearing pyjamas

- 8.35am DEXYS IS ON ALL WEEK .
PM No Muddy Mondays (yet!) for children in Reception Class
1.00PM Children in Year 6 going to Condover Hall
3.15—4.30pm Multisports Club with Mr Walker for children in Years 3 and 4.

Tuesday 1 October

SCHOOL IS OPEN today

No Walk to School activities before school due to industrial action

- 12.30—1.00pm NO I-pod Club for children in Year 6.
PM Violins for children in years 4 and 5
3.15—3.30pm Library not open today
3.15—4.15pm Fencing Club for children in years 4-6. FULL
3.15—4.30pm NO Football Club for children in years 5 and 6.
3.15—4.30pm Thursday's Multisports Club with Mr Walker for children in Years 1 and 2.

Wednesday 2 October

Meet at the Castle at 8.30am and walk to school carrying a cuddly animal

- 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 3 October

Meet at the Castle at 8.30am and walk to school with a funky head!

- 12.00—12.30pm Cross Country with Miss Mansfield for years 3—6
3.15—4.15pm Art & Craft Club for children in Years 1 and 2 . FULL
3.15—4.15pm NO Multisports Club as Mr Walker is at Condover. Club is on Tuesday instead.
7.00pm Friends AGM at School. Please make every effort to attend.

Friday 4 October **BE BRIGHT- BE SEEN Day!**

Meet at the Castle at 8.30am and walk to school dazzling everyone with your bright clothes!

- 1.30pm Children in Year 6 return from Condover Hall
3.15—4.15pm Gymnastics for children in Years 3-6. £15 for the whole term. FULL
3.15—4.30pm NO Football Club for children in Years 3 and 4.

DIARY DATES

OCTOBER

- Tuesday 8 Football Match vs Oswestry School at home
Thursday 10 Marches Open Event 9.30am—11.30am and 4.00—8.00pm
Friday 11 Children in years 1 and 2 going to Blists Hill in Ironbridge- £9 per child
Children in years 3 and 4 going to Dewa Experience in Chester- £10 per child
Monday 14 SENCO Surgery with Mrs Watkins 3.15—4.00pm. Please make an appointment at the school office
Tuesday 22 9.30am Vision Screening for certain children in Reception
Wednesday 23 Parents Evening
Thursday 24 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
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 a charity to be chosen by the School Council
Rugby Tournament
Thursday 14 3.45pm Cross Country at Moreton Hall

DECEMBER

- Wednesday 4 Christmas Dinner
Thursday 5 1.30pm Christmas Nativity (dress rehearsal) in the church
Friday 6 1.30pm Christmas Nativity 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



BBC

Performing
Arts Fund

PORTHYWAEN SILVER BAND

presents ...

BORDER LANDS

A **FREE** concert in Oswestry featuring
Porthywaen Beginners' Band,
Porthywaen Youth & Training Band and
Porthywaen Silver Band

plus special guests

The Black Dyke Youth Trombone Quartet
to unveil a new commissioned piece of music

Refreshments served at end of concert

Saturday 28th September|2013
7:00PM at Holy Trinity Church, Oswestry

Further information is available on our website at
www.porthywaensilverband.co.uk/borderlands

To reserve a free ticket(s), visit our website or contact
Aden Walker on 07885 710279



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SY11 4DA

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Deputyhead: Mrs L Luke B.Ed (Hons) NPQH

admin.whittington@shropshirelg.net
www.whittingtonschool.co.uk

20 September 2013

Dear Parents,

RE: Planned Industrial Action by Teaching Unions on Tuesday 1 October 2013

You will no doubt be aware that the unions NUT and NASUWT have called for industrial action on Tuesday 1st October. Our teachers have met and agreed to take industrial action on this day. This will mean that we will only have office staff, teaching assistants and me in school.

