

ROKEBY PRIMARY SCHOOL NEWSLETTER



Friday 13th June 2024

A note from Mrs Allan

Yesterday in assembly, we discussed the Euro Football competition that is starting today. Each class (Year 1-Year 6) were allocated 4 teams as part of the sweepstake. Check out Dojo to see which countries your child's class has.

Thank you to the PTA for running the Father's Day Shop-their fundraising is greatly appreciated by us and benefits the children. I am looking forward to the Summer Fair on 5th July-it would be great to see as many of you there as possible.

Have a lovely weekend.



Attendance

The whole school attendance for last week was 91.5%.

Term Dates for 24/25

The term dates for next year have been uploaded to the website.

You can also find your local council term dates on the warwickshire.gov website.

Donation Appeal

Miss Doughty is making a quiet area in the playground with books and blankets. We are asking for donations of blankets/throws to use for this area.

Stowe Valley and Friends Arts

Festival 2024

26TH JUNE 2024

An opportunity to share in and celebrate Arts performances by young people from schools in Warwickshire and Primary and Secondary schools within the Stowe Valley MAT.

Pupils from schools in the Stowe Valley Multi-Academy Trust, as well as a few other like-minded schools will be showcasing their talents, skills and irrepressible energy for you.

This promises to be a truly memorable experience for the young people, their teachers and you, their audience.

Click [HERE](#) to book tickets.



We are a NUT FREE school!
Please avoid sending your child into school with snacks that contain nuts.
Thank you

THE SECRET TO HEALTHY SNACKS FOR KIDS

1. THEY ARE PREDICTABLE (THEY OCCUR AT SIMILAR TIMES EACH DAY).
2. THEY HAVE AT LEAST ONE OF THE "FILLING NUTRIENTS:" PROTEIN, FIBER AND/OR FAT.
3. THEY EXPOSE YOUR CHILD TO A VARIETY OF FOODS.
4. THEY INCORPORATE THE DIFFERENT FOOD GROUPS.
5. THEY ROTATE (AND DON'T BECOME REPETITIVE).
6. THEY ADD NUTRITION TO YOUR CHILD'S DAY.



GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



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