

Letters sent home this week: ALL-Grandparents Lunch,OVO Women's Tour **Reception**-Technology, Chicks and Lambs in School

What's on in school next week.

Monday	Tuesday	Wednesday	Thursday	Friday
3.05pm Playtastic Orchestra 3.05 pm Embody Dance Club Y1 –6	Drum Lessons 3.05pm Multi Sports Club Y1-3	3.05pm Football Club Y1-3	Violin, Keyboard, Guitar & Woodwind Lessons 3.05pm Athletics Y3-6	Cello Lessons 3.05pm Musical Theatre Y3-6 3.05pm Multi Sports Y4-6
If your child has not received their copy of these letters or the 'Bugle' please contact their class teacher or the office				

REMINDER: Children should not enter the school playgrounds until 8.30 a.m.

Why is PE so important?

It is really important to me that children enjoy coming to school. At Birchwood we work extremely hard to ensure that our children receive a broad and balanced curriculum, but we also take every opportunity we can to provide our children with new and exciting experiences.

Physical education has always been something I have felt very strongly about. When I was in my primary days, P.E was always a subject I looked forward to. That enthusiasm never dwindled, through high school and into adulthood, regardless of whether it was a game of football, a swimming session, or a run around London!

At Birchwood we have developed excellent relationships with a range of external sports coaches to support our fantastic P.E curriculum and after school sport. Top Score, Aston Villa, Embody Dance, Elite Football and North Warwickshire Borough Council all support our staff to deliver high quality sporting sessions. Quality physical education programs increase the physical competence, health-related fitness, self-responsibility and enjoyment of physical activity for all children so that they can be physically active for a lifetime.

As a school we see Physical Education as having many benefits to children's development, growth and lifestyles, these include:

- Children learn to understand the importance of exercising for a lifetime.
- Regular, physical activity is the best antidote to eliminate obesity and maintain an acceptable body weight. It also provides a positive alternative to watching television or playing on tablets, computers or mobile phones.
- Children are encouraged to improve their fitness levels during PE lessons, including muscular and cardiovascular endurance, strength and flexibility.
- Children can learn valuable lessons about accepting responsibility for their personal development leading to greater self-discipline.
- PE promotes opportunities for children to be creative, cooperative and competitive and to face up to different challenges both as individuals and in groups.
- A 'good workout' helps ease stress, tension and anxiety and will result in better attention in class.
- Many activities taught in PE require children to work in groups to solve problems or as a team. These opportunities are excellent for developing both leadership and cooperation skills.



Leaping to new heights in PE

All photographs can be purchased for £3 per A4 colour copy. Please see ParentPay for details.

Continued.....

- Sports activities are an excellent way to meet and make new friends. Confidence in one's physical abilities encourages youngsters, and later adults, to socialise more easily and 'fit into' a variety of situations.
- Children learn to develop the notion of fair play, honest competition, good sportsmanship and dealing with both success and defeat.
- Movement can be used to reinforce the understanding of many subjects taught in the classroom e.g. mathematics. Movement is also associated with enhanced brain functioning.
- PE is especially important to children who have yet to develop their verbal communication skills. Thus, their confidence in physical abilities can lead to positive feelings of self-esteem.

I always look forward to the summer term and love to see our children enjoying their P.E lessons outside and playing out on the school field. I am hoping for lots of sunny days this term and would encourage you all to get out and about more and to enjoy some exercise and fresh air.

Mr N Coleman
Headteacher

Holiday Absence

Parents please note:

Leave which is taken for the following reasons **will not** be authorised:

- Availability of cheaper holidays
- Availability of desired accommodation
- Poor weather experienced in school holidays
- Overlap with beginning or end of term

We greatly appreciate parental support to reduce the total amount of days lost due to holidays. We are committed to working in partnership with you to enable your child to reach their academic targets and to support their social development and for this to happen we need to keep individual attendance as high as possible and we all need to play our part.

Why attendance matters:

Less than 5 days absence = 98% + attendance

14 days absence (approx.) = 93.5% attendance

20 days absence (approx.) = 90% attendance

Healthy eating

Around the time your child starts school, they will suddenly start growing very quickly and become more active. Children need a healthy balanced diet rich in fruit, vegetables and starchy foods. Encourage your child to choose a variety of foods to help make sure they get



the wide range of nutrients they need to stay healthy. We should all be eating at least 5 portions of a variety of fruits and vegetables every day. For children, one portion is roughly a handful. For further information please visit Change for Life website or contact your School Nurse at Warwickshire School health and Wellbeing Service on 0300 245 204 – Option 3.

