

St. Andrew's C of E Junior School Newsletter



2nd December 2022 Issue 6

Executive Head Teacher: Mrs K.Smith
admin@standrews.calderdale.sch.uk

Diary Dates

Mon 5th Dec
Christmas Post Box opens

Weds 7th Dec
Year 3 Christmas Production
1.30pm & 6pm

Fri 9th Dec
Christmas Jumper Day

Fri 9th Dec
Year 3
Christmas Classroom Party

Mon 12th Dec
Year 4
Christmas Classroom Party

Tues 13th Dec
Year 6
Christmas Classroom Party

Weds 14th Dec
Carols at St Martin's Church
1.15pm

Thurs 15th Dec
Christmas Dinner Day

Thursday 15th Dec
Year 5
Christmas Classroom Party

Fri 16th Dec
School Closes for Christmas



Headteacher's Message

Over the coming weeks parents will receive information about the Community Streets North Project. I am excited about how this could impact on our school community. We are extremely lucky that this project has identified St. Andrew's Junior School as the only school in Calderdale to be targeted. As part of the project the local community are being asked to complete this survey <https://northbrighouse.commonplace.is/>.

If you click on the survey you will see that a large amount of money is being invested in our immediate local area. A map has also been provided which shows that improvements will be made directly around our school.

Our school will be open to parents and the general public on Wednesday 4th January (2.30-6.30pm for parents and 5-6.30pm for the general public) where you will be able to meet with the staff involved in this project and put forward your views. There will be more information available than provided online. We will also be offering parents and the general public hot food during this event as a way to encourage our whole community to have a voice in what we want for our area. Ideas include ways of improving traffic, making crossings safer, improving footpaths (this could include the snicket behind school), improving the environment, reducing inequality and making the space around school better for everyone. We look forward to welcoming you to this event. If you cannot attend the event then please make sure your opinion is heard via the online survey. Please share this with any friends or family members who live in the immediate local area.

I've had a number of parents asking if we are going to the pantomime this year at the Victoria Theatre. Due to the costs involved, I made the decision that we will try to make this an event which happens every other year rather than an annual event. However, we have booked a local pantomime which will be shown at Brighouse High School on January 18th. This will only be open to pupils in years 5 and 6 due to the late finish. Tickets will be £5 per child and will include a drink and a packet of sweets. More information on this will follow soon.

A number of our ex pupils and staff members are performing in the pantomime 'Babes in The Wood' at St. Johns in Rastrick. Tickets can be purchased via <https://www.ticketsource.co.uk/st-johns-pantomime-society>.

Mrs Jocelyn, Head of School



God, our Father, we pray
that you will protect our
children.

Keep them safe from
harm and help them to
grow healthy in mind and
body. Give them
strength to keep their
faith in you, and keep
alive their joy in the
birth of Jesus at
Christmas time.

Amen

Nativity Festival

This week our Year 3 children visited the Nativity Festival at Brighthouse Central Methodist Church. The children spent time looking at all the wonderful nativity scenes (including the one made by St. Andrew's). They then had time to make some festive wrapping paper and enjoyed dressing up as people (and animals!) from the nativity too. They had a fabulous morning. Thank you to the Methodist Church for organising this wonderful event.



OUR SCHOOL VISION

Promoting excellence within a
caring, Christian community

Confident - We embrace challenge and
persevere

Aspire - We aim high

Respectful - We are friends and
cherish God's world

Inclusive - We welcome everyone and
are all of equal worth

Nurturing - We look after each other
so we can all flourish

Generous - We give to each other and
our community



"Love each other as I have loved
you."

John 15:12

Calderdale Cross Country Finals

On Wednesday we had 9 children represent St. Andrew's at the Calderdale finals for cross country. The results are not yet in but we are hoping to find out that a number of our children are through to the West Yorkshire finals in March. Well done everyone.



Kooth—Digital mental Healthcare

Kooth offer online Mental Health Support for young people and their families across Calderdale & Kirklees. Please click on the link [here](#) which will take you to our website for further information and advice which has been provided by Kooth.



St. Andrew's Day

On Wednesday our pupils celebrated St. Andrew's Day. Each class participated by reading a poem, performing a song or short play and we had some beautiful readings too.

Well done to all of the pupils who participated.



A Huge Thank You

Thanks to the donation from St. Martin's Church and their Jigsaw Festival we were able to use the funds to buy presents for some of our pupils. Some pupils received a bag containing a selection box, fluffy blanket and new fluffy socks.

