

Rokeby Primary School

Newsletter

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We kindly ask that you wear a mask when on school site . Thank You.



Finally we are seeing some much anticipated sunshine. We have noticed that as the evenings are lighter, more children are playing out. Can we please urge you to monitor outside play as we have had reports from local residents of our children playing in the roads. Keep an eye out for our celebration this week, it is going to be a little longer as I was unable to record one last week. Thank You

Mrs James



COVID-19 Rokeby Primary Contact line:

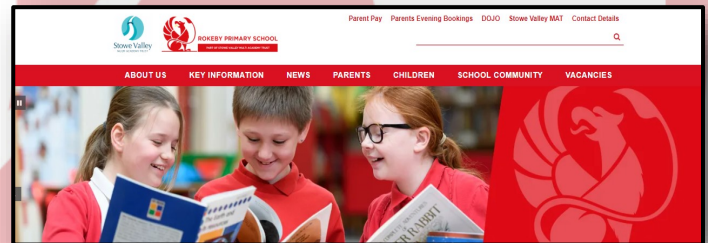
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IMPORTANT: If you have taken a COVID-19 test, please send your results to the number above. This is for both negative and positive results.



Rokeby Website

There are lots of helpful tools and information available on the school website. It is regularly updated with the latest news and information about the school. **You can also download the school term date calendar for 2021/2022.**



Lateness



Arriving 15 minutes late every day is the same as being absent for 2 weeks a year. Arriving 30 minutes late every day is the same as being absent for 19 days a year. 19 days lost a year through being late means 90% attendance. 90% attendance through school life is equal to a whole year of school being missed.

We are still doing staggered start times to avoid the crowd on the playground. This means that you can drop your child off from 8:45am.

Children MUST be seated, ready for the register at 9:00am.

Afterschool Club

We are starting to open up our afterschool club to everyone now that the restrictions are starting to lift. If you would like your child to attend afterschool club please email rokebyprimary@stowevalley.com or contact the front office. Please note, there are limited places available.



Monday– Cooking Activity

Tuesday- Arts and Crafts Activity

Wednesday– Sports and Games



Children will get a drink and a snack. Pick up time is 4:30. Cost is £5.00 per day, paid via ParentPay. (£4.50 for 2nd and 3rd sibling). Starts after Half Term. Not open Thursday and Friday.

Office Phone– If you are ringing the front office and are unable to get through, please stay on the line as it will go through to a messaging service. Please leave a brief message and remember to include your name and number so we can call you back if necessary.



Helpful Links-Parents Looking for Support

<https://entrustcarepartnership.org.uk/> - entrust care partnership have a peer support program. Coventry and Warwickshire CWD team are also offering 30 minute consultations for anyone who wants to gain more information about living with a child who has disabilities. Please see our website (family support section) for more information.

Healthy Lifestyle

Healthy Eating

Following on from last weeks newsletter article about healthy eating, we are encouraging parents to look into The Eatwell Guide. It provides information on what a good balanced diet looks like. The following websites below all have incredibly useful information about diet and nutrition and have some really helpful tips on how to ensure your child is eating healthily.

Change4life- <https://www.nhs.uk/change4life>

British Nutrition Society- <https://www.nutrition.org.uk/healthyliving/lifestages/children.html>

Eatwell Guide breakdown- <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Beat (suitable with those struggling with an eating disorder)- <https://www.beateatingdisorders.org.uk/>

Physical Activity Guidance

How much physical activity should children and young people aged 5 to 18 do to keep healthy?

Children and young people need to do 2 types of physical activity each week, aerobic exercise **and** exercises to strengthen their muscles and bones.

Children and young people aged 5 to 18 should;

- aim for an average of at least 60 minutes of moderate intensity, physical activity a day
- take part in a variety of physical activities across the week to develop and strengthen movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day.

What is moderate intensity?

Activity of moderate intensity will raise your heart rate, make you breath faster and feel warmer.

Examples of moderate activities include;

- Walking the dog
- Riding a bike or scooter
- Walking to school



What activities will help strengthen muscles and bones?

- Dance, gymnastics and yoga
- Playing on equipment such as the monkey bars
- Football, Rugby and Tennis—these sports are also great at developing hand-eye coordination
- Sit-ups, Press-ups and other similar activities that target specific muscle groups



Visit <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>

for more information and advice on the level and amount of exercise your child should be doing.

