



Friday Flyer

Friday 18th May 2018

Head teacher: Ms S.E.Walker
Chair of Governors: Mrs E McLeod
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Dear Families,

It has been another week of tests, this time for Year 6. The children have been great, we are very proud of their fantastic efforts. Well done and thank you to our wonderful staff too!

A huge well done to our boys' football team who took part in the League Cup held at St Peter's on Saturday. They worked magnificently as a team and we are incredibly proud. Man of the match must go to Charlie Thornton, who powered on despite a nasty nose injury. Well done boys!



Safeguarding Audit

This week we have had a full safeguarding audit from our safeguarding advisor. Watch this space for top tips and feedback!

Our target for the year is 97%+

Well done to Orange 3, Blue 2, Yellow 3 & Red 3 who achieved 100% this week



Whole school attendance 97.8%



Head Teacher Award



	Fantastic Number	Behaviour Badge	Teachers' Choice
FS1	Caleb Ward	Emily Cochrane	Esmæ Smith
FS2	Freya Metcalfe	Elliot Shaw	Kobi Ward
Y1	Joshua Ward	Phoebe Beckwith	Amber Parnaby
Y2	Benjamin Shaw	Olivia Knibbs	Kai Rooks
Y3	Brandon Grey	Rosie Gibson	Martin Joyce
Y4	Logan Walker	Joshua Grady	Sadie Badger
Y5	Chloe Kennedy	Jamie Rowley	Jessica Lagan
Y6	Everyone in year 6		

RNLI Assembly

This week the Royal National Lifeboat Institution paid us a visit and shared two lovely assemblies about safety around water and on the sea shore, with our children.

Did you know? Last year they launched 8851 times, rescued 8543 people and saved 431 lives.

The RNLI are a totally voluntary charity. If you are ever able to make a donation, please do so.

This week's House Champs



What's for Lunch Next Week?

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 st Choice	Mince & Dumplings	Meatball Pasta Bake	BBQ Chicken Pizza	Roast Pork with Yorkshire Pudding & Roast Potatoes	Fish in Batter
2 nd Choice	✓ Cheese & Bean Quesadilla	Ham & Cheese Quiche with Half Jacket Potato	✓ Mushroom Pizza	BBQ Sausage and Cowboy Beans with Roast Potatoes	Fish Cakes
3 rd Choice	Hunters Chicken	✓ Cheese & Tomato Toastie	✓ Veggie Nuggets	✓ Vegetable Korma Curry with 50/50 Rice	✓ Vegetable Pasta Bake
Vegetable	New Potatoes Cauliflower Buttered Cabbage	Fresh Carrots Green Beans	Herbie Diced Potatoes Baked Beans Sweet corn	Broccoli Florets Fresh Carrots	Chipped Potatoes Baked Beans Garden Peas
'DESSERT'	Vanilla Cupcake	Iced Shortbread Biscuit	Pineapple Upside Down Sponge	Jam Sponge with Custard	Sticky Toffee Cake
ALSO AVAILABLE DAILY Jacket Potatoes, Tuna, Cheddar, Fresh Bread, Fresh Salad & Coleslaw, Fresh Fruit, Water and Sugar Free Squash If on any specific day, there is nothing on the menu that you would like, please ask and we will try our best to provide an alternative					

Leeroy's Joke Corner



Why is number 6 afraid of number 7?

Because 7 8 9

Preventing 'screen zombies'

Is your child obsessed by tech? Are they glued to their tablets or phones? Can they not live without them? If so, see the link below for handy hints and advice about helping to prevent your child being a 'screen zombie'!

