



NEWSLETTER 18

Friday 26th January 2018

Executive Headteacher: Mr James Procter

Email: [office@chiddingly.e-sussex.sch.uk](mailto:office@chiddingly.e-sussex.sch.uk)

"Achievement for All, Learning Together, Learning for Life"

### Next Week's Birthdays

Happy Birthday to Summer on 27th January!



### Water Bottles

Please can we remind all parents of the importance of sending your child in with a named water bottle.

We only have a few spare cups in Oak class. These can be used if a child accidentally forgets their water bottle. However, we have noticed that some children are using them more frequently than they should be, as they do not have a water bottle in class.



### INTERESTING, USEFUL AND UNUSUAL WORDS

Definition of sabotage (verb) in English:

Deliberately destroy, damage, or obstruct (something), especially for political or military advantage.



### School Dinner Menu

Please find attached a Pancake Day menu for 9th February and Chinese Day menu for 20th February.



### Yoga Club

Please find a flyer attached to this newsletter with information about an exciting new club coming next term!



## NUT FREE SCHOOL – REMINDER

Dear Parents and Carers,

Due to a child at our school having a severe nut allergy resulting in anaphylaxis, we are a nut free school. Please ensure you **do not** send your child into school with any food products that may contain nuts. **Below is a list of many, but not all foods that contain hidden nuts**, please ensure you check what is going in your child's packed lunch.

If your child has a breakfast that has contained nuts, please ensure all traces are removed before coming to school, by washing hands thoroughly and cleaning teeth. This ensures that a reaction is not caused through touching.

### Foods to avoid:

**Oils** - Blended Oils, Unrefined / Gourmet Peanut, Arachis and Groundnut oils.

**Biscuits** - Many Biscuits, Almonds, Coconut biscuits, Macaroons, or Nut Oils.

**Preserves** - Peanut Butter, Chestnut Puree, Chocolate Spread, Praline Spread, Sweet Mincemeat.

**Cakes** - Christmas Cake, Fruit Cake, Stollen, Marzipan containing cakes, Carrot Cake, Passion Cake, Cakes bought in Delicatessen, Cakes containing vegetable oil.

**Cereals** - Crunchy Nut Cornflakes, Fruit & Fibre, Muesli, Shreddies, Fruitful, etc.,

**Dips & Sauces** - Pesto Sauce, Waldorf Salad.

**Vegetarian Food** - Nut Loaf, Vegeburgers, Sausages. (Some products may be OK - Check Labels).

**Dessert** - Nut Yoghurt, Nut Ice-creams, Cakes, Puddings containing nuts.

**Sweets** - Nuts, Nougat, Nut Brittle, Halva, Snickers, Topic, Fruit & Nut, Bounty, Toblerone, Liquorice Allsorts, Pralines, Florentines. Always Check Labels.

**Others** - Some Chinese Foods e.g. Satay. It is also advisable to avoid Creams and Shampoos containing nut extracts.

We understand that providing food that is nut free can be a real challenge but we would appreciate your support in **trying to reduce the risk** of a nut reaction.

The whole staff have had Epi-pen training at the end of July 2016. If you have any concerns, please see a member of staff and we will either answer your questions or take advice from our County allergy consultant.

We do operate a non sharing of food policy and this will be reinforced.

We appreciate your co-operation in this important matter.

## Mathematics Day

On Tuesday 16th January, we had Mathematics Day. We felt that the children needed to gain more confidence with working with and solving problems linked to fractions. Each class focussed on this and we had a whole day of fractions activities. Year R concentrated on finding wholes and halves while Year 1 and 2 started to explore quarters of shapes. Year 3 and 4 did some cross curricular activities involving designing their own flags. They were able to work out what fraction of each colour they had. Year 5 and 6 independently chose what they needed to practice and worked on it. This included looking at comparing and finding equivalent fractions; multiplying and dividing fractions; adding and subtracting fractions! In the afternoon, they created a fruit salad - measuring out according to different ratios.

In the afternoon, the whole school got to together for the House Team Quiz! The children had to work out mathematics questions but if they got stuck they could ask a friend on their team or a team member in the audience.



