



# St Matthew's Friday Feature



Friday 6th October 2017

## Health

As a school we are always looking for new ways to get our children active. This has recently become an even greater priority across the country. Over the last three years, the proportion of our children measuring overweight or obese on the National Child Measurement Programme has risen significantly, and now the statistic is higher in our school than most other schools across England, and in comparison to the Telford and Wrekin Statistic of 37%.

In 2015/16 the proportion of children who measured overweight was 23% in KS 1, statistically similar to other schools across England. However this rose significantly to 45.5% by the time the children had reached Year 6.

I am sure you will agree with me this is an alarming statistic. We appreciate many of our parents always seek to provide their children with healthy lifestyle choices, however we feel there is more we could do as a school to support our children's health and well-being. We are therefore going to be implementing a few changes across the school from after half term.

- We will be requesting that if children bring in a snack for break time it is a healthy snack, e.g a piece of fruit or veg rather than biscuits or crisps.
- We will be establishing an all-weather 'Daily Mile' running track to enable all the children to increase their heart rates on a daily basis.
- Mr Gray, our Sports Leader, has many ideas for PE and Sports which will be of a higher profile. Mr Hancox is our Governor Champion for PE and has already met with Mr Gray to discuss his plans.
- We will be continuing to deliver 2 hours of PE to all children, including Karate to all KS 2 children.
- With the leasing of our new lightweight minibus we will be offering many more opportunities for our children to participate in Sport competitions across the authority - staff training for minibus driving will take place following half term.
- We are reviewing our school dinners to ensure we are offering children healthy choices.
- We are reviewing our Swimming policy and intend to start earlier with our swimming programme to ensure all our children are proficient swimmers by the time they leave us.
- We will be offering the Healthy Juniors, Healthy Kids programme again which is an interactive workshop for parents and children.
- We will be contacting the cooking bus again which offers the children cooking skills and healthy eating options

Telford and Wrekin Family learning offer courses on healthy eating on a budget, Emma Cowen also offers support to families regarding healthy meals / home visits where needed. Details below.

[http://www.telford.gov.uk/info/20270/healthy\\_families/825/healthy\\_children](http://www.telford.gov.uk/info/20270/healthy_families/825/healthy_children)

Healthy Families Team

Sutton Hill Children's Centre

Telephone: 01952 385465

Email: [healthy.families@telford.gov.uk](mailto:healthy.families@telford.gov.uk)

Change4life eat well project. The website has lots of activities and ideas for families.

[www.nhs.uk/Shake-Up/Change4Life](http://www.nhs.uk/Shake-Up/Change4Life)

We hope you will support us in continuing to bring these levels down and ensure all our children lead healthy, active lifestyles.

If you would like to discuss this further or feel you could offer support in helping us to develop in this area please get in contact with either myself or Mrs Wilson /Mrs Cadman.

Thank you.

## Reception Applications

To apply for a Reception 2018 school place parents need to use the online system [www.telford.gov.uk/admissions](http://www.telford.gov.uk/admissions) The deadline for applying for a school place is 15<sup>th</sup> January 2018

## Year 6 Secondary Applications

To apply for a secondary school place for September 2018, you will need to apply online at [www.telford.gov.uk/admissions](http://www.telford.gov.uk/admissions). The closing date for all applications is **31st October 2017**.

An important reminder

All Parents/Carers claiming for 30 FREE hours childcare should be now renewing their codes if you haven't already done so, failure to renew the code will result in the funding ending on 31 December 2017.

If you wish to apply for 30 FREE hours childcare to start in January 2018 they **MUST** do so before the 31 December 2017.

Finally, if you are entitled to claim the Disability Access Funding (DAF) then please let us know as soon as possible.

## Well Done

Marc Challoner is pictured here at his rugby debut for the Telford Hornets last week. Marc scored his first try for the team too! Well done Marc!



## Macmillan Cake Day

A huge thank you to everyone for your support at our Macmillan Cake Day last week.

We raised a whopping £500!!!!

Thank you so much

## Safety

It has been brought to our attention that some children are climbing on the lower fence surrounding school at the end of the day.

Could parents please discourage this and talk to their children about the obvious dangers of climbing on a metal pointed fence. Thank you for your support.



## Dates for your Diary

19 October	Harvest Festival
20 October	Break up for half term
30 October	Back to school
15 December	Break up for Christmas
3 January	Back to school

**KS1 Recommendations this week went to :**



**Mrs Wyre's Class:**

Phoebe Haran  
Keira Davies  
Thomas Hopkins  
Kristina Vaskova  
Kian Sherry  
Ayden Boakye

**Achievement Awards go to:**

Niall Heighway and Nikita Grislis in Mrs Wyre's Class  
Leighton Williams and Lucianna Link in Miss Sankar's class  
Tyler Sault and Tamia Rudd in Mr Gray's class  
Lennon Robinson and Shona Cowan in Miss Steventon's class  
Marcell Kiraly and Nikola Zielonka in Miss Johnson's class

**A BAFTA was awarded to :**



Natalia Tyl

## Winners!

The winner of our 50/50 draw was Charlene Plimmer-Owen who won £80!! The winning ticket was drawn by one of our parents, Wendy Lye.

Our next 50/50 will take place in December and tickets will be sold during the Christmas productions.

The winner of the Guess the Height of the Cake was Leighton Williams.