



Aspiring to achieve our best: moving forward together!

t 01884 252445 | e admin@heathcoat.devon.sch.uk

Available online at www.heathcoat.devon.sch.uk

NEWS

New Lunch Menu- The new lunch menus will be coming home this week with the eldest child. The new menu starts on week commencing 28th October. A copy of the menu is attached.

Year 2 Assembly – We would like to invite the parents and carers of children in Year 2 to come in for an assembly in the blue hall on Tuesday 15th October at 2.50pm. This is for any parents who were unable to attend on Friday.

Funky Fun Dance Moves Club - Is open to all year groups and will run on a Monday 3.15pm to 4pm in the blue hall from 28th October to 9th December. This is a fun and relaxed club, no experience needed. To book your child a place please email vicky.baldwin@live.co.uk. The cost of the 7 sessions will be £21 per child. You can **only** pay by cash or cheque direct to Vicky at the end of the first session on 28th October. Please **do not** send money into the school office.

Antibullying Workshops Years 3 – 6 - A letter was emailed to the parents/carers of Years 3, 4, 5 & 6 last week in respect of the drama sessions arranged with Bigfoot Productions. All key stage 2 pupils will attend an hour long session on 7th or 8th November. These sessions will be based on the theme of respect which is also our school value that we are focusing on this term. The Friends have kindly agreed to contribute most of the money towards the cost of this exciting experience and we are asking parents/carers for a contribution of £1 per child. Please send in the £1 contributions to your child's class teacher by 30th October.

Poppies - We will be selling wristbands, slap bands, bracelets and other poppy related items, most of which are either 50p or £1. If your child wants to buy something please send them in with some money.

Thought of the week

Respect is a mirror. The more you show it to other people, the more they will reflect it back.

Learner of the week



FSDB Ebony-Ann
FSG Kaleb
1BA Edith
1P Mason M
2D Alexis
2P Amelia
3E Cailen
3P Harvey
4C Thomas
4E Zach
5F Oliver W
5S Gracie S
6H Lennox
6W Ryan

Lunchtime Behaviour



FSDB Freddy B
FSG Tilly
1BA Isabelle
1P Rosie
2D Amelia R
2P Amelia B
3E Frankie
3P Lauren
4C Nathan
4E Georgia
5F Dylan
5S Hudson
6H Leland
6W Millie S

Best Attendance

6W – 100%



Aspiring to achieve our best: moving forward together!

t 01884 252445 | e admin@heathcoat.devon.sch.uk

Available online at www.heathcoat.devon.sch.uk

Diary Dates



Parents Evening
4th & 6th November

Term Dates



Autumn Half Term
Monday 21st October –
Friday 25th October

Last Day of Autumn Term
Wednesday 18th December

First Day of Spring Term
Monday 6th January 2020

Spring Half Term
Monday 17th February-
Friday 21st February

Last Day of Spring Term
Friday 27th March

Heathcoat Heroes

The children below have all reached the very top of our learning behaviours and expectations system this week.

FSDB – Matthew, Tilly & Dulcie

FSG – Alfie & Jack

2D – Mason W

5F – Gwenny & Holly P

6W – Freddie, Dominik, Jessica & Summer

Healthy eating is really important for us all

Foods to be aware of...Biscuits, some breakfast cereals, pasta sauces, cakes, chocolates, sweets, fizzy drinks and fruit juice are all considered high in sugar. One single can of fizzy drink can contain up to nine teaspoons of sugar.

Some people believe that diet can affect children's behaviour and their ability to concentrate at school. Scientifically speaking, there are no published studies to confirm this is the case. What we do know though is that sugar can lead to tooth decay, which is the biggest cause of hospital admissions among children.

Top tips and simple swaps

- Swap high sugar breakfast cereals for 50:50 or granary toast, crumpets, bagels, plain yogurt with fruit or porridge with berries. Make sure you read the label as some cereals position themselves as high fibre and healthy, yet contain high levels of sugar. At weekends, try scrambled or poached eggs on toast for a tasty alternative.
- Instead of cakes, pastries, biscuits or sweets, try a plain scone, bread sticks, fruit and vegetable sticks, oat or rice cakes with a small amount of peanut butter (unless you suffer from a nut allergy), sliced banana, cheese or hummus.
- Rather than fizzy drinks, try sparkling water with a small amount of unsweetened fruit juice. Try ice cold milk, or you could blend some fruit, ice and milk and make a healthy, nutritious milkshake.
- Plain yogurt with lots of berries, or fruit salad are delicious. Or add a small squeeze of honey.
- Get your children to help you to prepare and cook food. If they have helped out, they're more likely to eat it.
- Be a role model –children tend to copy adult behaviour, so if they see you eating a healthy diet, they will too.

The advice isn't to just cut down on sugar – demonising one ingredient isn't always very helpful. We should encourage our children to eat healthier snacks and have more nutritious drinks, eat more fruit and vegetables and increase fibre by having wholemeal and wholegrain options. Being really active is also key, and encouraging different sports and activities is equally as important.

Accelerated Reader Achievement

3P highest average quiz percentages