We hope that any families who need support over Christmas were able to come to ask us for support as we work alongside many local charities to ensure our children receive some lovely gifts at this special time.

Mrs Joceyln and Mrs Brearley are always available in the playground in the morning (or even over the phone) and any support we offer is done discreetly.



We keep our children safe by

. working with our local community to share ideas and information and facilitate discussions about changes to improve local streets and community areas.



Polite reminders

Holidays

Holidays in term time are not allowed. **The Education Pupil Registration England Amendment Regulations 2013 came into force on 1st September 2013, stating that Headteacher's cannot grant leave of absence during term time unless there are exceptional circumstance.** Taking children out of school during term time means they miss out on key learning and educational opportunities as well as the social aspects of school.

Office Hours

We have a number of parents calling the office before 8.15am. Please note that the office does not open until this time. You do have the option to leave a message if you call before then. The office closes at 4.30pm and we kindly ask that parents do not call after this time unless they want to leave a message.

Sweets and chocolate

Children must not bring sweets and chocolate into school for either snacks at break times or in packed lunches. Fresh fruit, cheese and vegetables **only** are allowed for snacks at break times.

Please note: **We are a nut free school so please do not send your child with any products containing nuts.**

Active Challenge



Use a skipping rope and count how many skips you can do in a minute.



Year 4 Multiplication Tables Check

The pupils in Year 4 will complete the Year 4 times tables check in June this academic year.

For more information visit <https://www.gov.uk/government/publications/multiplication-tables-check-information-for-parents/multiplication-tables-check-information-for-parents-text-version--2> or speak to your child's class teacher.



Royal Armouries Leeds



Last week our Year 6 pupils enjoyed a wonderful time at the Royal Armouries in Leeds as part of their current history topic on World War II.



St Andrew's World Cup

Pupils in school have really enjoyed the St. Andrew's World Cup tournament. Organised by Mrs Taylor, the children (who opted to join in) each represent a team in the World Cup. The children have been participating in games during the lunch break and have been having a wonderful time doing so!



Chat around the table

Please talk to your child about what advent means to Christians.



Parcel Collection



If you received a text last week to come and collect a parcel from the office, please do so asap. If you do not want the parcel, please let us know and we will ensure it goes to another family. Thank you

Uniform



Over the last couple of weeks we have had a few children arriving at school wearing trainers instead of school shoes. It is part of our school uniform policy that all children must wear school shoes. If you are experiencing financial difficulties and cannot buy school shoes please speak to Mrs Jocelyn or Mrs Brearley and we will do what we can to help. We can also provide pumps for children who do not have school shoes. All staff will expect our pupils to follow our uniform policy. Please support your child by ensuring they understand this.

Phunky Foods Workshops

Thank you to Phunky Foods for running the fantastic cooking workshops in school for our parents/ carers and their children to take part in together. Here are some of their healthy eating information sheets.



Drain your drinks!

Water is essential for life. Throughout our body water is involved in many different functions including temperature regulation, transportation of nutrients, removal of waste products through urine and lubrication of our joints.

Good hydration is vital for our short term health; it can help prevent constipation, kidney stones and urinary tract infections, as well as longer term complications.

Without sufficient water dehydration can occur. Symptoms include tiredness, poor concentration, headaches and dizziness.

There is also evidence that good hydration has a positive impact on cognition and mental function. In children there is some evidence that those who drink extra water perform better in recall and memory tasks.

How much?

6-8 glasses per day is the recommended amount of water needed from drinks each day for primary-aged children. A medium glass is around 200 ml.

Children, aged 4-8 years of age need around 1280 ml of water from drinks each day (= 6 glasses).

Children, aged 9-13 years of age need up to 1680 ml of water from drinks each day (= 8 glasses).

These average figures are based on recommendations from the European Food Safety Authority (EFSA). An individual child's needs will depend on many different factors such as how much exercise they're doing and what the temperature is. Losing water through sweat is how we control our body temperature, but this lost water needs replacing through food and drink.

Hydration and Dental Hygiene

Sugar-sweetened beverages, such as fizzy drinks, milkshakes and fruit squashes, contain acids and sugars which can play a role in tooth decay. Even low calorie / low sugar varieties can still be acidic; the acids from these drinks can attack and erode enamel on teeth. These types of drinks are best limited or avoided by children. Pure fruit juices also contain sugars and acids, so it is best to have these just once a day and only at mealtimes. The best way to protect teeth is to brush them twice a day with a fluoride toothpaste.



