

## Mrs J's kitchen



### Sausages

Chips & Beans  
50/50 Bread  
\*\*\*

Jam Sponge & Custard\*

### Jacket Potato with various fillings

Salad  
Wholemeal Baguette  
\*\*\*

Toffee Apple Crumble Cake\*

### Roast Beef & Yorkshire Pudding

Roast parsnips & Carrots  
Roast Potatoes  
Sliced Wholemeal Bread  
\*\*\*

Chocolate, Orange Sponge & Custard\*

### Chicken Korma & Rice

Cauliflower & Green Beans  
Naan Bread  
\*\*\*

Pineapple Shortcake & Custard\*

### Battered Fish

Peas & carrot Sticks  
Chipped Potatoes  
Sunflower Seed Bread  
\*\*\*

Fruits of the Forest Flapjack\*

\* or fresh fruit or yoghurt

We currently provide school meals through North Yorkshire County Catering. They are free for YR/Y1 & Y2 and cost £2.82 per day for other year groups. Meals are freshly cooked each day in our kitchen by Mrs Johnson. Meals must be taken as a full week. With the exception of promotional meals (such as Christmas Dinner) we do not have the capacity to offer 'one off meals' For food ordering purposes the school office requires one week's notice to change to/from school meals.

## You are invited to

Our Macmillan Coffee Afternoon  
Come and see our lovely new classrooms  
Visit our brand new 'Story Garden'



Friday 28th September  
1.30 - 4.30



Please note that there will be no Friday assembly on 28th September as the hall will be in use for Coffee Afternoon

### Mrs J leaves

After 18 years our lovely school cook, Pam Johnson, will be leaving us on Friday 28th September. Under her 'watch' our school meals have flourished. When she started she had a very tiny "service only" kitchen where she served food made elsewhere. As time has gone on we have had a fully functioning kitchen built where Pam has been cooking delicious 'home' cooked meals for our school family.

Pam has decided that the time is now right for her to spread her wings and explore other opportunities and we wish her well. Pam will be working with people of all ages in their own homes, providing care and support to

enable them to live independently. It will mean longer hours of work for Pam but she's up for the challenge. Our Pam has always been a great 'grafter' and given 100% to everything she has done in school. We can't thank Pam enough for so many things; for the wafting smell across the playground of freshly made bread, for her organisational skills, her friendship and the very many special meals she has provided over the years. Things won't be the same without you Pammy!



If you would like to contribute to our gift for Mrs J, please send this into school in a clearly marked envelope.

North Yorkshire County Council are currently recruiting a new cook for the school.



If anyone has a bit of spare time on a Friday afternoon, an extra pair of hands is always appreciated—just come along to the library, I'll be there!  
Mrs Broughton



## Class Novels

Children in Early Years and KS1 will experience lots of lovely books this half term whilst KS2 will have a class novel which an adult will read with them every day.

**Y3** The Queen's Nose—Dick King Smith

**Y4** Krindlekrax—Phillip Ridley

**Y5** Artemis Fowl— Eoin Colfer

**Y6** Cogheart—Peter Bunzl

We really encourage children to have their own copy to read along with the adult in school.

## Welcome to Miss Pickering

I am very excited to be joining the YR/Y1 team capturing young minds, watching and them grow and teaching them new skills. I have previously worked as a Childminder as well as within other schools in the area.

Many parents will already know me from the playground as my son is now in Y5, or you may find me enjoying the park after school.

I am an avid reader during my free time so will always be available for a discussion on favourite books. Please say hello if you spot me out and about.



## Parent Pay & School Meals

Due to the price increase in school meals, we were waiting for Parentpay to process a 'fix' at their end. This has now been completed and all children who are eligible for a universal free school meal will show a zero balance as of today. There is no debt payable

## SEND Progress Meetings

Class Teachers will shortly be contacting parents of children on Tier 1 of our SEND (special educational needs/ disabilities) register to let them know about the additional and different support their child will access this term. If you are at all worried or concerned about your child in school please contact their class teacher in the first instance to arrange a mutually convenient time to meet. We can also offer telephone appointments if it is difficult for you to come into school.

## Before and After School Club

We would like to remind all users of Before and After School Club to make sure that the door is closed firmly behind you when you leave and that you also close the school gate. We need your help us to keep your children safe.

## fallfest

film arts literature life

Fri 21st Sept—Sun 23rd Sept

We have been delighted to get involved in this year's Fallfest, organised by Glusburn Institute. On Friday morning a choir of 15 children took part in a singing competition with 4 other local schools. Each school sang their own song and then they all sang Space Oddity as an ensemble piece. This was a great chance to perform to, and with, others. On Saturday some of our pupils will be taking part in the cross country; it starts at 1.30pm if you want to come and cheer them on.