<https://twitter.com/natonlinesafety/status/996772687132446721>

Next Week At A Glance

Monday	Breakfast club 8am £1.20, no need to book Cricket Y3-Y6 3 - 4.15 SCSS Multisports Rec-Y6 3 - 4.15 Meeting of Full Governing Body 6pm
Tuesday	Breakfast club 8am £1.20, no need to book Year 5 Class Assembly - Mr Campbell - 2.15 School football clubs Y3-Y6 3 - 4.15
Wednesday	Breakfast club 8am £1.20, no need to book Year 1 trip to the theatre Year 5 Class Assembly - Mrs Rowe - 2.15 FILM CLUB: TBC
Thursday	Breakfast club 8am £1.20, no need to book Year 5 Class Assembly - Mr Bearpark - 2.15 442 Football - Y1-Y6 3 - 4.10 Running Club Y2-Y6 3 - 4.10
Friday	Breakfast club 8am £1.20, no need to book All Choir 8am We break up on Friday 25 th May for half term.



Quality child care and out of school provision
0-11yrs.

Baby room 0-16 months
Tweenie room 16—24 months
Toddler room 2-3 yrs
Pre-school 3-4yrs
After school & holiday club 4-11yrs

Extensive purpose
built
outdoor areas.



Fully qualified,
caring &
experienced staff.

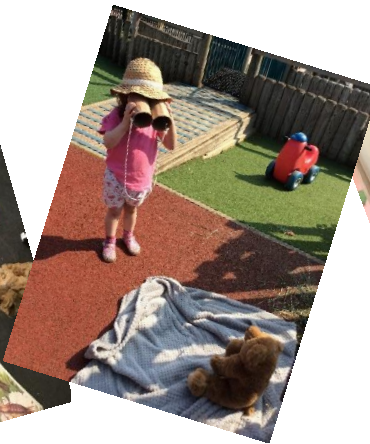
01287 654930
info@dotsnspots.co.uk
Fb dotsnspots1

Nutritious home cooked
meals and snacks.

Wrap around care collecting children from
Skelton Primary School.

3 & 4 yr funding available to suit
individual needs.

7.30—6 Monday to Friday 51 weeks of the year





Hydration

Hydration is particularly important for children as they have higher water requirements in relation to their body weight than adults.

Children don't always recognise the early stages of thirst, which can make them particularly vulnerable to becoming dehydrated, especially during times that can drive up their body fluid losses, for example when they are playing sport or during warm weather.

Dehydration, even if only mild, can cause tiredness, headaches, lack of concentration, reduced mental performance and dry skin

The British Nutrition Foundation (BNF)

~~provides~~ guidelines for the types of fluid to drink, and water is the only fluid which they recommend drinking "plenty" as it hydrates without calories or risking harm to teeth.

How much should children be drinking?

The amount a child needs to drink as it can vary greatly, due to factors including age, gender, the weather and how much physical activity they do. It is advised that kids aged 4-13 aim to drink approximately 6-8 glasses of fluid a day in addition to the water included in the food in their diet. Younger kids need relatively small drinks (e.g. 150 ml serving)



Top tips for keeping children healthily hydrated

Children should aim to hydrate with plain, natural drinks that are unsweetened and free from additives.

Starting in the morning with their breakfast, kids should aim to have 6-8 drinks per day which should ideally be water, milk, fruit juice/ vegetable juices.

Children taking part in sports or exposed to warm weather need to replenish the lost fluids by drinking more water.

Research suggests adequately hydrated children may perform better in school.

Repeated tastings of water may help kids to develop a taste for water.

To make it more fun you could add ice, a slice of lemon or a curly straw.

Water facts for our children

When we are born water makes up about 75% of our body weight.

Water makes up about 60% of the body weight of older children and adults.

Water is constantly being lost from our body (when we go to the toilet, when we breathe, when we sweat) so if we don't drink enough we become dehydrated.

Water helps our body in many ways:

It carries nutrients to cells;

It helps to remove waste products from our major organs;

It helps us to control our body temperature.

Water is found in all drinks and also in food.

For example water is in orange juice and milk; it is also in fruits and vegetables. It is even in cheese!

People can survive for up to 50 days without food but only a few days without drinking water.



Our Family Support Worker

Mrs Joy Smith.

is here to help!

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