I understand how inconvenient this action is for parents. Therefore I am offering for the school to 'child mind' any child who attends school on this day. The teaching assistants will not be teaching the curriculum on that day but the children will be playing games and some classes will be able to watch a DVD. I would like to reinforce that we will not be teaching the curriculum on that day but **we expect all children to attend school**. The school dinners will run as normal and the violin and Spanish lessons will still be taking place in the afternoon.

Obviously if the strike is for any reason called off then I will let you know as soon as possible.

Once again, I apologise for any inconvenience and I look forward to seeing your child in school on Tuesday 1st October.

Yours faithfully,

Sean Sibley



WALK TO SCHOOL WEEK

Dear Parents and Guardians

The month of October is walk to School Month. Therefore the week beginning the 30th September is when we have decided to hold our **WALK TO SCHOOL** week. As part of our green flag eco-school award and our gold travel plan we hope to continue to keep encouraging more people to consider walking to school. Therefore within this week we have a range of activities planned to encourage your child to walk to school.

These are:-

Monday 30th September- Jim Jam Monday:-Meet in the Castle car park at 8.30 and walk to school in your pyjamas- your child can wear their pyjamas all day (no charge).

We are also having a 'Road Safety' assembly on Monday with Joanne Morrison.

Tuesday: 1st October- Industrial Action:- No walk to school activities on this day.

Wednesday: 2nd October - Animal Wednesday:-Meet in the Castle car park at 8.30 and walk with your favourite animal soft toy.

Thursday:- 3rd October- Funky Head Thursday- Meet in the Castle car park at 8.30 and amaze everybody with your funky head decorations, this could be a funny hat, ribbons in your hair, a wig or another funky idea.

Friday- 4th October- BE BRIGHT BE SEEN FRIDAY- Meet in the Castle car park at 8.30 and astonish everybody with your bright and colourful clothes (no charge).

Also as part of our Walk to School week we have organised a **BE BRIGHT BE SEEN COMPETITION** on this day.

There will be a prize given to one child from each class for wearing the brightest and most colourful clothes.

Look forward to seeing you all at the castle.

May I also take this opportunity to remind all parents about our weekly WOW (Walk on Wednesday). Every Wednesdays we offer a drop off service where two members of staff meet parents at the castle at 8.30 and walk to school with their children. Please take advantage of this service as it encourages the children to walk to school with their friends, it is also good for the environment and helps reduce traffic congestion outside school.

Thank you for your support,
Mrs P. Beaumont.
(Eco- School Coordinator)



LONDON BRIDGES NIGHT WALK



**JOIN US ON
SATURDAY
2ND NOVEMBER
AS WE WALK 10
MILES ALONG
THE BANKS OF
THE RIVER
THAMES
CROSSING 11
BEAUTIFULLY
LIT BRIDGES**

- * **Albert Bridge to Tower Bridge – 10 miles**
- * **Free optional return coach travel from various local pick up points**
- * **Open to anyone aged over 14 but under 18s must be accompanied by an adult**
- * **Light refreshments at the finish**
- * **Free time in London for some Christmas Shopping or visiting the sites**

NON REFUNDABLE REGISTRATION FEE £20.00 PLUS
MINIMUM SPONSORSHIP OF £100.00

Limited places so sign up today!

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Or for further details and a registration pack contact

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Fundraising@hopehouse.org.uk

Ty Gobaith Fundraising Office – 01492 596581 Or email
Fundraising@tygobaith.org.uk




Hope House
Children's Hospices

Registered Charity Number 1003859

Under 9s Cricket

Year 4 and under

Mondays 4pm-5pm

7th Oct – 16th Dec

@ Marches Sports Hall

ECB level 2 coaches

CRB and First aid certificates

£35.00 for 10 weeks (sibling £20)

Full payment required at first session

To book one of the 16 available
places, please call

I To I Cricket School

:01743 247811



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/SADAY/Pages/Family.aspx). (www.nhs.uk/Livewell/SADAY/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