

February 2023 Newsletter

Dear Parents/Carers,

Well, another month has passed by, and we are on the doorstep of March!

Goodbye, February. Feel free to take Winter with you on your way out! Let's March into Spring!

Unknown

It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.

~ Charles Dickens



I hope that all of you had as good a half-term as was possible – and perhaps even managed a break in there somewhere with your children – although ‘break’ and ‘children’ are not *always* two words that go together(!) but you know what I mean!



February saw our second set of **Parent-Teacher Consultations**. Apologies if the first scheduled meeting on Tuesday 14th interfered with any Valentine arrangements that you might have had, but we wanted to get the meetings in before the ½ term break as we find that is the best timing for us. Thank you for all who attended; once again the meetings were well supported by our parents/carers. The next formal report on pupil progress (and any areas for development) will be in the end of year report that you will receive in June.

This next month sees us celebrate **World Book Day** – a letter came out to you before the ½ term break to tell you all about this. As you know, we have an agreement that we ‘dress up’ on alternate years to ease any demand on families and so the children haven’t been in costume on the Day since 2021. But remember, the ‘costume’ can be as much or as little as you wish. More information about world book day later in the newsletter

A Newsletter couldn’t go by without some mention of **Parking**! It is – unfortunately - a staple of our Newsletters!

Last time I mentioned about ‘opening car doors on to the road and letting children out’ (this dangerous practice is still happening in some limited cases) and ‘parking on zig zag lines’ (this has improved now that the lines have been repainted).



This time I would once again like to pick up on **'idling engines'**.

Idling vehicles outside of schools is recognised as one of the biggest contributors to air pollution around schools.

The law on idling engines states that drivers must not leave a parked vehicle unattended with the engine running or leave a vehicle engine running unnecessarily while the vehicle is stationary on a public road. There are some 'misunderstandings' regarding idling engines...

Fiction

If it's cold outside, I need to keep the engine running to keep the heater on.

Fact

If you switch the engine off when you park and keep the ignition on, the heater should stay warm for up to 30 minutes.

Fiction

If I'm parked on a yellow line, keeping my engine running means I won't get a fine.

Fact

Traffic Wardens can fine you if you are parked somewhere you shouldn't be. They can also issue you with a £40 fine if your engine is idling (switched on whilst you are waiting).

Fiction

But surely it is better to idle because stopping and starting will wear out the engine?

Fact

Sitting in your car with your engine running could cost you more than you think. Between 5% and 8% of fuel use occurs while idling. Based on the average annual fuel bill of £1600, this means you could be wasting more than £100 a year.

Fiction

Sitting in my car protects me from other people's car fumes.

Fact

The air quality inside the car could be up to 12 times worse than outside.



Of course, we know that walking and cycling is better for you, and more healthy than driving and parking outside school BUT we also know that this is not always possible in the busyness of the day to walk/cycle/scoot. However, even if these things are not possible, switching off an engine is!

I would just add that the camera car has been on it rounds and has so far fined people for illegal or dangerous parking. They are booked to come out again on a number of occasions and we will continue to support these measures to help keep our children safe; no apologies!

The month of February has seen a number of **sporting competitions and events** – as you will see as you read on...and there are still many booked for the months ahead.

We continue to encourage our pupils to be active as we know not only the physical health benefits but the positive impact on mental well-being too.

My thanks go to all parents/carers who ferry their children, and offer lifts to others, to these events; we really couldn't do that without you! (*nor without the time and energies of Mrs Newport and Mrs Mock AND the other staff who are involved in coordinating these*). Thank you 😊.

We have also recognised **Safer Internet Day**, with the message this year being:

Want to talk about it?

Making space for conversations about life online

In our assemblies we gave the children the following challenges (age appropriately of course):

- ***Talk to your friends.***
- ***Talk to the adults you know and trust.***
- **Tell them about the funny things you see online, or your favourite game or app to use.**
- **Tell them about the latest trends, or your favourite videos, or the trick to beating your favourite level in a game.**
- **Tell them about the things online that frustrate you, or the things that make you laugh out loud.**
- **Tell them about how you think they can best support you in your online life.**
- **Most importantly, tell them if something is worrying you. It's never too late to share an online problem and get help and support that can make things better.**

And with our KS2 pupils we shared this:



Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?



Sourced from NSPCC website October 2019

We know that, as a school, we cannot police the use of social media outside of school, but we can try to ensure that our pupils understand HOW to keep themselves safe online and what is respectful online behaviour and conduct.

