



News from the Nest

26th February 2020

How 'food smart' is your child?



Dear Parents,

I hope you had a good half term and looking forward to the lighter months of Spring ahead.

I wanted to use the opportunity within this newsletter to remind and encourage our children to think about being "Food Smart" and to raise their awareness of how much, sugar, fat and salt are in different foods. The Change for Life initiative continues to be promoted across the country and is aimed at helping children to be informed about what they eat and the choices they make. It is not about stopping children from enjoying chocolate or biscuits as a treat but making them aware that they need to make sure they eat a balance of foods and how to make healthier choices.



The facts from Change4Life:

In 2019, a quarter of all children suffered from tooth decay by the time they were 5 years old and almost half (46%) of 8 year olds had tooth decay, the most common reason for 5 to 9 year olds being admitted to hospital. Nationally the amount of sugar consumed by the average child per year is 3 times the maximum recommended daily amount.

The recommended daily maximum added sugar intake is:

- 19g, that's 5 sugar cubes for children aged 4 to 6
- 24g, that's 6 sugar cubes for children aged 7 to 10
- 30g, that's 7 sugar cubes children aged 11 or older and adults



A fifth of 4 to 5 year olds and a third of 10 and 11 year olds are overweight or obese. Overweight children are more likely to become overweight adults making them more prone to a range of serious health problems, such as heart disease, some cancers and Type 2 diabetes. There are now 2.5 million people suffering from Type 2 diabetes, 90% of whom are overweight or obese.

At Wren's Nest we make sure our PE lessons are active and accessible to all children. We run a range of sports and activity clubs and take part in sports competitions across the Borough. Over the next few months we will be participating in Football matches, Cricket and Gymnastics Competitions, Cross Country running at Baggeridge Park and in the Dudley Schools Tag Rugby Tournament, as well as our Year 6 children visiting a Local Health and Fitness club - The Village Gym, Dudley - to take part in a range of fitness classes.

Helping children to understand how to keep themselves fit and healthy is really important and we very much believe in the saying "Healthy Body... Healthy Mind". Please encourage your child to look at the "Be Food Smart" pack, to make healthy choices and to think about how they can keep fit and healthy. It is a privilege to work alongside you as parents to promote healthy lifestyles for all.



Thank you,

Sarah Parkes - Acting Headteacher

www.nhs.uk/change4life

Parents' Evening

Parents' Evening will be held on **Tuesday 3rd March** between 3:45pm and 5:45pm. If you would like to wait after school then tea and coffee will be served in the hall from 3:30pm onwards. We will also have a Book Fair for you to browse and choose a book to get stuck in to!

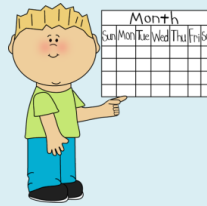
Holiday Dates

We break up for Easter on **Friday 3rd April**. Children return to school after the Easter holidays on **Monday 20th April**.

Half term is Monday 25th May - Friday 29th May.

Important Dates!

Y6 SAT national tests take place during the week beginning **Monday 11th May 2020**. All Y6 must be in school during this week - please do not book holidays during this time. The scores and levels for each child gets passed on to your child's secondary school.



A few years ago the government introduced a **Phonics Check for Year 1**. This will take place during the week starting **Monday 8th June**.

In addition to this, Year 2 undertake end of year assessments. These tests are done within the classroom and are spread over a period of time. We avoid placing any pressure on the children or worrying them about the assessments. It would, however, be helpful if you could let your child's teacher know if you are planning to be away during May.

The government have now introduced **Multiplication assessments for Year 4** children. These will be completed during a 3 week period from week commencing **8th June**.

If you have any questions about any of the assessment taking place in school, please don't hesitate to speak to a member of staff.

Thank you.

Fantastic News!

This week we are giving out 348 books rewarding children for excellent behaviour over the last term. We believe that it is really important to recognise and show our appreciation to all of the children who behave wonderfully every single day. We allow each child only one "hiccup" over the whole term (as we know that none of us are perfect!) and expect excellent behaviour throughout the day from the moment they come into school.

How wonderful that 348 children are able to behave to such high expectations!



KEEPING CHILDREN SAFE IS EVERYBODY'S RESPONSIBILITY

Sadly, the news continues to report cases of children who have been hurt or suffer at the hands of people who should have been caring for them. At Wren's Nest we have rigorous procedures that we have to follow to protect children from harm. These are explained in our **Safeguarding Policy**. This policy is available to all Parents and Carers on request from the school office. There is no charge for this. A copy of our policy is also on our school website.

All Governors, Staff, Volunteers and Parents have a duty to safeguard all children attending or visiting Wren's Nest by:

1. Ensuring that we carry out thorough checks on all adults who work in school on a professional and voluntary basis (including parent helpers).
2. Equipping children with the skills they need to help keep them safe.
3. Supporting children who have been harmed or are at risk of harm or neglect.
4. Applying rigorous systems for recognising and reporting cases of harm or neglect.
5. Establishing a safe environment in which children feel secure, are encouraged to talk and are listened to.

We work closely with Dudley Children's Services to support individual children and their families during times of crisis or need.

The Child Protection Co-ordinator for Wren's Nest Primary School is Mrs Alison Keyes. She is assisted in this role by Mrs Julie Smith, Mrs Sarah Parkes and Miss Emily Moren.

All Parents have a responsibility to protect their children or their neighbour's children or the child they see wandering the streets alone, late at night, tired, hungry or distressed. If you have a concern about a child please contact any one of the above staff or Dudley Children's Services on 0300 555 0050.



**Dudley Safeguarding
People Partnership**