



December Newsletter

The staff and I would like to wish everyone a very merry Christmas and a happy new year. It has been wonderful to welcome families into school to take part in the Christmas events. I would like to thank everyone who took the time to give their feedback which as always will help shape our future arrangements.

This Christmas the school held

- 1 Christmas fair
- 2 opportunities to visit Santa in his amazing grotto
- 2 FS2 Nativity performances
- 3 KS 2 carol concerts
- 1 carol singing event
- 1 Christmas craft session in FS1
- 1 FS1 nativity
- 1 Christmas lunch and Christmas jumper day
- 8 Christmas parties
- Hundreds of Christmas cookies baked and sold
- 2 Christmas discos
- 1 visit to the Christmas tree festival
- A visit to Forest Court to share our musical talents
- A Rock and Pops concert
- And a 2 day Ofsted inspection!

Thank you to all the kindness and support shown to the school during our Ofsted inspection. We are now waiting for the report and look forward to sharing it with you after Christmas.

STAFF NEWS

Another new baby to add to the team. The Hodges family welcomed their gorgeous little girl Frankie last week. We can't wait to meet her. Mrs Russell has commenced her maternity leave and team Daffodil will be taught by Mrs Jolly and Mrs Davis, this will provide continuity and stability for the year 1 team.

EBOR 10th ANNIVERSARY

Schools in Ebor Academy Trust, including ours, have come together to record a compilation video of "I am the Earth". It's an uplifting song with the theme of belonging and growing and is perfect to celebrate our trust's tenth anniversary – a decade of working alongside schools to enrich education for children and young people and support the staff who work alongside them.

Thousands of children collectively take part and a sense of camaraderie is there for all to see in our video. They are as one, singing gustily: "We are the children growing, you are the place we live, we are the seed you're sowing, we are the life you give; we are the future rising, we will be your voice, we will watch and learn from you, we will make the choice..."

Please follow this link <https://youtu.be/ZzK4JNVJZ8A> to watch the video. You'll be glad you did!

DATES FOR YOUR DIARY

You have told us that early notice of school events is appreciated so we are working hard to make this a reality. Here are some of the dates for the new academic year. More will be added as they are confirmed.

DATE	ACTIVITY
Friday 22nd December	School closes for Christmas holidays at noon. (There will be no lunches or After School Club)
CHRISTMAS HOLIDAYS	
Monday 8th January 2024	School opens for Spring term
Tuesday 9th January	Young Voices concert- Choir
Wednesday 24th January	Year 6 to see the pantomime at Huntington
Friday 9th February	School closes for half term

HALF TERM

Monday 19th February	School opens
Tuesday 27th February	Parents of KS2 to look at their child's books in the white and brown halls. Parents of KS1 to look at books in classrooms.
Thursday 7th March	WORLD BOOK DAY- theme to follow
Week commencing 11th March	Parent teacher appointments
Monday 18th March	Year 5 to see High School Musical at Huntington
Friday 22nd March	School closes for Easter holidays

EASTER HOLIDAYS

Monday 8th April	School opens for summer term
Friday 12th April	STAFF TRAINING DAY
Monday 6th May	Bank Holiday - school closed
Week commencing 13th May	Key Stage 2 SATS tests
Friday 24th May	School closes for half term

HALF TERM

Monday 3rd June	School opens
Monday 10th June	Class photos
Wednesday 12th June	6-7pm New Reception Parents meeting

Friday 14th June	Sports Day
Friday 21st June	Back up Sports Day
Monday 24th June	New classes announced
Friday 28th June	STAFF TRAINING DAY
Week commencing 1st July	SPORTS WEEK
Monday 8th & Tuesday 9th July	Year 4 Trip to Murton Park
Tuesday 16th July	Reports to parents Year 6 performance
Wednesday 17th July	Year 6 performance Graduation
Friday 19th July	School closes for Summer holidays

We have also added these dates to the school calendar on our website for your reference.

Best wishes
Donna Bedford

Headteacher

DON'T MISS THESE COMMUNITY EVENTS

Keeping children safe is everybody's responsibility

If you are worried about a child you can speak in confidence to your local children's safeguarding team on **01904 551900**.

Outside office hours, at weekends and on public holidays contact the emergency duty team telephone: **0300 131 2 131**

Please be aware your school's safeguarding lead is Mrs Evans and they are available in school hours to discuss your concerns.

Don't think 'What if I am wrong? Think 'What if I am right?'



