



# BROAD CHALKE C. OF E. PRIMARY SCHOOL

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Headteacher: Mrs Amanda Brockway

Chair of Governors: Mrs Louise Hall



24<sup>th</sup> February 2020

Dear Parents

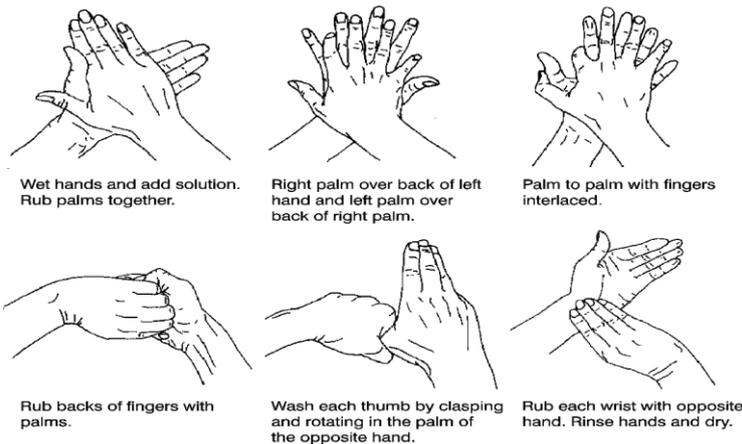
## Healthy Schools Week

As one of only 5 schools in Wiltshire to hold the Gold Healthy Schools Award, we aim to instil healthy attitudes to lifestyle choices all year round. In previous years we have had a concentrated Healthy Schools Week but this year it has proved more difficult to co-ordinate outside providers to come into school on the same week.

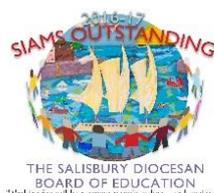
We would have liked to have had the Life Education Centre workshops in this week but unfortunately this has had to be postponed and we have now been offered **16<sup>th</sup> and 17<sup>th</sup> July** which we have decided to take as we believe that these workshops are an important part of our PSHE curriculum. We have also booked the Air Ambulance to do emergency awareness and first aid skills workshops but the only date available to us was **16<sup>th</sup> March**.

**However, we are still having our Healthy Schools Week this week!** We have booked stranger danger sessions, disability awareness, fire safety sessions and a focus on the importance of **hand washing along with using tissues to 'catch it, bin it, kill it' when children sneeze or have runny noses.**

Class teachers will lead the focus on hand hygiene as the best defence against all sorts of germs. Hands can become a breeding ground for germs and bacteria – and the main vehicle for their transfer. Illnesses such as colds and the flu can be the result. On average, children have 3 to 8 colds a year as their immune system is more vulnerable to infection. Illness is the largest contributor to absenteeism from school, constituting almost 60% of all absences across schools in England. This can massively impact children's learning and class performance. Absenteeism also affects parents, who are forced to take time off to look after their ill children. The simplest way for schools and parents to help avoid illnesses at school is to teach children effective hand washing such as is shown below.



There will be many opportunities this week to learn more about looking after ourselves with regard to hygiene, safety, eating, exercise and healthy attitudes too including respect for ourselves and others and an awareness of well-being along with respect for our environment which all fit in with our school values of Learning, Caring, Growing and Sharing. We hope that the children have a lot of fun doing the different workshops and that this contributes towards our broad and balanced curriculum.



In your child's book bag this week, you will find a leaflet from the Children's Society called 'How to support young people's mental health' which has six top tips for communicating with children and young people. We thought that this might be a useful starting point for parents to find ways to talk to their children about worries.

### Healthy Meals

Our school kitchen staff pride themselves on producing healthy, nutritious, high quality meals which are good value for money. Where possible, produce is locally sourced to minimise the impact on the environment. We have been doing a vegetarian day for some time now (alternating for example between jacket potato, beans and cheese, macaroni cheese or pizza) but have never really called it a meat free day. However, we thought it might be an idea to bring this to your attention and call it '**Meat Free Monday**' and if you wanted to carry this on at home then '**Meat Free Monday**' might fit in with your own lifestyle choices.

### Palm Oil

You may also be interested to know that our school kitchen only uses certified sustainable sources of palm oil. There is a great campaign by Chester Zoo which provides a sustainable palm oil shopping list. I just thought you might be interested in this as it is such an important issue.

[https://www.chesterzoo.org/app/uploads/sites/5/2019/10/Chester\\_Zoo\\_Sustainable\\_Palm\\_Oil\\_Shopping\\_List\\_v5\\_Oct\\_2019.pdf](https://www.chesterzoo.org/app/uploads/sites/5/2019/10/Chester_Zoo_Sustainable_Palm_Oil_Shopping_List_v5_Oct_2019.pdf)

### Online Safety Survey

Thank you so much for all the responses to the children's online safety survey. The committee will look at them all later on this term and collate the responses and compare them with the surveys done in class. This will be shared with teachers and parents and will inform our planning to make sure we are delivering what is relevant to the needs of our children.

### Easy Fundraising



Easy fundraising has been mentioned in the FOBS newsletters before. So far £915 has been raised by 54 supporters. It's really easy - just download the app on your phone then remember to use it when you shop! Nearly all the major online retailers are on there! Even USwitch will give FOBS a donation if you're thinking of switching suppliers! If you're treating yourself to a few items for your spring wardrobe then major retailers like John Lewis, M & S, New Look and ASOS are all there too so you can treat yourselves and help FOBS at the same time!

February is the peak time of the year for holiday and travel bookings. Easyfundraising have over 240 travel retailers including trains, flights, accommodation and holiday packages. With the likes of TUI and Booking.com giving BIG donations, if parents book holidays online via easy fundraising, FOBS could raise £100s – without costing you anything and with very little effort!

Please do have a look and sign up using this link as this will give a £5 bonus donation for the first £5 raised by any new members.

<https://www.easyfundraising.org.uk/causes/fobs1/?invite=168O2A&referral-campaign=s2s>

### Parent Teacher Meetings

Just a reminder that our next round of parent teacher meetings are being held next week on **Monday 2<sup>nd</sup>** and **Tuesday 3<sup>rd</sup> March** and appointments can be made via our online booking system as per the link below.

<https://broadchalke.parenteveningsystem.co.uk/>

I am also available for appointments during parent teacher meetings. Please email the school office if you would like to meet with me.

Yours sincerely,

Mrs Amanda Brockway  
Headteacher