Our pupils know that our school **Code of Conduct** is based around our **ABC – Accept, Behave and Care** - and we try to instil that these are no different to the values needed online.

My final point relates to **packed lunches and the need to promote healthy lunches.**

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

The above is a really useful website from the NHS that gives advice and ideas in support of this. Some screenshots are shared below.





Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.

I would also like to point out that Nutella (or non-branded alternatives) is a nut-based chocolate spread. We have had a few pupils who have had this in their sandwiches and therefore I would like to remind all that we request no nut-based products in school in consideration for the health and well-being of pupils who have nut allergies and suffer from Anaphylaxis.

Anaphylaxis, as I am sure you know, causes the immune system to release a flood of chemicals that can cause a child to go into shock — blood pressure drops suddenly and the airways narrow, blocking breathing. Signs and symptoms include a rapid, weak pulse; a skin rash; and nausea and vomiting, but they can be more severe! Please be mindful.

I know it is a confusing message for the children but we also ask them not to share their lunches, and yet we promote sharing in other ways! If you could talk to your child/ren about this and reinforce this message that would be helpful...it could be that a child shouldn't eat a particular food and yet when a friend offers, it is taken because the offer was from a friend. This is a two-way education process, I know, but any chance to reinforce this is valuable. Thank you.

I would ask now that you read on.

The ½ term ahead is short; 5 weeks in length, but it remains as important as any other term.

Kind regards,

Michael Hoare, Head Teacher



Please read on for more important information about our school.



On Wednesday 1st February pupils in KS1 and KS2 were visited by the WILE (Wombles In Litter Education) group who are a group of local volunteers based in Leicestershire. They talked to pupils about the dangers of litter for wildlife and planet Earth and, therefore, why it is important to put our rubbish in the bin. It was very interesting to hear how long it takes some rubbish to decompose - including a shoe (50-80 years), a plastic bottle (450 years) and a plastic bag (for 1000 years+). Children were also reminded of how to litter pick safely and then went to demonstrate this with their own class litter picks



1.2.23 WILE assembly
We had a visit from the 'wombles' (a local volunteer litter picking group)



We learnt about the importance of litter picking and how to do it safely.



World Book Day takes place on **Thursday 2nd March** and we hope you'll join us as we come together to celebrate our World Book Day in school.

Every year on World Book Day we are overwhelmed by the enthusiasm of our school community. We know that this year many families will find themselves in a difficult financial situation - we don't want our celebrations to be an additional burden. Dressing up or bringing books into school can be a big part of the celebrations and what families particularly enjoy about World Book Day.

We **will be dressing up** this year. We want the children to use their costumes to share their favourite books and we encourage you to use things you already have at home.

Our theme this year is 'Sharing Stories Together' and we have lots of fun activities taking place throughout the day that involve sharing our love of reading. We are asking for your help with some of the activities:



- Please **can children bring in or email to the school office, a photo** of themselves sharing a book with someone such as friend, family member, pet or teddy. **If we can have all photos by Monday 27th February we can display them ready for the day itself.**
- Enter the **Mystery Book Swap**: Finished with a book you enjoyed? Fancy swapping it for another? Please wrap your book up using any kind of paper but making sure we cannot see the cover. Fill in the mystery blurb with some clues about the identity but don't reveal the title. **Can we also ask that you recommend what age you think the book is most suitable for.** Bring your book into school and swap it for a new mystery read. **Please can the books be brought into school on the morning of World Book Day – we will do a book swap later in the day.**
- Please support our **10p book stall**. Bring in any unwanted books and purchase more for 10p. Whether or not you've got a book to bring along, come and browse and find something you might like to read. This will be running after school on World Book Day **on the KS1 playground (weather permitting, if not in the Small Hall).**

On World Book Day all children will be receiving their **£1 World Book Day book token** to get a FREE book!

Getting a free £1 book for your child is easy - simply take your £1 book token to your nearest bookseller and swap it for a World Book Day £1 book OR get £1 off any book or audiobook costing £2.99 or more.

You can find your nearest bookseller at <https://worldbookday.com/participating-retailers> . You can help your child choose their £1 book by going to the World Book Day website and showing them the exciting <https://www.worldbookday.com/books/> .

Theatre Visit



To complement our reading activities on World Book Day we again have M&M Theatrical Productions visiting us to bring to life a classic story through their amazing productions. This year the company will perform a stage production of **'The Hobbit'** on **Thursday 16th March**.