Easy Dinner Recipe

Ingredients;

320g pack ready-rolled puff pastry
185g can tuna in spring water, drained and flaked
325g can sweetcorn, drained
3 tbsp crème fraîche
50g cheddar, grated
a few chives, snipped to 1cm lengths

Step 1: Heat oven to 220C/200C fan/ gas 7. Lay the pastry out on a baking sheet. Pinch up the edges to form a border, pressing firmly into the corners. Prick the centre all over with a fork and pop in the oven for 10-15 mins.

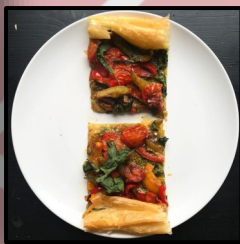
Step 2: Meanwhile, mix the tuna and sweetcorn in a bowl and season.

Step 3: Remove the pastry from the oven, pressing the centre down with the back of a fork, as it will have puffed up a bit. Spread the crème fraîche across centre, spoon the tuna mix on top, then sprinkle over the cheese. Bake for 10-15 mins more, until golden, puffed up and cooked through. Sprinkle with chives and cut into quarters.



Why not try...

You could experiment with a variety of different toppings! How about Chicken and Chorizo with some tomato puree base? Or see how many different types of vegetables you can fit on. You can even use caramelised apple slices to create a sweet treat.



PTA 5P Challenge

A polite reminder that the PTA are still collecting their 5p's! There is a jar in every classroom to fill up. So far, Reception have collected the most. Thank you to everyone who has donated.

You can also donate coppers too!

Important Dates

DATE	EVENT	INFORMATION
24/05/2021 & 25/05/2021	Parents Evening	Ensure you are checking your Class Dojo for updates regarding parents evening.
31/05/2021	Bank Holiday	School closed.
01/06/2021 to 04/06/2021	May Half Term	Last day of school 28/05/2021. Children return 07/06/2021.
07/07/2021	School Induction Day	More details will be published closer to the time.
20/07/2021	Last Day of Term	Last Day of Summer Term.
21/07/2021	Teacher Training	School closed to students for staff training.
22/07/2021 to 06/09/2021	Summer Holidays	School Closed.



Game: True or false?

- | | | |
|---|------|-------|
| 1. Children (under 18s) should do at least 60 minutes of exercise per day | True | False |
| 2. Exercise can be broken down into 10-minute slots throughout the day | True | False |
| 3. Milk, cheese and yoghurt are carbohydrates | True | False |
| 4. Carbohydrates are fattening | True | False |
| 5. Fruit juice is a healthy alternative to eating a piece of fruit | True | False |
| 6. If I eat lots of fruit I don't need to eat any vegetables | True | False |
| 7. Some types of fat are better for you than others | True | False |
| 8. Beans and eggs are good sources of protein | True | False |

Your 50 Things— How many can you tick off and which ones would you really like to try?

Your 50 things

ADVENTURER



1. Climb a tree



2. Roll down a really big hill



3. Camp out in the wild



4. Build a den



5. Skim a stone



6. Run around in the rain



7. Fly a kite



8. Catch a fish with a net



9. Eat an apple straight from a tree



10. Play conkers

DISCOVERER



11. Go on a really long bike ride



12. Make a trail with sticks



13. Make a mud pie



14. Dam a stream



15. Play in the snow



16. Make a daisy chain



17. Set up a snail race



18. Create some wild art



19. Play pool sticks



20. Jump over waves

RANGER



21. Pick blackberries growing in the wild



22. Explore inside a tree



23. Visit a farm



24. Go on a walk barefoot



25. Make a grass trumpet



26. Hunt for fossils and bones



27. Go star gazing



28. Climb a huge hill



29. Explore a cave



30. Hold a scary beast

TRACKER



31. Hunt for bugs



32. Find some frogspawn



33. Catch a falling leaf



34. Track wild animals



35. Discover what's in a pond



36. Make a home for a wild animal



37. Check out the crazy creatures in a rock pool



38. Bring up a butterfly



39. Catch a crab



40. Go on a nature walk at night

EXPLORER



41. Plant it, grow it, eat it



42. Go swimming in the sea



43. Build a raft



44. Go bird watching



45. Find your way with a map and compass



46. Try rock climbing



47. Cook on a campfire



48. Learn to ride a horse



49. Find a geocache



50. Canoe down a river

Answers to true or false.

Game answers - True or false: 1. T 2. T 3. F - dairy 4. F - see Eatwell Guide. 5. F - piece of fruit provides fibre & is better for teeth. 6. F - both needed for balanced diet. 7. T 8. T

Rokeby Primary is part of the Stowe Valley Multi Academy Trust.

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Rokeby Primary School is committed to safeguarding and promoting the welfare of children and young people and expects everyone to share this commitment.

PART OF STOWE VALLEY MULTI ACADEMY TRUST