



Sutton Valence Primary School

The constant quest for knowledge, learning and adventure.....

Newsletter: Weekending 23th June 2017

Healthy Body, Healthy Mind

This week we had a focus of work around keeping our mind and body healthy and how these two factors impact on each other.

Here are some comments from our pupils re what they learnt and experienced during our healthy body and healthy mind week.



Hedgehogs

This week we have been thinking about learning to relax and sit still; we can all sit like a frog. We also wrote about our feelings like the characters from Inside Out. We know what makes us happy, angry, sad, disgusted and frightened. We also wrote about what makes us proud. We wrote on a whiteboard and took a photo for a display. It all finished with sports day which we all really enjoyed.

Rabbits

William - I liked doing the exercises. I liked thinking about the things I want to do before I'm ten. I liked colouring our hearts in with our feelings. I liked thinking about writing our feelings.

Leena - I liked when we made a lunchbox. I liked sports day. I liked doing the complimentary circle. I liked making a recipe for a good friend.

Foxes

Dylan - I have enjoyed sports day because me and my team kept winning but we didn't win all of them and I enjoyed the race when we went in and out of the cones because we won. I enjoyed lunch because I didn't think I would eat with my mum and I did and my lunch was really yummy.

Scott - I have enjoyed Sports Day because I was holding a tea cup in the fun race but unfortunately I didn't win. I liked the relay races and hitting the red cone.

Woodpeckers

Alex - I have learnt that coke has 9 sugar cubes so you should swap it for milk or water. Did you know that 4-6 yrs are only aloud to have 5 cubes, 7-10 yrs old are aloud 6 sugar cubes and 11+ are aloud 7 sugar cubes.

Chloe - This week we have been learning about healthy body, healthy mind. So far I have learnt that natural sugar is better for you because normal sugar rushes down really fast

through your organs and damages them. If you eat too much sugar you can get type 2 diabetes. If people worry all the time it can show up on their skin. We did an activity listening to music and then drew a picture of what it made us feel like.

Louis - I have learnt that there are loads of emotions. We listened to music and drew what they made us feel. One of my emotions was anger because the music sounded dark and another was happy.

Owls

Felix - We designed healthy pack lunches for a famous person and we spoke about the importance of a balanced diet.

Lexie - In year 4 we looked at how to keep a healthy mind by being kind to one another.

Holly - I liked the exercises in the morning because they are really healthy for us and they wake us up.

Squirrels

Ethan - For me to clear my mind I like to draw random pictures and drink water.

Alba - This week I liked keeping my body fit by practicing for Sports Day

Moles

Will - We coloured hearts in to show our emotions and show how big your emotion looks out of your heart.

Madeline - Two magistrates came in to our class on Wednesday. They talked about prison and the crown courts. Did you know the magistrate can send someone to prison for 6 months. The class found it very interesting and helpful.

Alesya - On Thursday we cut out jigsaw puzzles and wrote a sentence about kindness beginning with a letter in the alphabet: I gave my friend an 'A'pple because she loves them.

Isabelle - On Monday we had a first aid lesson. We learnt how to bandage, how to do CPR and the recovery position.

Lauren - On Tuesday we looked at sugar levels we made apple and courgette muffins. They were surprisingly nice!

We have had a great week studying our body and mind. The children should have come home today with a Change 4 Life pack about sugar to share with you all. Huge thanks to Mr & Mrs Ormrod for taking a first aid day with year 6 - I've had some lovely feedback that I'm sure they will share with you.

Home Clothes Day

Next Thursday is a home clothes day in preparation for the PTA school fair. In exchange for contributions to our summer fair (details to follow) children can wear non-uniform clothes.

Please ensure that the children's shoulders are covered for a sunny day at school.

Lost Property

This pile has grown yet again, it will be available on the playground, if the weather is fine, for the next couple of weeks. Please do take the opportunity to look through this.

Attendance and Punctuality

This week the class with the best attendance was: Foxes with a fantastic 99.20%. Well done!

Unfortunately 12 late arrivals from across the school were recorded during this week. This has a big impact on how children start their day in school.

Hedgehogs	-3
Rabbits	- 2
Foxes	- 1
Woodpeckers	- 1
Owls	- 0
Squirrels	- 2
Moles	- 3

Thank you for continuing to support your child's learning Journey by bringing them to school on time.

Dates to be aware of

29 th June	DISCO
30 TH June	INSET DAY 5/5
3 rd July	Isle of Wight - Y6 Away
6 th July	3:15pm Open Thursday
8 th July	Summer Fair 12-3pm
10 th July	Class Swap Afternoon
13 th July	Modern Foreign Language Day
14 th July	Y6 Leavers Production 6:50
14 th July	2.30pm year 3 parent session
14 th July	Pm year 2 parent session
14 th July	3:15pm Open Thursday
18 th July	1:30pm year 5 parent session
19 th July	House reward
20 th July	Most Improved Children's Tea
21 st July	Y6 Leavers Assembly 11:00am

Open parent sessions are where the children will share their latest achievements, with an opportunity for you to have a look at their work and chat with your child about their learning.

Sutton Valence Gardeners' Association.

SUMMER SHOW (2nd July) 8 year and under

A Rainbow using any medium

An animal (real or imaginary) made from fruit and/or vegs

9-15 years a mode of transport made from recyclable items

Allsorts men-mend made from liquorice allsorts

Congratulations to all the children that took part in our Spring Show. We are running a further show for 'Summer' the competitions are:

School Disco 29th June 2017

Just a reminder about the disco, can all monies be in to the school office by 26th June 2017

Tickets are £3 per child (Includes a Hotdog, Ice-Lolly and Drinks)

SCHOOL DISCO 29TH JUNE 2017

KS1-SCHOOL DISCO REQUEST SLIP 3.15 -4.30

Name of 1st Child: _____ **Year:** _____

Any Dietary Requirements: _____

Name of 2nd Child: _____ **Year:** _____

Any Dietary Requirements: _____

Name of 3rd Child: _____ **Year:** _____

Any dietary Requirements: _____

ARE YOU ABLE TO HELP PLEASE ?

Parents/Carers Name: _____

SCHOOL DISCO 29TH JUNE 2017

KS2-SCHOOL DISCO REQUEST SLIP 4.45 -6.00

Name of 1st Child: _____ **Year:** _____

Any Dietary Requirements: _____

Name of 2nd Child: _____ **Year:** _____

Any Dietary Requirements: _____

Name of 3rd Child: _____ **Year:** _____

Any dietary Requirements: _____

ARE YOU ABLE TO HELP PLEASE ?

Parents/Carers Name: _____