



Frodsham Primary Academy

Newsletter 19

3rd February 2023

Another busy week for all at Frodsham Primary Academy.

Firstly, I would like to thank all the parents who came along to our first SEND coffee morning on Monday. There was good turnout for our first event. Parents had face to face conversations with our SENCO Mrs Arnaud and heard about the graduated response that is followed in school for all children with possible SEND. We will be holding another coffee morning in April; we hope to see you all again!

At the start of the week, our Year 3 and 4 children had a bike safety session with Sam Turner from Sustrans. The children learnt how to embark and disembark from their bike safely and how to control their bike whilst riding. This session was enjoyed by all.

On Wednesday evening a group of our children supported by 2 staff and a parent helper travelled by coach to the Manchester AO arena where they performed in the Young Voices concert. This is a fantastic event where 24,000 children over 3 nights sang to an audience of family and friends. Music legend Heather Small also performed to the delight of our children (and staff!) We were so proud of all the children who attended and represented our school. Memories that will last a lifetime!

Over the next few weeks, we are going to be having a big push on healthy eating in school. Please see information on the following page for suggested break time snacks and healthy packed lunch ideas. Please avoid sending in chocolate bars or packets of crisp for snack time. Healthy snacks such as toast and bagels are available from the school kitchen each day too.

Next week, a group of children from KS2 will be travelling to Warrington to play a football match against one of our WPAT schools, our Year 5/6 girls have a basketball competition and we are also competing in the NAK County finals. We wish all the teams the best of luck!

Have a lovely weekend.
Mrs Callaghan

Miss Curtis will be delivering a phonics workshop to parents on Tuesday 7th February in the school hall at 2pm. Please come along if you can. You will learn all about how we teach phonics in school and how you could help your children at home.

Uniform reminders

Here is a reminder of correct school uniform. If parents have any uniform that is now too small, we would like to start a uniform bank within school. If any items of uniform are too small, please wash them and send them into school and I will keep a running record of what we have available should there be any families in need.

Item of clothing	School agreed standard
Shirt	White buttoned cotton shirt
Bottoms	Mid or dark grey (not black) Trousers/skirt/shorts/pinafore dress Summer Term options: Shorts/light blue checked summer dress
Jumper	Navy blue with logo V Neck Jumper or cardigan
Tie	Navy and white diagonal striped Elasticated
Shoes	Sensible black flat school shoes or plain black trainers with no other colour/logo
Socks	White/grey/black Grey tights
Nursery	White polo top and grey or navy-blue joggers/leggings with Navy Blue school jumper or cardigan with Logo
PE	White plain t-shirt Navy blue shorts Black plimsolls Outdoor kit- Plain navy tracksuit bottoms/jumper and trainers.

Please note that trainers are permitted under our uniform policy, but these must be plain black. **PE kits should be in school every Wednesday** as all children will have PE on this day.

Learning this week...

This week in EYFS, we have started to look at birds as part of the Chester Zoo project. On Monday we came into school to find that birds had left their feathers all over the classroom! Otto Blotter, bird spotter had written to us explaining that he had lost them and needed our help to collect them. He then asked us to write about the features of birds. The children were very good at identifying the main differences between birds and mammals, even making their own bird puppets. We have also looked at how some birds can camouflage to their habitats, and created some lovely artwork around this. In Maths, we have been looking at different units of measurement, using blocks, feet and hands to measure how tall different objects are. The children are also really enjoying the PE unit, experimenting with different ways to travel around the hall and putting together movements to create a sequence.

Well done children!

Miss Curtis

Snowy Owls have had another brilliant week! We have been learning about the different species of bear following on from our trip to Chester Zoo. Children have been researching their chosen bears and making their own fact files. In Spanish this week we learnt the names of different zoo animals and practised our pronunciation. We have been learning about new artists this week who use oil pastels and watercolours and the children have started practising their own skills with this media too. Well done everyone!

Miss Sands

This week the children have carried on their work based on conservation and Chester Zoo. The children have been writing balanced arguments around the title 'Should all Zoos be banned?' They came up with both positive and negative aspects of animals being in a zoo and have used a formal writing style. In maths, the children have consolidated their timetables and have now started to apply this knowledge to division. In Art, Hawk Owls have used their prior knowledge of cross stitch and running stitch to sew flowers. This will be built on each week until they have an art piece inspired by Cath Kidson. We completed the week with an informative and fun online lesson with Helen Sharman, Britain's first astronaut broadcast. The children discovered what it takes to become an astronaut, they learnt about rockets and the theory behind rocket science! A few Hawk Owls also went to represent the school at Young Voices in the AO arena, Manchester. The children were fantastic and represented the school well. The children sang beautifully and had an amazing time.