Further information:

- www.phunkyfoods.co.uk/parent/drain-your-drinks-parents-information/
- www.nhs.uk/live-well/eat-well/water-drinks-nutrition/
- www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/lower-sugar-drinks-for-kids-stop-tooth-decay

www.phunkyfoods.co.uk



Drain your drinks... drink plenty of sugar-free fluids

6-8 glasses per day is the recommended amount of water needed from drinks each day for primary-aged children. A medium glass is around 200 ml

Drink frequently



Drink frequently!

Water - drink plenty. It will keep you hydrated without adding extra sugar or energy.

Drink regularly!

Milk - a useful source of nutrients particularly protein, B vitamins and calcium. Limit milky drinks with added sugars such as hot chocolate and milkshakes - always check the label and choose lower sugar options.

Once a day! Fruit juices and smoothies - provide the body with a range of vitamins and minerals, and fluid. However the fruit sugars naturally present also add energy and increase the risk of tooth decay. Stick to 150ml once a day at meal times.



Sometimes!

Tea and Coffee - contain caffeine which is a stimulant. Caffeine is not suitable for young children. It is best for children to drink decaffeinated tea or coffee with some milk and no added sugars or sweeteners.

Limit!

Sugar-sweetened beverages - (fizzy pop, squashes and 'fruit' drinks) - add unnecessary calories to a child's diet and regular consumption has been linked to weight gain and obesity in children. The sugars, and acids, in these drinks can also play a role in tooth decay. Even low calorie / low sugar varieties can still be acidic; the acids from these drinks can attack and erode enamel on teeth. These types of drinks are best avoided by children.

pin me up!

How much a day?



Avoid!

Sports and energy drinks - high levels of caffeine which are not suitable for children.

Encourage good drinking habits through:

- Leading by example - show enjoyment for water throughout the day
- Stickers/ reward charts
- Fun water bottles/cups
- Hydration station - where children can pour their own water whenever they want/need

8 DAILY OCCASIONS TO ENCOURAGE FLUIDS FOR CHILDREN:

- 1 Before school
- 2 Morning break
- 3 Lunch
- 4 During exercise
- 5 After-school snack
- 6 Whilst doing homework
- 7 During dinner
- 8 Whilst reading a bedtime story

www.phunkyfoods.co.uk



Is the Eatwell Guide for me?

- The Eatwell Guide applies to most people regardless of weight, dietary restrictions/preferences or ethnic origin.
- However it does NOT apply to children under the age of 2 because they have different nutritional needs. Between the ages of two and five years, children should gradually move to eating the same foods as the rest of the family, in the proportions shown in the Eatwell Guide.
- Anyone with special dietary requirements or medical needs should check with a registered dietitian, or their GP, on how to adapt the Eatwell Guide to meet their individual needs.



8 tips for eating well for the whole family

1. Base your meals on starchy foods; choosing wholegrain varieties where possible.
2. Eat more fruit and vegetables; strive for five!
3. Eat two portions of fish every week; one of which should be oily.
4. Choose unsaturated oils and spreads and eat in small amounts.
5. Choose lower fat, lower sugar options where possible.
6. Choose high fat, sugar and/or salty foods and snacks less often and in smaller amounts.
7. Eat breakfast every day.
8. Drink 6-8 cups/glasses of fluid a day.



When should I use the Eatwell Guide?

You can use the Eatwell Guide to make healthier choices whenever you're:

- At home deciding what to eat, what to cook, what to put in a lunchbox or what to shop for
- Out shopping – aim to fill your trolley/basket with a healthy balance of different types of food
- Eating out in a restaurant, café or work canteen, or when you're choosing food on the run – follow the Eatwell Guide to help you choose a healthy balance.

Find out more:

- www.phunkyfoods.co.uk/parent/eatwell-parents-information/
- www.nhs.uk/change4life
- www.nhs.uk/live-well/eat-well/
- www.bda.uk.com/foodfacts/healthyeatingchildren.pdf

www.phunkyfoods.co.uk



Eatwell Guide



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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www.phunkyfoods.co.uk



Strive for !



As well as looking and tasting great, fruits and vegetables are packed with essential vitamins and minerals, phytochemicals (biologically active plant compounds) and fibre that are vital for good health.