You may have noticed a trail of rockets spread out around Glusburn and Crosshills. This is a rocket trail set up as part of Fallfest in which each school has built a rocket and these are on display in the town. Our rocket, built and decorated by Y1 and Y2 is on display in the window of Airevalley Kitchen shop; please go and see it. There is a quiz and trail associated with the rockets, the quiz papers can be purchased for 50p from the Airevalley Kitchen shop or from Fallfest at the Institute over the weekend. Have a go at answering the clues, design your own rocket and vote for your favourite. The school whose rocket gets the most votes wins a prize!



## Seeing Stars in School

Last week children in all classes entered the wonderful world of science in the form of a giant Space Dome which was inflated in the school hall. Whilst children in EY and KS1 found out about 'Dinosaurs and Fossils', Y3 and Y4 studied 'Space' Y5 & Y6 enjoyed using a 'nanocam' to learn about 'stuff too small for the eye to see.'

### Y6 Pupil Report on The Science Dome Experience

'The dome was huge, it looked like a large 3D semi-circular dome, huge enough to fill the school hall. It was white on the inside and blue on the outside. Once we were inside the dome, Mike showed us creatures that you can't see with the human eye using an electron microscope—I was fascinated by the pictures of a creature which lived on a louse! Mike used the electronic microscope to show us pictures of tiny bacteria and explained to us that absolutely everything has bacteria present—even other planets! I thought the experience was amazing.





# School Improvement Priority 2018/19...

[www.wherelernersgrow.co.uk](http://www.wherelernersgrow.co.uk)

Our 2018 Data showed improvement from the previous year, with notable successes in Y1 Phonics and KS1 SATs. It was particularly pleasing to note the improvement made in reading across the school which was a whole school focus last year. Full details of test performance will shortly be posted on the school website. Each year we use a range of sources to set priorities for the upcoming year. Your child may already be able to tell you what some of these are as we have been using assemblies this week to discuss them. Written in child friendly language we have set the following as aspirations for the end of 18-19

1. I will know and use numbers to solve problems
2. I will use words well
3. I will love to read
4. I will be active in my learning
5. I will know about life beyond Sutton

\*\*\*

1. Grown ups will always support and challenge me to be my best  
Over coming weeks we will explain each priority in greater detail

## Priority 4 : I will be active in my learning

The natural order of the classroom has always been for pupils to sit. Whether this involves, talking, discussing, working in groups, or listening to the teacher, most of the time this is all done from the comfort of a chair.

Most primary school children spend on average, 70% of their classroom time sitting down. Outside the classroom, the number of children walking to school has decreased and, at the same time, many more children are spending longer staring at screens. Children aged five to 16 can spend an average of six and a half hours a day in front of a screen compared with around three hours in 1995.

In light of these changes to children's habits outside school, how children spend their time in school is becoming increasingly more important. The UK government's recent childhood obesity strategy recommends "active lessons" as one way schools can work towards providing children with at least 30 minutes of physical activity during the school day.

### The benefits of an active classroom

It is becoming increasingly clear that in adults a lifetime of sitting can lead to a higher risk of early death, type two diabetes, and heart disease. Whilst the evidence is still limited when it comes to children's health, there is certainly an argument that, as sedentary behaviour habits are formed early in life, targeting children is a logical step. Perhaps more important for schools is the growing evidence that points to a link between increased physical activity in the classroom and educational benefits. This includes improved attention to tasks, as well an increase in pupil's enjoyment of lessons and motivation to learn. For some pupils in certain subjects academic achievement has also been shown to improve.

In some cases curriculum content can be also integrated into these breaks, for example by jumping or squatting a number of times to indicate the answer to a mathematical question.

Physically active lessons go further than this and actually "teach through movement" for a portion of, or even the whole of a lesson. As an example imagine younger primary children physically embodying punctuation marks as a classmate reads aloud a passage from a book.