Spotlight on Excellence:



Your mental health 5 a day

We are constantly investigating new ways of improving how we support children and the community we serve. As part of this process, we are engaging with the Wellbeing Award for Schools (or WAS for short) which aims to promote positive social and emotional wellbeing, mental health and wellness for pupils and staff in schools.

In school, we have encouraged children to be aware of their own mental wellbeing and taught children about their 'mental wellness 5 a day'. These are the five activities which experts agree we should aim to complete during each day to stay mentally healthy.

- Connect with people through conversations and activities.
- Be active by going for a brisk walk, playing a sport or doing a physical job.
- Take time to notice new sights, sounds, smells and clear your mind of other thoughts.
- Learn something new.
- Help someone.

We would encourage you to talk with your children at home about their 5 a day and which ones they have managed to complete today. It is really important to be emotionally open with others so that people feel able to come and talk to you without being judged or ridiculed. After all empathising with each other is a powerful tool that helps people feel valued.

Mrs Day - Associate Headteacher

Pre-Loved Uniform Sale



Team Birchwood PTA will be holding a pre-loved uniform sale in the conference room on **Thursday 9th May**, from 3.05 p.m.

You are invited to come along and grab yourself a uniform bargain at a great price. All uniform has been checked and are good quality items, it is perfect to see you through that last summer term, especially if your child is having a growth spurt!

Rickets Shield

Our Year 2 football team played in the Rickets Shield Tournament yesterday afternoon. They played really well and won 2 out of the 3 games. The top team from each group made it through to the semi finals along with the highest scoring second team. Our team were just 1 goal off making it through! The boys were a credit to the school and had a brilliant time, even in the torrential rain!

Well done from everyone at Birchwood.



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Supporting Wellbeing for all at Birchwood

At Birchwood, we believe that as well as supporting children to be the best they can be academically, it is equally important to support children to be the best they can be both socially and personally.

There is mounting research that suggests that a person's mental wellness has a significant impact on their ability to learn, enjoy life experiences and form positive relationships. For this reason, Social, Emotional and Mental Health (sometimes referred to as SEMH for short) provision is woven throughout our curriculum and daily experiences.

At Birchwood this starts at the beginning of the day where the class teachers take the time to meet and greet pupils as they enter school. We plan lessons, assemblies and small group activities that teach children how to reflect on their own feelings, and learn strategies for developing resilience or solve problems to overcome barriers.

All staff across school encourage children to talk to them regularly about events in their lives, whether they are positive or negative so that pupils always feel they have a trusted, and emotionally available adult to talk to while at school. When the school is made aware of events that may impact on a pupil's wellbeing or concerns parents have; something that we as a school always encourage parents to do as part of our on going good relationship; information is shared swiftly and confidentially with the relevant members of staff so that support can be put into place for both the pupil and their family.

Our behaviour system using rewards such as GEMS and Dojos means that children are always focusing on the positive, and we have a team that help support pastoral care in school, Mrs Day, Mrs Webb, Mrs Spies, and Mrs Collington all work with children across school to support their wellbeing and pastoral care to targeted individuals and groups of children, as well as class teachers and teaching assistants who provide pastoral support daily to their classes.

Our active school council, with a wide range of pupil councillors from across school, also ensures that we regularly hear the pupil's voice on what is working for them and how we can improve.

Our website now includes links to local authority and NHS services that can support mental wellbeing for both adults and children under the SEND tag and our newsletter will always keep you updated on events held by RISE, the new name for CAMHS, the local mental health team. If you would like any further support or signposting please contact Mrs Day or Mrs Webb.