Muddles Green, Chiddingly, Lewes, East Sussex, BN8 6HN

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## Willow Outdoor Learning Day

Willow Class, along with East Hoathly's Year 3/4 class, thoroughly enjoyed their team building trip at Walton Firs activity centre on Tuesday 23<sup>rd</sup> January! After an early start, they took part in a range of activities such as crate stacking, caving, photo orienteering, adventure trail and the night line. In all the activities, the children worked well together as a team and encouraged each other to achieve things that they didn't think they could! They loved getting muddy and mucky in the adventure course - having to climb over and up and swing to and from obstacles. Caving was an adventure in itself and crate stacking tested the children's feel for heights! Overall they all had a fantastic day!



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## British Values Citizen of the Week

This week's Citizen of the Week is:

**Jacinda Hinder**

For always helping others and working hard.



## Growth Mindset

### Tough Turtle of the Week

**Ryan Matthews**

For persevering with his work, especially his handwriting.



*If you've never failed, you've never tried anything new*

## Learning Powers Certificate

On Friday 2nd February at 9.25am the following children will be celebrating their achievements. Please come along if you are free.

Oak - Sophia Wells

Beech - Archie Stonestreet

Willow - Jess Joss

Sycamore - Madison Barnett

## Diner of the Week:

**Megan Sowden**

For being respectful and polite at all times and following all our other golden rules in the dining room.



## Top Table winners:

**Portugal (21 points)**

Orla

Violet K

Neo

Lucy

Chloe B

The runner up is Scotland with 15 points.

## Parent Forums

Term	Date	Content
4	14th March	Homework Policy Review and Evaluation  SATs info for Year 2 and Year 6 parents
5	1st May	Thrive Review  Mindfulness Review inc Golden Mile
6	13th June	Parentview  Review SDP and plans for 18/19

### This Week's House Points:



Big Ben 174



London Eye 117



Buckingham Palace 136

### This week's winners are:

**Big Ben**

### Attendance

The whole school attendance for this year so far is **95.4%**.

This week's attendance:

**Oak - 96.67%**

**Beech - 97.18%**

**Willow - 93.97%**

**Sycamore - 97.22%**

Well done to **Sycamore** for having the highest attendance this week!

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We publish the weekly attendance figure for each class using a colour coded "traffic light" system:

**100% - gold**

**96.5 to 99.9% - green**

**95 to 96.4% - amber**

**Less than 94.9% - red**

## Dates for your diary 2017/2018

### February 2018

5th — Country of Focus week

8th — Beech class trip

9th — End of term celebrations at  
2.30pm

19th — Term 4 begins

### March 2018

1st — Book Day

14th — Parent Forum at 9.00am to  
9.25am

20th and 22nd — Parent Consultation  
Meetings (4-6pm)

29th — Easter Service at 2.00pm

29th — Last day of term

### April 2018

16th — Term 5 begins

### May 2018

1st — Parent Forum at 9.00am to  
9.25am

4th — Reception class vision and  
hearing tests

7th — May Bank Holiday

21st — Enterprise week

23rd — Awe & Wonder Day and  
celebration at 2.30pm

25th — Last day of term

### June 2018

4th — INSET day

5th — Term 6 begins

13th — Parent Forum at 9.00am to  
9.25am

29th — Table Tennis Tournament at  
12.30pm at East Hoathly

### July 2018

3rd — Sports Day at 9.30am & picnic at  
12.00pm with parents

6th — Reports home to parents

9th — Parent Consultation  
Meetings (4-6pm) to  
discuss reports only

9th — Summer Production dress rehearsal  
at 2.00pm

11th — Summer Production at 2.00pm  
and 6.30pm

19th — Last day of term and Leavers  
Service at 2.00pm

20th — INSET day

21st — Ground Force Day in afternoon

## Parent Forum - 23rd January 2018

We would be keen to find out how we can encourage parents to attend more of the events, information sharing and parent meetings in school. If you have any ideas for how this could be achieved, please speak to Miss Lewis.