**Ask your child what active learning has taken place in their class today!**

**Tell me and I forget. Show me and I remember. Involve me and I understand.**



# Community Notices...

www.wherelernersgrow.co.uk



**Cononley Primary School**  
Meadow Lane  
Cononley  
North Yorkshire  
BD20 8NA

**Tel:** 01535 633040  
**email:**  
admin@cononley.n-yorks.sch.uk

**Vacancy:**  
School Administrator (12 hours per week, term time only) combined with Midday Supervisory Assistant role (1 hour per week, term time only)

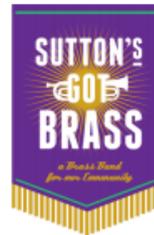
**Brief Description:**

The Governing Body are seeking to appoint an enthusiastic and flexible part time School Administrator on Thursday and Friday, for our busy school office. Candidates must have relevant experience, preferably of working in a school environment and possess excellent IT skills. The successful applicant will support in the smooth running of the school and join a dedicated team of staff. It is expected that the successful candidate will also carry out a Midday Supervisor role for half an hour on Thursday and Friday lunchtime.

**Part time hours as follows:**  
School Administrator  
Thursday: 8.45am - 12pm - 1pm - 3.45pm  
Friday: 8.45am - 12pm - 1pm - 3.45pm

Midday Supervisory Assistant  
Thursday: 12 - 12.30pm  
Friday: 12 - 12.30pm

**Closing date:** Monday 8 October 2018  
**Interviews:** Wednesday 10 October 2018



## SUTTON'S GOT BRASS

...is **your** local brass band - and we need more players - of any age and any ability - even if you have never played a brass instrument before. We will teach you how to play and lend you a brass instrument of your choice for as long as you play with us.

**We meet at 7.00pm every Wednesday at:**

**Sutton CP School**  
Bridge Road  
Sutton-in-Craven

We have members of all kinds from 8 years old upwards and you will be sure of a friendly welcome.

Our Membership costs are less than £1 a week and includes the tuition and the musical instrument!

You may have seen us at local events - join us and you will never have had so much fun sitting down.

For more information contact:

**Kevin Allack on**  
01535 605316  
07958 011316  
Or at  
suttonsgotbrass@gmail.com



**IF YOU CAN SWIM BIKE RUN COME AND HAVE SOME FUN**  
*at this local Family Friendly*

## TRIATHLON

Giggleswick Junior School Pavilion  
Mill Hill Ln, Giggleswick, Settle BD24 0DG

**Sunday 7th October**

1.00pm registration • 2.00pm start

£10 for 1st child up to 16 years - add a brother or sister for £5!  
£7.50 for further siblings, £15 for over 16's

Distances:	Swim	Bike	Run	Swim:	Pool lap(s)
3-6yrs	40m	1km	400m	<b>Bike:</b>	off road bike track
7-10yrs	100m	1.5km	600m	<b>Run:</b>	on grass
11-16yrs	150m	2km	800m		
16+ yrs	190m	3km	1.5km		<i>This is a fun event - no times recorded</i>

**Boys & Girls You Will Need**

Swimming trunks / costume, a bike with helmet, trainers, clothes to bike and run in while a bit wet, one adult to help you, warm dry clothes and a big smile to wear when you finish.



Providing Bike Maintenance and Refreshments



GIGGLESWICK SCHOOL

**Questions?**



GIGGLESWICK SCHOOL

Call Jill Eccleston - 07955 342 344 or Chris Wright 07808 763375  
info@runbikfun.co.uk cdpwright@giggleswick.org.uk

**SWIM • BIKE • RUN • JUST GOOD FUN**

## World Mental Health Day 10th October

Mental health in a changing world

**Small Steps to good health and wellbeing**

10am-12:30pm

**Tuesday 9<sup>th</sup> October:** Looking after 'ME'

**Tuesday 16<sup>th</sup> October:** Be Health Smart 'Relaxation'

**Tuesday 23<sup>rd</sup> October:** Out and about

**Tuesday 30<sup>th</sup> October:** What next for 'ME'

**5 Ways to Wellbeing**



**Venue:**

Dynley, Barn,  
Dynley, Surgery, New market street,  
Skipton, BD23 2HZ

If you would like this information in another language or format please ask us.  
Tel: 01609 780 780  
email: customer.services@northyorks.gov.uk



Enter and you can qualify for The British Modern Biathlon Championships and/or The British Schools' Modern Biathlon Championships

This competition has automatic qualification places for both British Championships.

For more information visit [www.pentathlongb.org](http://www.pentathlongb.org)

or contact Stephen Wilcock, Modern Pentathlon GB North

Email: [northernregionpentathlon@gmail.com](mailto:northernregionpentathlon@gmail.com)

Mobile: 07811 210797

## NORTHERN REGION BIATHLON CHAMPIONSHIPS 7th October 2018

Wentworth Leisure Centre, Hexham

Online entries open 10<sup>th</sup> July 2018  
Close 28<sup>th</sup> September 2018  
@ <http://pentathlongb.org>

