

Dear Parents/Carers,

Wednesday 11th January 2017

Happy New Year

A huge thank you for your kindness and generosity, we were all overwhelmed with gifts and good wishes. On behalf of all staff **and Mike, the lollypop man**, I would like to thank you all for your continued support.

Attendance

Congratulations to Year 6 who have had 100% attendance for the last week of term.

They get to have "Cuddles" the bear in class with them. Y6 - 96.2%, Y2 - 95.7%, Y3 - 94.4%, Y5 - 92.6%, Y1 - 92.3%, Y4 - 92.2%, R - 90.6%.

The overall winner for last term was Year 2 gaining a total of 97.9%. Well done year 2 for getting your your £20 voucher.

Bronze attendance certificates will be given out during Friday's awards assembly for all those children who achieved 100% attendance last term.

Twitter

Please keep an eye on our daily Twitter feeds; which will begin again in @stoswaldscep.

Packed Lunches

Sadly, we have received data from Public Health informing us of the childhood obesity problem, which is above average for pupils who attend our school. We are therefore trying to encourage all children to make healthier food choices. This will also be encouraged in the school packed lunches. Please see the attached government guidelines. As you know we do not allow fizzy, sugary drinks or sweets in school anyway, but we do hope that we can work together with parents to encourage healthier lifestyles and ensure our children grow to be fit and healthy individuals.

Drop In Session with Living Well Sefton

We will be hosting a drop in session for parents/carers on 17th January for 'Living Well Sefton.' There will be workers on hand to lend advice or help on stress management, debt management, weight management etc. Please feel free to call in for a confidential chat and a warm welcome. For further information please ask Mrs McNally in the front office.

Breakfast Club

All money that is sent into breakfast club needs to be in an envelope with the child's name on. It can be difficult to manage cash when there are two staff making breakfasts and managing the children as they come in. Envelopes are available to buy from the school office for 1p each.

Swimming

Year 5 swimming will be swimming each Wednesday afternoon and will all need a swimming hat as per the rules of the swimming baths. Boys will need swimming trunks and girls a one piece swimming suit.

Year 2 and Year 3 will continue as previously on Tuesday and Friday afternoons.

After school clubs

Details of After School clubs that are available for this term were sent home with all children yesterday. Please note that clubs begin next week. All staff at St Oswald's provide After School Clubs for free and in their own time, therefore, we do expect a commitment to complete the full 10 weeks of clubs being offered during a term. Children need to complete 8 out of 10 weeks to receive their credits for Children's University.

If for any reason a child cannot attend a club, can you please see the member of staff running the club and explain why or provide a note for your child's none attendance.

If children do not attend the clubs regularly they will not be invited the following term or the staff may withdraw their commitment to offer the club.

Dates and events for Next Half Term

Please visit the school website for details <http://www.stoswaldsnetherton.com>

January 2017

13th January - 1st swimming for year 3.

16th January - 11.15am - Mini - Church for Nursery & Reception classes - families all welcome.

After school clubs to begin.

18th January - Whole school Communion (Years 1 - 6) 10.00am at Church - all welcome to join us.

23rd January - Chinese Week & Bikeability for years 5 & 6.

26th January - Year 3 / 4 Spelling Bee at the Beacon Primary school.

27th January - Chinese lunch

30th January - Chinese New Year & Bikeability - Y 5 / 6.

31st January - Year 1 Maritime Museum visit.

February 2017

6th February - Day For Change

7th February - Safer Internet Day - Mentor lunch

8th February - Year 5 class assembly - 9.15 am in the school hall - all families and friends welcome.

10th February - Last day of half term

13th to 17th February - Half term

20th February - school reopens

22nd February - Year 4 class assembly 9.15 am in the school hall - all families and friends welcome.

Meet the Teacher pm

27th February - Mini - Church (N & R)

28th February - Shrove Tuesday

Yours sincerely,



Miss E. Murtagh
Headteacher

Government packed lunch advice

The UK government produced packed lunch guidance to support the implementation of new school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

The guidelines are:

- One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches
- Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel
- An oily fish, such as salmon, should be included at least once every three weeks
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day
- Free, fresh drinking water should be available at all times
- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies
- Snacks such as crisps should not be included. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal
- Meat products such as sausage rolls, individual pies corned meat and sausages / chipolatas should be included only occasionally