


## Bikeability



Earlier this week, a group of Year 6 children participated in a Bikeability Safer Cycling Course which enabled them to complete Level 1 and 2 combined. Congratulations to all those children who took part and well done for passing the course!





 <b>JANUARY TO FEBRUARY 2023</b>	
<b>JANUARY</b>	
Monday 23rd to Friday 27th	Practice Papers - Year 1, 2 and 6
Monday 30th to Friday 3rd February	National Storytelling Week
Tuesday 31st	National Child Measurement Programme (NCMP) - Reception and Year 6
<b>FEBRUARY</b>	
Friday 3rd	NSPCC Number Day
Monday 6th to Friday 10th	Children's Mental Health Week
	Schools' Football Week
Monday 6th	Hearing and Vision Screening - Reception
	Free Parent Asthma Workshop
Wednesday 8th and Thursday 9th	Enrichment Clubs Begin

## Year 1 Phonics, and Years 2 and 6 SATs Tests

We would like to remind parents, guardians and carers, children in Year 1 will practise their Phonics tests, whilst Years 2 and 6 will sit their practice SATs during the week commencing Monday 23rd January. It is also extremely important that they attend school every day.

Please also remember that a good breakfast is always an essential meal for children before school, but in particular when they are sitting tests. Research has shown that children who eat a healthy breakfast have improved alertness, concentration, mental performance, mood and memory. We wish all our children every success in their tests!

## Enrichment Clubs - Spring Term

Enrichment clubs will proceed from the week commencing Monday 6th February. To ensure that each child gets a fair opportunity to participate in a fun/enrichment club, clubs will be limited to one per child. Letters will be sent out on Monday 23rd January and registration will open on **Wednesday 25th January** at 7:45am.

If your child was selected to attend a booster session after school, please avoid choosing a club that is being offered on the same day. Thank you.

## Countdown2Launch

As many of you will have seen in the news over the last few days the historic first launch of satellites into space from the UK went perfectly... almost. Sadly, the rocket suffered an anomaly late on Monday night after its release from Cosmic Girl, the carrier aircraft, which meant that the rocket and payloads did not make the orbit required to deploy.

However, the 'Countdown2Launch' broadcast will still be going ahead, but with a new focus. One of resilience, hard work and trying not to be scared of failure. Children will join this broadcast on Tuesday 24th January from their classrooms along with many other schools in the UK.

	<b>Week Commencing: Monday 23rd January</b> <b>MENU 2</b>
---	--

<b>MONDAY</b>		
Meal Choice 1	Beef Meatball Pasta Bake	Halal
Meal Choice 2	Beef Meatball Pasta Bake	Non Halal
Meal Choice 3	Vegetable Pasta Bake	Vegetarian
Meal Choice 4	Meatballs with Gluten free Pasta	Gluten/Dairy Free
Dessert Choice	Strawberry Mousse with Fresh Strawberries	Fresh Fruit and Yoghurts
<b>TUESDAY</b>		
Meal Choice 1	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 2	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Non Halal
Meal Choice 3	Creamy Pasta Bake	Vegetarian
Meal Choice 4	Lamb Patty with Rice	Gluten/Dairy Free
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
<b>WEDNESDAY</b>		
Meal Choice 1	Baked Jacket Potato with Fillings [sliced chicken, salad, coleslaw, tuna]	
Meal Choice 2	Sweet Potato with Fillings [sliced chicken, salad, coleslaw, tuna]	Vegetarian
Meal Choice 3	Baked Jacket Potato with Salad and Beans	Gluten/Dairy Free
Dessert Choice	Fruit Tarts	Fresh Fruit and Yoghurts
<b>THURSDAY</b>		
Meal Choice 1	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 3	Vegetable Tart	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Dessert Choice	Vanilla Cheesecake	Fresh Fruit and Yoghurts
<b>FRIDAY</b>		
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	Halal
Meal Choice 2	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	Non Halal
Meal Choice 3	Vegetable and Cheese Pasta Bake	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Dessert Choice	Apple Pie	Fresh Fruit and Yoghurts
<i>Please note that all main meals are served with Fresh Vegetables of the Day</i>		

## National Storytelling Week

To celebrate storytelling week, taking place from Monday 30th January to Sunday 5th February, we have arranged for storyteller Wendy Shearer to kick off the week with an exclusive telling of some of her favourite stories, as well as some top tips on how to become a storyteller. The rest of the week will be filled with fantastic activities that will enable the pupils to embark on a journey of imagination and adventure into magical worlds.

## FREE Asthma Workshop!

MyHealth are running FREE Asthma workshops for parents who have children with Asthma. These sessions are run by the Hillingdon Hospital asthma nurses giving you the chance to learn from health professionals and to ask them questions directly. Some of the content included in these sessions is asthma attacks, asthma triggers, in techniques and asthma action plans.

The workshops are run online via ZOOM from 4:00pm to 5:00pm and you can register your FREE place here: <https://www.eventbrite.co.uk/e/myhealth-asthma-workshop-for-parents-children-tickets-191548726397>.

They are taking place on 6th February and 6th March. You can also contact the MyHealth team on tel: 01895 543 437 or [nhsnwlcg.myhealth@nhs.net](mailto:nhsnwlcg.myhealth@nhs.net).