

Newsletter 4

Friday 2nd October 2020

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Healthy Lifestyles Week

As part of Healthy Lifestyles Week, we have been helping the children to understand that good health is a state of complete physical, mental and social well-being. Through a range of activities, workshop and discussions the children have been thinking about how to keep every part of their body and mind healthy. The active workshops with 'Fit for Kids' and assemblies with Jo Wicks kept everyone focused on their physical health whilst discussions on self-care and mental health encouraged the children to be open about their feelings and develop strategies to cope with the ups and downs we all encounter in life.



Free School Meals

Did you know that if your child is eligible for Free School Meals you could save £450 for each primary age child? In addition school will receive extra Pupil Premium funding.

If your child is in receipt of universal infant free school meals (where your child is in Reception, Year 1 or Year 2), but you believe you may be eligible for free school meals, we also recommend you apply because the free school meal provision continues beyond Year 2. For more information and to apply go to <http://www.cambridgeshire.gov.uk/freeschoolmeals>, or Telephone 01223 703200 for more advice and support.



Bikeability



Year 6 donned their helmets and high-visibility jackets this week as they braved the rain to complete their Level 2 Bikeability course. Working with instructors from Outspoken the children perfected the skills they need to cycle safely on the roads. From how to identify and respond to hazards, negotiating junctions and crossroads to understanding signs, signals and road markings, the children faced a range of challenges before taking their tests. In addition to keeping the children safe and promoting the physical benefits of cycling it was wonderful to see the children's self-confidence and thinking skills grow as the week progressed.



Headteacher Roll of Honour

Millie in Aquila Class—Millie has been a fantastic role model for others this week. She has demonstrated what a caring and kind person she is by helping a new member of her class to settle in and feel a part of the Monkfield Park family.

Lydia in Yellow Class—from her very first day in Yellow Class, Lydia has impressed us all with her huge energy and enthusiasm for her learning. Thank you for working so hard.



We are now using the Readiwriter spelling program as part of our spelling studies at school. Readiwriter is an education program developed with teachers across the globe to help children improve their spelling knowledge.

Your child has access to Readiwriter at school and home— they simply sign in with their Readiwriter username and password (which are the same as their Mathletics password) using any compatible computer or mobile device.

The extra Readiwriter practise at home can make all the difference to your child's progress. Encourage them to achieve a weekly target of 1000 points to earn a certificate, building through bronze, silver and gold across the school year. Go for gold!

Engagement is at the heart of Readiwriter Spelling. Through the student console your child has access to a huge range of tools and activities. Activities such as Syllable Sushi, Magic Boxes and Look, Say, Cover, Write, Check are designed to captivate your child's interest. It is slightly different to the Mathletics program in that it gives children the independence to select the games and activities which they find motivating based on the spelling list assigned to them by their class teacher.

Sign in with your child to start exploring what Readiwriter has to offer:

- 1 Visit login.readiwriter.com
- 2 Explore all the engaging activities and games.
- 3 Check out 'My Progress' for your child's activity results and certificates.

To view a list of your child's spellings which they have been set for the week by their teacher simply:

- select the master section
- select the look, say, cover, write, check option, to see the list.

Sentence Starters

Ask your Reception child to act out what they would like to be when they grow up.

Ask your Year 1 child why it's important to do a warm-up before exercise.

Ask your Year 2 child to explain how they could split the number 37.

Ask your Year 3 child to explain how to double a number.

Ask your Year 4 child to explain the system the Romans used for writing numbers.

Ask your Year 5 child to name the mountain range in South America and some of the countries it runs through.

Ask your Year 6 child to explain the features of a blog.

FORTHCOMING DATES 2020 to 2021

These dates may be subject to change if there are changes in Government and Local Authority guidance over the coming months. We hope to be able to produce a more extensive list as the term progresses. Currently it is planned to hold meetings and events via zoom.

9th October at 9am—Cygnus Class assembly

12th October—Individual school photographs

13th October 5-7.30pm—Parent consultation evening

22nd October 4—6. 30 pm—Parent consultation evening

26th—30th October—HALF TERM

2nd November—Children return to school

13th November at 9am—Indigo Class assembly

w/c 16th November—Anti bullying week

16th November—Flu vaccinations

8th December at 10am—Year 3 & 4 Carol Concert

9th December at 2pm—Year 3 & 4 Carol Concert

10th December at 2pm—Year 1 Nativity

10th December at 6pm—Year 3 & 4 Carol Concert

11th December at 10am—Year 1 Nativity

18th December—LAST DAY OF TERM

19th December—1st January 2021—CHRISTMAS BREAK

4th January Children return to school

Mental Health Awareness

Throughout Healthy Lifestyles Week we have been using the excellent materials produced by the Anna Freud Centre to support the children in beginning conversations about mental health. If you would like to access these materials to help you discuss these important issues with your child, they can be accessed through the links below.

<https://www.annafreud.org/on-my-mind/self-care/>

https://www.youtube.com/watch?v=oz1S66_pYTw

You can find further information and a wealth of useful resources by visiting the Anna Freud website.

<https://www.annafreud.org/parents-and-carers/>



Stay Well & Protected

Protecting your child against flu

Flu vaccination is one of the most effective interventions to reduce harm from flu. Talk to your GP, practice nurse or your child's school nurse if you want more information about when and how your child will be vaccinated against flu. With COVID-19 circulating it is more important than ever to ensure your children take their free flu vaccine.

Flu can be a very unpleasant illness for children with potentially serious complications, including bronchitis and pneumonia. The children's flu vaccine is offered annually as a nasal spray in September/October to protect young children against flu.

Which children will receive the free flu vaccine this year?

In the autumn/winter of 2020-21, the vaccine will be available free on the NHS for eligible children, including:

- Children aged two or three years old (on 31 August of current flu season)
- All primary school-aged children
- All year 7 secondary school-aged children
- Children with a health condition that puts them at greater risk from flu
- Children who live with someone who is on the NHS Shielded Patient List

Who will give the children's flu vaccination?

- Children aged two and three years old will be given the flu vaccine by their GP surgery.
- School-aged children will be given the vaccine by a nurse at the school or in a community setting.
- Children aged six months – two years old who are at high risk from flu will be given the vaccine at their GP surgery.
- Children aged two – 17 with long term health conditions will receive the flu jab from their school nurse or GP surgery.

Reasons to vaccinate your child

- 1. Protect your child.** The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia.
- 2. Protect you, your family & friends.** Vaccinating your child will help protect more vulnerable family and friends.
- 3. No injection needed.** The nasal spray is painless and easy to have.
- 4. It's better than having flu.** The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record.
- 5. Avoid costs.** If your child gets flu, you may have to take time off work or arrange alternative childcare.

What should I do?

Contact your child's GP if your child was aged two or three years old (on the 31 August of the current flu season) and you haven't heard from them by early November.

If your child is at primary school or in year 7 of secondary school, please complete the online/paper consent form that your school will send. If your child has a health condition that puts them at greater risk from flu, or lives with someone on the NHS Shielded Patient List, they are also eligible for the flu vaccine.



flu: 5

HELP US HELP YOU
KIDS HELP THE WORLD

Pefferborough
KIDS' HEALTHY LIVES

Be Well
in your life

Flu Immunisation
Helping protect everyone, every winter

Find out more about flu vaccinations www.nhs.uk/child-flu