**The following information was on the agenda for the parent forum meeting this week.**

### Behaviour Policy

Amendments to the policy this year include:

- Clarification of the star and rainbow awards - these will be celebrated with another teacher in school and special stickers awarded. Children will be named in Friday assembly and celebrated
- Introduction of the Head Teacher's Award. This will be awarded to each child once per school year for significant progress and/or effort in learning. This will be celebrated in assembly and in the weekly newsletter
- Alterations to lunch time behaviour management. If a child breaks a golden rule at lunchtime, the child will be given a 'Yellow Card' as a warning. If the behaviour continues, they will be given a 'Red Card' and be sent inside.

This has been running now for a week and has been very successful in combating any cases of repeated poor choices at lunch time.

### Attendance Policy

Amendments to the policy this year include:

- Introduction of award certificates 3 x per year for 'gold', 'silver' and 'bronze' attendance.
- Other awards for attendance can be given at the head teacher's discretion, e.g. improved attendance or improved punctuality.
- We are aware that this can be a difficult topic and that the majority of absences are for genuine reasons, the policy is not aimed at penalising children for genuine illness. We are following guidelines issued from East Sussex County Council.

### Relationships and Sex Education Policy

- This is a statutory requirement and has been developed alongside the Safeguarding and Child Protection policy. Staff are trained in what to do should any disclosures be made during these sessions.
- The policy makes it clear that this learning is part of a whole school approach to educating children about positive relationships and forms the basis for their future learning
- The policy makes it clear that, although parents have the legal option to withdraw children from the specific sex education elements, there are some parts of the curriculum that are not optional.
- The policy states that where possible, the school will utilise external agencies to support the child's learning, e.g. school nurse service.
- The policy gives an overview of topics from Reception through to Year 6.

Continued on next page...



## Wellbeing and Mindfulness

- School staff had training on Wellbeing and Mindfulness on the INSET day in January. From this training, we will be introducing the children to some ways in which they can regulate their own bodies, maintain vitality and increase their focus in class.

Staff received training in the following areas and will be sharing their training with the children over the coming months:

**Vitality** - Ask yourself these questions

Are you hydrated?

How are you feeling emotionally?

How are you holding yourself? (remember to stretch)

**Nutrition** - What we eat can have an impact on our productiveness throughout the day. Ensure you are well nourished, eating a well-balanced diet with as little refined sugar as possible (this leads to peaks in blood sugar that affects behaviour and body functions)

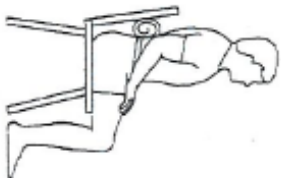
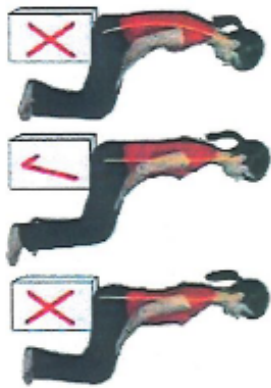
**Posture** - consider how you are sitting and standing (**please see attached for information on how we will be encouraging the children to sit both on the floor and in their chairs.**)

**Yoga** - we are looking into running a Yoga club for the children in school.

**Exercises and stretching** - this can impact your posture and body functions. Teachers have been shown examples of stretching and desk-based exercises which can help to refocus the brain.

**Breathing** - the staff were taught a variety of breathing exercises which can help you to self-regulate, calm the whole body, reduce the heart rate and prepare for learning. This is also effective when needing to relax, e.g. at bedtime. The children are learning these and doing breathing exercises after lunch to prepare for the afternoon.

## Posture



Use a lumbar roll when sitting to maintain your lumbar curve to help maintain upright posture.

### Maintaining good posture helps to;

- Reduce excessive loading on the joints, muscles, soft tissues, nerves of the spine and rest of the body thus keeping everything in correct alignment.
- Prevents potential postural problems which can lead to pain, tension and discomfort
- Enhancing posture encourages better breathing by opening up the airways, allowing more oxygen to flow into and around the body which helps increase energy levels.
- Enhances proper digestive function
- Supports the free and natural movement of blood, lymph, fluids and energy around the body.
- Increases personal power; correct aligned posture supports someone in becoming present, grounded, expansive and confident.
- By sitting upright, you help strengthen your core muscles.
- Sitting correctly has been shown to increase concentration, memory, reduce stress and anxiety, enhance performance and be more productive.

