



## Swanton Morley VC Primary School

# Newsletter

### Spring 1 2017

This is often a short half term, and this one seems to have gone in a flash! However, the children have been working really hard and we have been helping them to develop a Growth Mindset approach to their learning. Growth Mindset learners love a challenge, understand that mistakes are the way we learn and know that if we can't do something, it doesn't mean that we'll never be able to do it – it just means we can't do it **YET!**

#### Healthy Eating

We have recently noticed that that some children are bringing sweets or chocolate bars into school for break-time snacks. Such high sugar foods do not help a child to sustain concentration and, in some cases, they can lead to an adverse effect on behaviour. We would strongly encourage snacks from home to be low in sugar and fruit/veg or cereal based, providing slow release energy that will support a child's learning. Please remember we are a **NUT FREE** school.



Break-time snacks do not need to be big either. Morning break is only 15 minutes long and, for some children, by the time they have finished their third item of snack, break is over and they have not had the chance for a run around or to play with their friends. All the children in the Infant classes are provided with free fruit every day which, for many of them, is enough.

#### Gardeners wanted

As the weather improves this spring, we are keen to improve some of our outside areas. One plan is to develop the area between the bike shelter and the swimming pool, converting the flower beds into raised beds for



growing fruit and vegetables. We would be very happy for a green-fingered parent or friend of the school to take a lead in this project, working alongside children from all classes and teaching them how to grow produce. If you are interested, or know someone who might be, please speak to Mr Lord or a member of the office staff.

#### Sports News (so far this term...)

Despite the cold weather outside, there has been no let-up in the number of sports events we are taking part in. A team of children from Year 1 and 2 had a great afternoon at the Dereham Area Sports Hall Athletics Festival, learning events that they can compete in as juniors. Our Junior Swimming Team came fourth in the large-school area swimming gala, with a special mention to Ron Gurung who won the Y3 Backstroke race. The Girls Netball Team are currently training hard for their upcoming competition and, on Friday, four children will be going to the County Schools Cross Country Finals. We wish them all every success!

#### Road Safety

Earlier this term, children from Year 1 braved icy and foggy conditions to learn about where and how to cross the road safely with a member of the local authority road safety team (and some chilly parent helpers!). Continuing the road safety theme, Year 3 and Year 4 have now completed their playground cycling scheme, which teaches the children better bike control and how to ride safely.



#### Diary Dates

**Friday 10<sup>th</sup> February – School closes for Half Term**

**Monday 20<sup>th</sup> February - School re-opens**

**Friday 24<sup>th</sup> February – Y5 Trip to Strangers Hall**

**Wednesday 1<sup>st</sup> March – Scholastic Book Fair week**

**Friday 31<sup>st</sup> March School closes for the Easter Break**