We are extremely grateful to the PSA who are supporting us financially with a donation of £1000.00 so that we can provide this enrichment to our curriculum. To help us cover the remaining balance, we are asking for a voluntary contribution of only £1.00 per pupil.

We're very much looking forward to celebrating World Book Day, which could not happen without the support of parents and carers, and we also hope you are able to support us with the great opportunity for the children to see a live performance in school.



Gymnastics

Earlier this month our Y4 and Y5/6 Gymnastic team took part in the North Charnwood Gymnastics competition. Each of our gymnasts had to perform 3 routines; - Body Management, Floor Exercise, Vault. The gymnasts have to perform solo in front of a judge who deducts points for any errors – a very nerve wracking competition!

Every member of the teams performed extremely well, they showed control, poise and a great team spirit – we are very proud of them!

Our Year 4 team gained 1st place and will now represent North Charnwood in the County Finals at Oakham Gymnastics Centre. We also gained individual medals with Isabelle gaining gold and Darcy bronze.

The Year 5/6 team were also successful and gained 2nd place with Tom being awarded the individual gold.

Well done to

Year 4

Anayah, Darcy, Ellie, Isabelle



Year 5/6

Lucy, May, Myah, Tom



Sporting Ambassadors

Our Year 6 Sporting Ambassadors have been busy recently developing their leadership skills and acting as fantastic role models to the rest of the children in the school. As well as supporting classes with their Mountfields Mile runs they have been independently running a Breaktime Games Club for some Year 3 children and handing out sports certificates during our Achievement Assemblies. Well done to all of these children – Asher, Jess, Lilly, Anya, Elsie, Harry, Joseph, Tobi, Keelyn, Rebecca, Rory and Rocco. You are doing an amazing job this year!



North Charnwood Cross Country League 2

The second North Charnwood Cross Country League race also incorporated the trials race for North Charnwood selection to the County Schools Final next month. This event attracted lots of local schools and we were delighted to take 47 children from our school to participate in the event. A big thank you to all the parents and carers who taxied their children and others to and from the event. We would not be able to take part in these events without you and we really are so grateful that the children have these opportunities to take part.

The children all rose magnificently to the occasion with many of them improving on their positions from the first race. It was tough running around Charnwood College playing fields – they are vast and with no parent spectators being allowed (due to it being held during school hours), it showed the wonderful resilience our children have, to be able to cope with this.

In the Shield competition after two league races we are delighted that Mountfields Lodge are currently lying in **first place** out of the 20 participating schools with 660 points! In second are Sacred Heart with 617 points and third are St Pauls with 477 points. The final race takes place in April.



Congratulations to those children who finished in the top 12 and have now been invited to represent North Charnwood in the County Schools Final at Market Harborough Showground in early March. A wonderful achievement for Bea and Ralph (Year 3), Anniyah, Ettie and Darcy (Year 4), Josh, Harriet, Georgia, Esme and Kaiya (Year 5) and Joseph and Elsie (Year 6).

Year 5/6 Sportshall Athletics

Sportshall Athletics is a fun indoor athletics competition which involves participants competing in a number of relay running events and field events such as javelin throw, speed bounce, triple jump, standing long jump, vertical jump and chest push throw. Our Year 5/6



team had to be versatile to compete in both the track and the field events with each individual's best scores counting towards the overall team score.

As this is such a popular event, it had to be held over two afternoons. We competed on the first afternoon and it was a nervous wait for all the results to be compiled from both events. In the end Mountfields Lodge finished a fantastic 2nd place with 402 points behind Hall Orchard with 422 points. Well done to both the girls and boys teams. They showed great team spirit, supporting each other in all their events and giving their best in every run, jump and throw.

Attendance

Illness - Could all parents/carers be reminded that if your child is ill, please call the school voicemail no later than 9.15am.



Medical Appointments - where possible, medical appointments should be advised to the school before the appointment, with medical proof provided for all appointments.

Absence Requests – could all parents please be reminded that all requests for absence must be made prior to the event. Absence Request Forms are available via the school website or from the School Office.

Important Dates

Diary Dates March 2023

Date	Event
Thursday 2 nd March	World Book Day – Dress up
Friday 10 th March	PSA School Disco – please see email sent via Parentmail for details
Wednesday 15 th March	Class Photos
Friday 17 th March	PSA Pre loved uniform and Krispy Kreme Doughnut Sale
Thursday 23 rd and Friday 24 th March	Y2 Beaumanor Trip
Wed 22 nd March to Friday 24 th March	Y6 Residential