Mrs Price

Following up from our visit to Chester Zoo last week, we have been doing lots of research into jaguars, and writing detailed fact files about them. We have also been reading poems about Charles Darwin and discussing how he really was not a natural sailor! In Maths we have been looking at doubling and halving as a mental strategy in multiplication, as well as learning about multiples and factors. We have been working on collages in art, using a range of materials to create our own rainforest pictures. We used wallpaper and newspaper, as well as mixed media paint and pastel and will finish these off for display next week. In Science we have been learning in more detail about adaptation and writing our own mini books to show how camels, otters, penguins and bullfinches have all adapted to their environment. Our dance lesson this week was looking at 80's break dancing and proved very popular with everyone in the class! In Spanish we have been learning plurals and practicing our pronunciation of animals and numbers.

Mrs Hayes

Following our visit to Chester Zoo last week, this week our learning focus has been on Sun Bears. The younger children have been learning about all different types of bears, how they act, the noises they make and where they live. The older children have been researching facts about Sun Bears and have enjoyed learning about food chains in science linking to this.

Miss Pemberton

Attendance News

This week's school attendance is: **90.5%**
Overall school attendance for full Year 92.2%

Class attendance

Reception: 80%

Year 1: 98.18% Winning Class

Year 2: 89.33%

Year 3: 94%

Year 4: 85.53%

Year 5: 85.38%

Year 6: 95.6%



A little reminder that holidays in term time will not be authorised.

Please check holiday dates on the website to ensure holidays coincide with school holidays there are 12 weeks holiday each year.

Stars of the week



Dojo Champions

Nursery: Kinsley

Reception: Molly

Year 1: Roary

Year 2: Freddie

Year 3: Leo

Year 4: Kai

Year 5: Poppy

Year 6: Kasey-Leigh

RP: Noah



Birthdays this week

Kasey (5) Isabelle (11) Peyton (7) Roary (6)

★ HAPPY ★
BIRTHDAY!

Phonics Workshop for Parents



We would like to invite parents along to take part in a phonics workshop. We will tell you all about how we teach phonics including

- ⇒ How to pronounce each sound
- ⇒ How to 'teach' your child to read by blending
- ⇒ How to teach your child to spell by segmenting
- ⇒ How to teach your child how to write each sound.
- ⇒ The resources that we use in school and how you can adapt this at home.

Tuesday 7th February at 2pm in the school hall.

Healthy breaks for schools

A guide for pupils and parents



HSC Public Health Agency

school food

Fruit and vegetables

Help your child get their five a day by including some fruit or vegetables as a snack for their morning break.

This includes all fresh fruit and vegetables and pots or tins of fruit in fruit juice, but not in syrup.

A portion could be:

- 1 medium sized piece of fruit, eg apple, orange, banana, pear
- 2 small fruits, eg kiwi fruits, satsumas, plums
- 1 cup of grapes, cherries or berries
- 1 large slice of pineapple or melon
- 1 cereal bowl of salad, eg lettuce, tomatoes, cucumber and celery
- 3 heaped tablespoons of fresh veg, eg chopped or sliced carrots, peppers or sugar-snap peas
- 3 heaped tablespoons of fruit salad (fresh or tinned in fruit juice)



For younger children (4–6 years), reduce these portion sizes by about half, then increase the amount as they grow. Older primary school children should be eating full portions. To reduce the risk of choking in young children, halve smaller fruits and vegetables like grapes and cherry tomatoes by cutting lengthways.

Not suitable: fruit tinned in syrup, dried fruit (eg raisins, sultanas) and processed fruit bars (eg fruit winders, fruit flakes etc). These are high in sugar and can cause tooth decay, so are not suitable as between-meal snacks.

What is included in healthy breaks for schools?

Drinks

It is important that children drink enough during the day, so that they don't become dehydrated and tired. Water should be freely available throughout the school day and drinks should always be included for break time and lunch. Water and milk are the most suitable drinks for children.

Water: tap water or unflavoured, still, bottled water.

Milk: all whole, semi-skimmed or skimmed unflavoured milk.

