

# News Update

Dates for the Diary	
Pupil photos	Wednesday 13th October
Cake Sale	Thursday 14th October 3.00pm
Flu vaccinations	Monday 18th October
Non uniform day— come to school in autumn, harvest colours and cos- tumes	Thursday 21st October
Spooky Autumn Disco	Thursday 21st October
<b>INSET DAY</b>	Friday 22nd October
Half Term	Monday 25th October to Fri- day 29th October

### Achievement Awards

This week's winners are:  
 Reception: Rosabella and Aurelia  
 Year 1: Evelyn and Ellie  
 Year 2: Georgina and Erin  
 Year 3: Ophelia and Isabelle  
 Year 4: Kylie-jay and Charlie  
 Year 5: Esme and Charlie  
 Year 6: Jasmine and Darcy  
 Congratulations to all of this week's winners!



We would like to say a huge thank you to Maidenhead Aquatics who kindly came to repair our fish tank free of charge this week—such a kind gesture!



### Academy Update

We are pleased that we are hopeful to arrange some exciting events for the children for the end of term. Please do bring in some cakes for us to sell in our Cake Sale next Thursday 14th October, we will ensure everything is individually wrapped so you can purchase to go quickly. We are raising funds to put towards replacing items and repairing the damage caused by recent vandalism plus developing our outdoor and gardening activities through the purchase of plants.

We are also hoping to hold our spooky disco on Thursday 21st October, we will keep you posted.

We will also be hosting a themed non uniform day on the final day of term, Thursday 21st October so come dressed in your best autumn colours and harvest costumes and outfits, no Halloween outfits please! Please donate a £1 to dress up for the day, donations will be collected through parent pay.

### Harvest Festival donations

Any items of non-perishable goods will be very welcome but donations of UHT milk are always needed. Please can your child bring in their donation from Monday 11th October for our display. Doms Food Mission will then be collecting all of the donations on Friday 15th October.






**Robsack Wood**  
**Cake Sale**  
**Thursday 14th October 2021**  
**3.00pm onwards**  
Front of academy by main office  
All cakes will be 50p or £1  
Please bring all your cakes and  
treats to the office on the morning of  
the 14th October  
Thank you!



## KIDS KARATE

Discipline Fitness Self-defence Good Fun

**Robsack Wood Primary Academy**  
**PLACES NOW AVAILABLE!**  
Every Monday at 5.30pm - 6.15pm in the school hall



SAMA Karate is great for children because not only does it promote healthy exercise, improve co-ordination and teach self-defence, it also places great emphasis on discipline and respect.

SAMA Karate is a great builder of children's confidence and concentration, thus helping with their school work. We teach children from 4 years old as the classes are such great fun!

SAMA Karate has been established since 1978 and is the largest professional children's karate group in the UK with 15,000 members training weekly.

**NO DIRECT DEBITS - ONLY PAY WHEN YOUR CHILD TRAINS**  
**CLASSES ARE £5 PER LESSON PAY-AS-YOU-GO!**

If you would like to book your child's place at the class either:

Call our office on 01273 01 02 02 or  
Email us at [info@samamartialarts.co.uk](mailto:info@samamartialarts.co.uk)

We can then give you more information and book your child's place within the class

[www.SamaMartialArts.co.uk](http://www.SamaMartialArts.co.uk)

 Follow us on social media at SAMA Martial Arts

### Individual Pupil photos

We are delighted to confirm that Van Cols will be with us again on Wednesday 13th October to take individual pupil photos. We are unable to facilitate sibling photos at this time but will review this later in the year.



# News Update

Public Health England have a mental health quiz aimed at adults. Just go to the PHE website and search for Every Mind Matters

**Better Health** every mind matters

**Your Mind Plan**

Answer the 5 questions in this interactive quiz to get top tips and advice that work for you

**Start quiz** >

## Wellbeing Bingo #HelloYellow

Have a go at playing our wellbeing bingo and see if you can find people to play with you or try it later with your friends and/or family.

In the past week I have...

Sung in the shower 	Played with a furry friend 	Had a good sleep 	Spent some time with my family/friends 
Listened to my favourite tune 	Read a good book 	Watched a great movie/TV show 	Eaten something delicious 
Done some exercise 	Stayed hydrated 	Drawn a picture 	Laughed until my cheeks hurt 
Spent some time in a park 	Danced 	Treated myself 	Visited somewhere new 

Illustrations by Jen Springall



### Taste of America Day

Dear All,  
First of all, I would love to thank you and the Academy team for the support. As most of you know we had some issues with the ParentPay but regardless that we managed to serve amazing food and had loads of positive feedback. YR said that the chocolate orange cake was the best ever and as we all know a 4 year old can be honest if it comes to food. I am sure the children shared their experience with you. This is the picture of our salad bar and pudding display from yesterday.

Have a lovely weekend.

Laura



The NHS website has some great information aimed at young people's mental health including self-care tips videos for young people

**Better Health** every mind matters

NHS

Coronavirus Wellbeing tips Mental health issues Life's challenges Supporting others Urgent support

### What parents need to know about NETFLIX

18+

- Inappropriate content**
- Risk of hacking**
- Binge-watching**
- Screen addiction**
- Netflix party**

#### Safety tips for parents & carers

- Create a Netflix Kids experience profile
- Set maturity ratings & block content
- Have an open & honest conversation
- Switch off autoplay
- Lock your profile
- Set screen time limits
- Meet our expert
- Create a strong password & always log out

www.nationalonlinesafety.com Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety Instagram: @NationalOnlineSafety