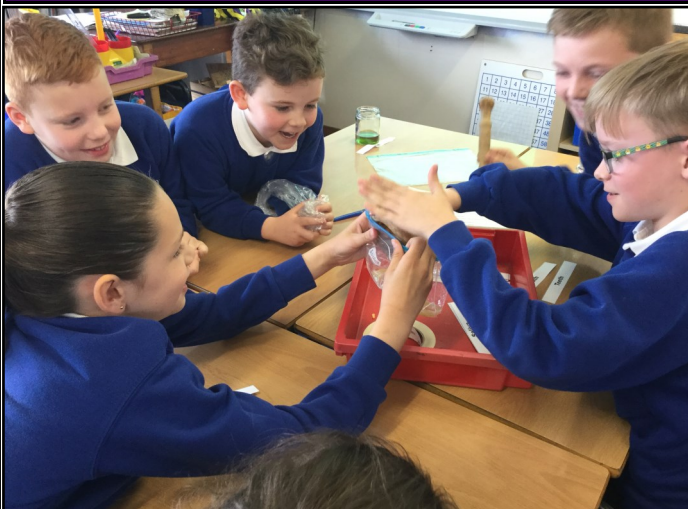


Year 4 learning about their bodies



On Monday 29 April Year 4 children were set the Giganta Gut challenge. Each group were given the task of making their own digestive system. They followed instructions and discussed what each part of the model represented in the digestive system. All the parts were then joined together to make one fully working 'Giganta Gut'.

GIGANTA GUT



Food travelling through the intestines!!



The children were also set the challenge of eating different types of food while paying attention to which teeth they used and how. They used this knowledge to try and identify the different jobs teeth had and if some were used more commonly than others. The children were very surprised to learn that many animals share the same groups of teeth as humans.

Oral health

According to Public Health England almost a quarter of 5 year olds have tooth decay with an average 3 or 4 teeth being affected.



Prevention is always better than cure, therefore please encourage and supervise your child/children to clean their teeth twice a day and ensure they visit the dentist for a check-up every 6 months even if there are no problems with their teeth.

NHS dental care for children under 18 is free. Children should also limit sugary food intake as we know that sugar harms teeth. You can speak to your Dentist if you have any concerns about your child's oral health. The opportunity to discuss any health issues relating to your child is always available and the School Health and Wellbeing Service can be contacted on 03300 245 204 or confidentially text ChatHealth Parentline on 07520 619 376.



Birchwood Primary School Website

Want to know what's happening in school? Go to **www.birchwoodprimaryschool.com** there is so much information for you from; school policies, newsletters, copies of letters sent home, curriculum pages, photos and much more.

Click on the parent tab to open the ParentPay shop, where you can order school uniform, book bags and water bottles.



You can also follow us on twitter: @BirchwoodPrim

www.ocado.jobs



NSPCC fundraising so far this year is :

£1644.38

Thank you very much for all of your support.

CAMEO DANCE EST.2003

FUN CHILDRENS DANCE CLASSES HELD IN POLESWORTH

Little Dancers from age 2 ½

Tuesdays 4:30 – 5:30pm, The Memorial Hall, Polesworth

Fridays 4:30 – 5:30pm, The Tithe Barn, Polesworth

Juniors from age 7

Tuesdays 5:15 – 7:15, The Memorial Hall, Polesworth

Fridays 5:30 – 7:30, The Memorial Hall, Polesworth

Classes include Ballet, Tap, Acrobatics, Modern plus lots more

FIRST TRIAL CLASS IS FREE! Call Liz 07443421867

Cameo is a great place to build confidence, develop dance skills, and make good friends whilst working towards our annual show weekend

Cameodance.co.uk cameodance@rocketmail.com

Facebook Charlotte Kate Cameo

Information leaflets and adverts sent or published by Birchwood Primary School

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Academic Year 2018-2019

Summer Term 2019

May Day Bank Holiday
Y1 Class Assemblies
Grandparents Lunch
Manor Adventure Meeting
Half Term (1 Week)
Children return to school
Manor Adventure Trip

Class Photographs
Y2 Class Assemblies
Professional Development Day
Warwickshire Moving Up Day
Sports Day
Reserve Sports Day
Show and Share Evening
Y6 Leavers Performance
Y6 Disco and BBQ
Term ends for Summer (Early)

Monday 6th May
Thursday 9th May
Friday 17th May
Monday 20th May
Monday 27th May
Monday 3rd June
Friday 7th June to Monday 10th June
Tuesday 18th June
Thursday 20th June
Friday 21st June
Thursday 27th June
Monday 1st July
Tuesday 2nd July
Thursday 11th July
Monday 15th July
Thursday 18th July
Friday 19th July

These dates may be subject to change if necessary.

New and amended dates shown in bold.

Details and times to be confirmed nearer each event.

Please note the 1pm early finish on 19th July. If this will cause you any problems, please speak to a member of staff.



LET'S DO MENTAL MATHS!

Practice mental maths skills the clock !



Please note that although we check the suitability of Applications, they can be changed without notice. Parents should therefore check the Application BEFORE children go on to them.



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