12 Days of Christmas Challenge!

1

Make a list of fun active things you can do indoors, if the weather is bad, then pick something you can do each day of the holidays. Here are some ideas: www.nhs.uk/healthier-families/activities/indoor-activities-for-kids/

2

Santa's elves get a full night's sleep so they have lots of energy to make new toys. Go to bed early and get at least 8-10 hours of sleep each night.

3

Decorate your plate with the colour of Christmas - add lots of green and red vegetables - and try and have 5 different fruit and veg a day.

4

Try and include some healthy snacks during the festive season (there are some ideas on page 3)

5

Wrap up warm, grab a torch and take a family walk to look at Christmas lights in your area together.

6

Swap your cheese and crackers for some wholegrain crackers and low fat soft cheese

7

Plan for Christmas TV specials! Set a goal to watch TV no more than 2 hours a day!

8

Keep your teeth extra happy this holiday and remember to brush them twice a day

9

Go on the Change 4 Life (www.nhs.uk/healthier-families/activities/10-minute-shake-up/) website and try out some 10 minute shake up games today!

10

'Tis the season for satsumas, clementines apples and pears, try and fill up on these sweet goodies instead of chocolate and mince pies!

11

Mrs Claus always makes a healthy breakfast for Santa. Start your day with a healthy breakfast - try and add a portion of fruit or vegetables first thing too.

12

The elves keep warm at the North Pole by being active for 60 minutes every day. Be like an elf and get moving!

How much sugar?

Be sugar smart

Eating too much sugar can lead to weight gain and can also cause tooth decay. The type of sugars most adults and children in the UK eat too much of are "free sugars". These are:

- Any sugars added to food or drinks: including sugars in biscuits, chocolate, flavoured yogurts, breakfast cereals and fizzy drinks.
- Sugars in honey, syrups, fruit juices, and smoothies. The sugars in these foods occur naturally but still count as free sugars.
- Adults should have no more than 30g of free sugars a day, (about 7 sugar cubes)
- Children aged 7 - 10 should have no more than 24g a day (6 sugar cubes).
- Children aged 4 - 6 should have no more than 19g a day (5 sugar cubes).
- There's no guideline limit for children under the age of 4, but it's recommended they avoid sugar-sweetened drinks and food with sugar added.



How much sugar is in these festive snacks?

3 Festive Chocolates = 3 cubes of sugar

1 Mince Pie = 5 cubes of sugar

1 Can of Cola = 9 cubes of sugar

DRINKS

Plain tap water is the best option, especially for teeth. Drinking enough each day helps keep your body working well and your skin looking healthy! So try and cut down on drinking fizzy drinks over the festive period. Milk is good too, with calcium for helping build strong teeth and bones.



Increasing your family's 5 a day...

5 A Day - Food Facts - Healthier Families - NHS (www.nhs.uk/healthier-families/food-facts/5-a-day/) simplyveg.org.uk/

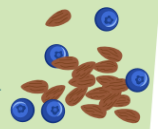
Fruit and vegetables are a great source of vitamins, minerals and fibre, and an important part of a balanced diet for kids and adults. Try and add some fruit or veg to every meal to try and get to 5 portions of different ones each day. Don't forget portions of frozen and tinned vegetable and fruit (in juice not syrup) still count as one of your 5 a day and are often cheaper and simpler to prepare.



Christmas Snacks!

- Try and get the healthier versions of crisps like cheese puffs and baked crisps.
- Don't give in to the tempting supermarket offers which can leave you stocked up with unhealthy foods for days after! Buy just what you need and then there's no further temptation afterwards.
- Swap salted and roasted nuts for natural nuts, or nut and fruit mixes.

[Healthier food swaps - Food facts - Healthier Families - NHS](http://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps) (www.nhs.uk/healthier-families/food-facts/healthier-food-swaps)



Portion Sizes

Remember

- Good sources of healthy protein include tinned fish, eggs, nuts, lean meat such as chicken, tinned pulses like beans and lentils
- Dairy - for **very** young children full fat is best for milk, yogurts etc
- Starchy foods include potatoes, pasta, rice and bread. Wholegrain versions have more **fibre** and help keep you fuller for longer eg wholewheat pasta and brown rice or wholemeal bread

Measuring portion size for adults

- 2 handfuls of dried pasta shapes, rice or grains (75g)
- A bunch of spaghetti about the size of a £1 coin (75g)
- the amount of cooked pasta or rice that would fit in two hands held together (180g)
- A baked potato about the size of your fist (220g)
- 3 handfuls of breakfast cereal (40g)
- A piece of grilled chicken about size of your whole hand (120g)
- A piece of cheddar cheese about the size of two thumbs together (30g)
- About 1 tablespoon of peanut butter (20g)

Portion Size for children 'me size meals'

- Children under 11 should be eating smaller portions than adults.
- 1 handful is a portion for children - their size handful - of fruit, veg and 2 handfuls for pasta.