## COMPUTER AND DESK STRETCHES

Approximately 4 Minutes

Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day, or whenever you feel stiff. Photocopy this and keep it in a drawer. Also, be sure to get up and walk around the office whenever you think of it. You'll feel better!



10-20 seconds  
2 times



10-15 seconds



8-10 seconds  
each side



15-20 seconds



3-5 seconds  
3 times



10-12 seconds  
each arm



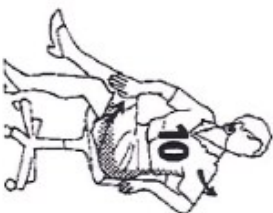
10 seconds



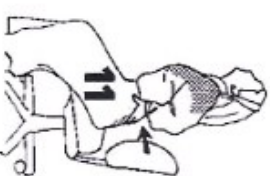
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8-10 seconds  
each side



8-10 seconds  
each side

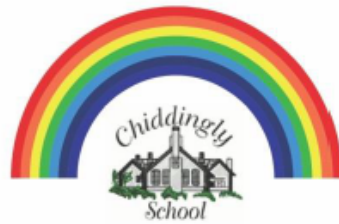


10-15 seconds  
2 times



Shake out hands  
8-10 seconds

source: drestner.com



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25<sup>th</sup> January 2018

Dear Parents,

### YEAR 1 AND 2 VISIT TO PARADISE PARK

On **Thursday 8<sup>th</sup> February**, we are taking the children to **Paradise Park** as part of this term's class topic: **Dinosaurs**. We will be finding facts about dinosaurs in the museum and going on a Dinosaur safari. We will also be spotting dinosaurs on the train ride around the park!

We will be leaving school by coach at 10.00am and we will be returning to school for the end of the school day. The cost of this trip will be **£11.50**.

Children will need a **packed lunch** and a **coat** for the day. If you require the school to provide a free school packed lunch for your child, please indicate below. Children should wear their school jumper and shirt but with suitable trousers for spending most of the day outside. They will also need to wear trainers.

Please sign and return the permission slip below and return to school by **Monday 5<sup>th</sup> February**.





Yours sincerely,

Mrs Woods  
Class Teacher



## CHILDREN'S YOGA AFTER-SCHOOL CLUB

*Yoga inspires children to be kind, patient, accepting & empathic with themselves & their peers. A dedicated & intentional yoga practice that includes breathing techniques & physical postures can be incredibly valuable for them.*

-  *Yoga Enhances Physical Flexibility*
-  *Yoga Refines Balance & Coordination*
-  *Yoga Develops Focus & Concentration*
-  *Yoga Boosts Self-Esteem & Confidence*

### CLASSES

*Tuesday 20th February 2018*

*Tuesday 27th March 2018*

*3.15pm-4.15pm*

*Chiddingly Primary School*

*£30 for 6 week course.*

*Gemma Barleton - 07794 689985 - [yogabeekids@gmail.com](mailto:yogabeekids@gmail.com)*

*Find us on Facebook - @YogaBeeUK*

**Pancake Day**  
**Friday 9<sup>th</sup> February 2018**

**Pancakes for Pudding!!**

**Fish & Chips**  
**Bean & Potato Burrito & Chips (v)**  
**Jacket Potato with Various Fillings**

**Baked Beans**  
**Garden Peas**

**Pancakes Drizzled with Chocolate Sauce & Ice Cream**  
**or**  
**Fresh Fruit**

  
Chartwells



Usual meal prices apply  
Rec, Years 1 & 2 free meal.  
Years 3, 4, 5 & 6 - £2.10

Sadie takes  
a trip to

20 February 2018



# CHINA

*Choose a main meal...*

Sweet & Sour Chicken with Rice

Sweet Chilli & Quorn Stir Fry (V)

*on the side...*

Shredded Cabbage

Fresh Carrots

*for dessert...*

Mango Frozen Yoghurt



East Sussex  
County Council



Usual meal prices apply Rec, Years 1 & 2  
free meal. Years 3, 4, 5 & 6 - £2.10

Chartwells  
EAT LEARN LIVE