

Friday 18 November 2016

## Dear Parents & Carers,

A healthy breakfast is the most important meal of the day! For young children it helps to improve their mental performance and concentration during the school day.

Children who skip breakfast will be more sluggish, less attentive, and have less energy to participate in morning activities. Research, and experience, shows us that children who come to school hungry or having eaten an under-nourished breakfast experience more learning difficulties compared to well-nourished children. Studies show that breakfast eaters perform much better in their school work and show extra energy in sports and other physical activities.

Besides assuring optimal development and growth, positive effects on alertness, attention, and other skills important for academic success are enhanced for those who eat a healthy breakfast on a daily basis.

Please ensure that your child has a healthy, nutritious breakfast before coming to school each morning. If you follow the link below you will see guidance on typical healthy breakfast foods that will ensure that your child has a great start to the day.

<http://kidshealth.org/en/parents/breakfast.html#>

Feel free to speak to a member of staff if you require any further guidance or support.

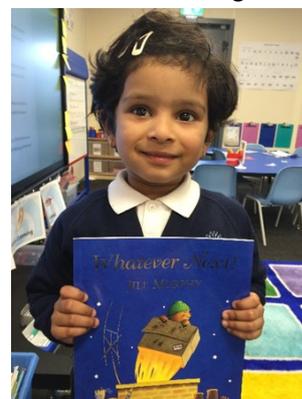
Kind Regards

Mr Raheel Akhtar  
Headteacher

## BOOK OF THE WEEK

This week, we have been reading the book, "Whatever Next!". We have spent a lot of time retelling the story and even acting it out with our friends.

When Leah was asked to tell us about the story, she said, "Baby Bear wanted to go to the moon. He gets some boxes and food and takes some boots. Then he goes 'woosh' in the moon. The owl came and they had a picnic and then Baby goes to Mummy."



Talking about the different characters in the book, Leah said, "I like it because the Baby Bear."

## PARENT VOLUNTEERS

We would like to say a big thank you to the parents that have already volunteered their time for our Secret Reader sessions and upcoming school trip. Bluebell Class **loved** having Daisy-Mae's mum read to them last week!

We still have two adult spaces for the school trip on the 30<sup>th</sup> November and plenty of Friday afternoons available for you to come in and read with the class. Parents who do volunteer for Secret Reader on Fridays will be invited to take the school bus back to Union Road. If you would like to help with either, please speak to a member of staff as soon as possible.

## STAR OF THE WEEK

Each week, we choose a Star of the Week. This award is given to a child who shows that they are making a real effort in a particular area of their learning. Sometimes we give this award when a child has done something extraordinary or worthy of recognition!

This week, our Star of the Week award goes to Egypt as she has been making fantastic progress in her writing. Egypt has been trying particularly hard to write her name on all of her work.

Congratulations Egypt, you've been making a brilliant effort!



**ALL CHILDREN IN SCHOOL UNIFORM EVERY DAY PLEASE!**