Not suitable: fruit juices (including pure fruit juice), smoothies, sparkling water, squash or fizzy drinks, even those labelled 'no added sugar', 'diet' or 'zero'.



Bread-based snacks

Children need more or less energy (calories) depending on their age and stage of development. Bread-based snacks can help to meet these extra energy needs and help your child feel more satisfied.

This includes white or wholemeal bread, rolls or baguettes, toast, plain bagels, wheaten, soda, potato or pitta bread, spread thinly with a little margarine, low-fat spread or butter; plain bread sticks, plain crackers or plain unsalted rice cakes; or a small sandwich with a sugar-free filling such as tomato, tuna, chicken, cheese etc.

Not suitable: Sugary spreads, including jam, honey, marmalade or chocolate spread as these are harmful to teeth. Peanut butter is high in fat and salt so is not recommended.

No cereal bars, or sweetened breads and pastries, eg pancakes, scones (plain and fruit), fruit bread, malt loaf, brioche, croissants and Danish pastries as these contain a lot of sugar and/or fat and salt.



Events for Spring 1 Term

Wednesday 4 th January	School opens
Monday 9 th January 5-6pm	Open evening for new parents
Thursday 19 th January	High Five Netball competition Y5/6
Tuesday 24 th January	Chinese New Year Dinner in School
Tuesday 24 th January	Year 6 BIG Maths at Helsby
23 rd , 25 th , 26 th January	Chester Zoo workshops in school
Friday 27 th January	Year 1 Year 6 Trip to Chester Zoo
Monday 30 th January	SEND Coffee morning 9-10am
Wednesday 1 st February	Young Voices concert in Manchester
Tuesday 7 th February	Phonics workshop for parents 2-3pm
Monday 13 th February	One-page interim reports to go home
Tuesday 14 th February	Nursery 2-year-old reading session with the Children's Centre
Monday 13 th February	1 page interim Reports sent home
Wednesday 15 th February	Parents Evening
Thursday 16 th February	Parents Evening
Friday 17 th February	School closes at 3.20pm for 1 week.
Thursday March 2 nd	World Book Day- Bedtime stories Pyjamas and dressing gowns

WORLD BOOK DAY
2 MARCH 2023

Get your clothes repaired on the Swap Days at Ellesmere Port and Blacon Libraries

Bring your clothing repair! To us and we can help you fix them!

[cwaclibrary](#)
[cwaclibraries](#)
[cwaclibraries](#)

Cheshire West & Chester Council

Fancy Dress Swap

Saturday 11 and Saturday 18 February
10am to 12.30pm

How it works
Donate any children's fancy dress at one of the libraries below from now until the end of Friday 10 February.

You will receive a token for another costume for the swap days. If you don't want another outfit, then let us know and we will gift your token to someone else. All donated clothes must be clean and in good condition.

Any items not chosen by anyone will be either donated to charity or recycled.

Participating Libraries
Blacon, Ellesmere Port, Frodsham, Great Boughton, Helsby, Hope Farm, Lache, Little Sutton, Neston, Sandiway, Tattenhall and Winsford.

Libraries | Cheshire West and Chester



Cheshire West & Chester Council

Re-vamp the ramps

Head down to **Saltworks Farm Skate Park, Ship Street, Frodsham** and join Graffiti Artist **Vicki Fogarty** to create a masterpiece to be proud of.

Monday, 13 February

3.30pm – 5pm

Saltworks Farm Skate Park

Meet Vicki to share your tags, ideas, and art to create a design.

Let the spraying begin.

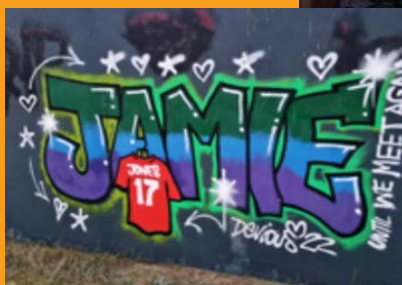
Join Vicki at the skate ramps to bring your graffiti art design to life.

**Thursday, 23 February
and Saturday, 25th February**

11am-3pm

Saltworks Farm Skate Park

*Equipment to be provided, please wear clothing you don't mind spoiling.



 @v_fogarty

Got a question? contact: **07827 877361**



Cheshire West
and Chester

All National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it's needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time; they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMAND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online. In case it leads to having their devices confiscated, emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert

Rebecca Jennings of KINGS (Training Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff training element of the RSE curriculum.