Help with the cost of living - Here are some websites with more information to help your family to stay healthy, happy and well:

healthyschoolsnorthyorks.org/healthy-food
nhs.uk/live-well/healthy-weight/childrens-weight

And some information on saving money, local food banks, financial support and eating well on a budget: healthyschoolsnorthyorks.org/costsavings

For cost of living advice access www.northyorks.gov.uk/community-and-volunteering/cost-living-support



School dinners are best!

Making packed lunches can be time consuming and expensive - why not try school dinners?

School meals provide your child with a nutritionally-balanced variety of foods. Every infant child (Reception, KS1) is entitled to a **FREE** school lunch. Also, **FREE school meals** for all age groups are provided to families who receive qualifying incomes such as income support and universal credit.

Ask your school office how to order yours.

More information is available from **your school's website** or the **North Yorkshire Council website** www.northyorks.gov.uk/education-and-learning/free-school-meals



Family Recipe Ideas... Leftover Turkey Soup

Cook time: 20 - 25mins
Serves 4
Shopping list...

- 2 Cups leftover turkey
- 1 Tablespoon olive oil
- 1/2 Cup chopped onion
- 2 Stalks of celery
- 1 Chopped carrot
- 1 pint vegetable stock (use a low salt stock cube)



You could also use left over chicken from Sunday roast or go veggie and make it without meat.

Step 1: Heat the oil in large saucepan on medium heat

Step 2: Add onions, carrots and celery, cook for 3-5 minutes or until crisp-tender, stirring occasionally

Step 3: Add water and vegetable stock and bring to boil

Step 4: Add the turkey and cover, Simmer on medium - low heat for 15 minutes or until tender

For other healthy family recipe ideas go to: healthyschoolsnorthyorks.org/healthy-food-and-recipes - [Healthier Families - NHS](http://www.nhs.uk/healthier-families/recipes) (www.nhs.uk/healthier-families/recipes)

Healthy Start Scheme

With the @NHSHealthyStart scheme, you could be entitled to weekly support towards:

- Vegetables
- Fruit
- Milk
- Infant formula milk
- Pulses
- Healthy Start vitamins

Could you be eligible? If you or your partner receive benefits and are currently expecting, or have a child under 4, you may be entitled to a weekly allowance to help buy healthy foods.

If you are eligible to apply you will receive your prepaid card. You could get £4.25 per week to help buy healthy food and milk for your child.

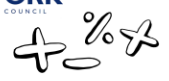
Find out and apply online today: www.healthystart.nhs.uk



CHRISTMAS AT SPARK

Fri 8th	COOPER KING WHISKY TASTING
Sat 9th/Sun 10th	AOP SPRAY PAINT WORKSHOPS
Sun 10th	LINO PRINTING WORKSHOP
Tue 12th	BURNING DUCK COMEDY CLUB
Sat 16th	LITTLE PICKLE CREATIVES
Sat 16th	THISTLE AND THORNE WREATH MAKING
Sat 16th/Sun 17th	CHRISTMAS MAKERS MARKET
Tue 19th	SORE THUMB RETRO GAMES
Weds 20th	CHRISTMAS QUINGO
Thu 21st	DRAG DJ EVENT
Fri 22nd	DRAG CHRISTMAS GAMES
Thu 28th	FREE FACE PAINTING

*CHARITY GIFT WRAPPING EVERY WEEKEND



Keep up with the Children in Maths

- Free course for parents, grandparents and carers of primary school aged children.
- Build confidence and work on your own skills.
- Learn to support your children at home with Maths.
- An accredited course that leads to a Functional Skills qualification in Maths.



Online via Zoom
Mondays, 7.00pm - 8.30pm
08 January - 08 July 2024

Haxby Explore
Tuesdays, 12.45pm - 2.45pm
09 January - 09 July 2024

Clifton Children's Centre
Thursdays, 12.45pm - 2.45pm
11 January - 11 July 2024

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www.yorklearning.org.uk/family-learning