Many of these nutrients also act as powerful antioxidants, protecting the body from harmful pollutants that can cause disease.

Getting children into the habit of eating a wide variety of fruit and vegetables could help maintain this healthy behaviour into early adulthood and beyond.

Eat a rainbow!

Different colours of fruits and vegetables contain different types of nutrients. By eating lots of different colours of fruits and vegetables we give ourselves the best variety of nutrients for good health.



Dried Fruit

Dried fruit can be high in sugar and bad for your teeth. To reduce the risk of tooth decay, dried fruit is best enjoyed as part of a meal – with a dessert, for example, not as a between meal snack.

- Stick to **ONE 150ml glass per day**
- Drink only **at mealtimes**
- Use a straw to avoid **direct contact with children's teeth**
- Brush teeth **twice a day with a fluoride toothpaste**

Further information:

- www.nhs.uk/change4life/food-facts/five-a-day
- www.bda.uk.com/foodfacts/fruit_vegetables_how_get_five-a-day

www.phunkyfoods.co.uk



Strive for



5-a-day ways

- Healthy snacks. Spread your 5-a-day across the day
- Keep costs low: use seasonal produce, or tinned /frozen
- Colour and variety is key – Eat A Rainbow!

What is a portion?

An adults portion is 80g. 80g may be too big for your child, so use their cupped hand as a guide! One handful = one portion

- One whole fruit eg. apple, pear
- Two small fruit eg. plums
- A handful of strawberries
- A handful of vegetable sticks
- 3 heaped tbsp. of vegetables or beans eg. 16 okra

...at Breakfast

Choose from:

- 1 large slice of melon
- 1 glass = 150ml 100% fruit juice
- 1 medium sized tomato
- 3 tbsp mushrooms
- 1 banana
- 1 tbsp (30g) of dried fruit



• Top your cereal with fruit



You're easy 5-a-day

GLASS OF ORANGE JUICE + BANANA WITH BREAKFAST + SALAD IN YOUR SANDWICH + APPLE AT SNACKTIME + PEAS WITH DINNER

...at Lunch

Choose from:

- 1 handful of vegetable sticks
- 3 tbsp lentil/bean salad*
- 2 satsumas
- 1 bowl of vegetable & lentil dahl*

*For quick and easy recipe ideas visit: www.phunkyfoods.com



...at Dinner

Choose from:

- 3 tbsp broccoli
- 3 tbsp peas/corn
- 3 tbsp vegetable stew/ratatouille
- 16 medium okra
- 1 glass = 150ml 100% fruit juice



www.phunkyfoods.co.uk

Community Streets Consultation

Calderdale, Bradford and Kirklees councils are working with the West Yorkshire Combined Authority to develop a series of improvements to the A641 highway and create active travel provisions. Proposals have been developed to deliver a more efficient transport network, to prioritise public transport, improve cycling and walking infrastructure, and to make sure that communities are better connected, improve safety, and create better quality places.


Feedback from last year's public consultation has been used, along with further design work, to develop a preferred option. It is this preferred option that the Combined Authority would like to present to you and they will also be asking for feedback which will help us to develop the details of the designs.

Please share your thoughts on the latest proposals for the A641 by accessing the consultation online [here](#). If you cannot access online and would like to request a paper copy, please contact us on yourvoice@westyorks-ca.gov.uk or on 0113 245 7676.

The public consultation will close on 6th January 2023.




A641 Improvement Scheme





Concept sketch showing proposed changes on the A641 through Brighouse

We want to hear your thoughts on the latest proposals for the A641





Calderdale, Kirklees and Bradford councils are working with West Yorkshire Combined Authority to develop a series of improvements to the A641.

Proposals have been developed to deliver a more efficient transport network, prioritise public transport, cycling and walking, and create better quality places.

Feedback from the 2021 consultation has been used to develop a preferred option for the scheme that we are presenting here. Feedback that you provide will help to shape the scheme as we develop detailed designs. Once we have prepared our detailed designs, you will have a chance to comment in summer 2023.

To find out more and take part, please visit yourvoice.westyorks-ca.gov.uk/a641 between 28 November and 6 January 2023.

If you cannot access the consultation online and would like to request a paper copy, please contact us on:

yourvoice@westyorks-ca.gov.uk

0113 245 7676 (Metroline)



NORTHERN
POWERHOUSE

VISION 2024

When you have finished with this leaflet please recycle it