



NEWSLETTER
19th November 2020



HEADTEACHER'S AWARD

PUPILS OF THE WEEK

Attendance Winners

Year 4—98.9%

Well done!



Last week the pupils of the week were :

Nur: Daniel Pearson
Rec: Leighton Schofield
Yr 1: Isabella Thornton
Yr 2: Tyler-Joe Graham
Yr 3: Maksymilian Makosiej
Yr 4: Maddison Thomas-Majid
Yr 5: Kasilese Moriarty-Coyne
Yr 6: Katie Fossard

Last week the Wow Work of the week were :-

R: Blake Hughes
Yr 1: Jack Keane
Yr 2: Dylan Hanson-Rothery
Yr 3: Brooke Watson
Yr 4: Skyla Bottomley
Yr 5: Sienna Hanse
Yr 6: Issac Wark

Remembrance Day



Last week, Year 6 painted poppies to create a soldier and a cross. This fantastic work is displayed in the Year 6 classroom window, so if you look up, you will be able to see it.



Head Lice

Every week we are having conversations with parents regarding headlice. It is becoming more of a problem again. Please can children who have anything longer than shoulder-length hair come to school with it tied up. If you think your child has headlice, please ensure that you get treatment as soon as possible so that we can try to get on top of this quickly. Thank you.

School Uniform Reminder

Thank you to those children who come to school in the correct uniform every day. We do seem to have numerous children who are not wearing the appropriate uniform or school shoes. All children should be wearing full school uniform every day, unless it is their birthday or they have won the attendance award etc. Supermarkets are still selling shoes, and if you do have any problems, we have a small selection of new shoes in school for £7.00. Thank you.

Church Links

This week in Collective Worship the children learnt about Wisdom. Clergy visited the Upper Key Stage Two Bubble.

Phunky Foods

Why is it important to stay hydrated?

Water is essential for life. Throughout our body water is involved in many different functions including temperature regulation, transportation of nutrients, removal of waste products through urine and lubrication of our joints.

Without sufficient water dehydration can occur. Symptoms include tiredness, poor concentration, headaches and dizziness.

There is also evidence that good hydration has a positive impact on cognition and mental function. In children there is some evidence that those who drink extra water perform better in recall and memory tasks.

More information at: www.phunkyfoods.com

Drain your drinks ... drink plenty of sugar-free fluids

6-8 glasses per day is the recommended amount of water needed from drinks each day for primary-aged children. A medium glass is around 200 ml

Drink frequently!
Water - drink plenty. It will keep you hydrated without adding extra sugar or energy.

Drink regularly!
Milk - a useful source of nutrients particularly protein, B vitamins and calcium. Limit milky drinks with added sugars such as hot chocolate and milkshakes - always check the label and choose lower sugar options.

Once a day! Fruit juices and smoothies - provide the body with a range of vitamins and minerals, and fluid. However the fruit sugars naturally present also add energy and increase the risk of tooth decay. Stick to 150ml once a day at meal times.

Sometimes!
Tea and Coffee - contain caffeine which is a stimulant. Caffeine is not suitable for young children. It is best for children to drink decaffeinated tea or coffee with some milk and no added sugars or sweeteners.

Limit!
Sugar-sweetened beverages - (fizzy pop, squashes and 'fruit' drinks) - add unnecessary calories to a child's diet and regular consumption has been linked to weight gain and obesity in children. The sugars, and acids, in these drinks can also play a role in tooth decay. Even low calorie / low sugar varieties can still be acidic; the acids from these drinks can attack and erode enamel on teeth. These types of drinks are best avoided by children.

Avoid!
Sports and energy drinks - high levels of caffeine which are not suitable for children.

How much a day?
4-8 years need 1200ml = 6 drinks
9-13 years need 1600ml = 8 drinks

Encourage good drinking habits through:

- Leading by example - show enjoyment for water throughout the day
- Sticker/reward charts
- Fun water bottles/cups
- Hydration station - where children can pour their own water whenever they want/need

8 DAILY OCCASIONS TO ENCOURAGE FLUIDS FOR CHILDREN:

- 1 Before school
- 2 Morning break
- 3 Lunch
- 4 During exercise
- 5 After-school snack
- 6 Whilst doing homework
- 7 During dinner
- 8 Whilst reading a bedtime story

www.phunkyfoods.co.uk

Nursery Places

We currently have places available in our Nursery. If anyone is interested, the next intake of children will be in January 2021, and we are arranging for visits to see our Nursery at the moment. If you or anyone you know would like a place at school, please contact the school office to pick up the enrolment forms and arrange a suitable time to come and see us. Thank you.

Children in Need

The children enjoyed a non-uniform day last Friday for Children in Need. We raised **£148.69**.

Competition winners were: EYFS—Annabella G KS1—Ollie I
LKS2—Lily M UKS2—Katie F

Well done to everyone in the colouring competition and for your donations!

Health Update

Children with simple cold symptoms such as runny noses or sore throats **without fever** should not be tested for COVID-19, and can attend school if they feel well enough to do so.

* COVID-19 Symptoms

Anyone with any of the three main symptoms of COVID-19 should stay at home and arrange testing.

These symptoms are: high temperature **and/or**
 new continuous cough **and/or**
 loss or change to sense of taste or smell

Please contact school to advise us of any absence.

*Please note that unless advised otherwise, only people who present with **any of the three main symptoms of COVID-19 should be tested**. Testing must be conducted within the first 5 days of the onset of symptoms.

If someone is being tested in your household, **ALL** family members will need to isolate until a negative test is returned. When you receive your test result, **please email admin@elland.calderdale.sch.uk** with details before your child returns to school. Children can return to school as soon as a negative test is received.

*If your child develops any of the key symptoms for COVID-19 in school, we will contact parents/carers and ask for you to arrange a test. This is in line with Government guidelines.

Upcoming Events

Thursday 19th November —Applications open for Starting School in Reception in September 2021

Friday 20th November—Flu Vaccination for Rec—Year 6 There is still time to return your form for this nasal Flu Vaccination. Just give the completed form to your child to bring school.

