



Aspiring to achieve our best: moving forward together!

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

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## NEWS

Antibullying Workshops Years 3 – 6 - A letter was emailed to the parents/carers of Years 3, 4, 5 & 6 in respect of the drama sessions arranged with Bigfoot Productions. All key stage 2 pupils will attend an hour long session on 7<sup>th</sup> or 8<sup>th</sup> 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.

Attendance – As you are aware we are constantly monitoring the attendance of our children. The Governors have set our target for the end of this year at 97% (the national target is 96%). Our whole school percentage for the first half of this term, stands at 96.03%. Please help us to reach our target by not allowing your child to miss school unless there really is an exceptional or unavoidable reason.

Year 5 Eden Project Trip – Just a reminder that the bus will be leaving school at 8am on Friday 1<sup>st</sup> November to get to the Eden Project and will return back to school between 5.30pm-6pm. Please ensure that your child has a packed lunch, plenty of drink, waterproofs and warm outdoor clothing.

Uniform and lost property- Just a reminder that all uniform including PE kits and coats should be clearly named so that they can be return to their owners. The lost property box was overflowing at the start of half term with uniform that wasn't named. If your child has lost an item of clothing please check the lost property box, which is outside the school office.

## Learner of the week



FSDB Dulcie  
FSG Grace  
1BA Lola R  
1P Wesley  
2D Whole Class  
2P Whole Class  
3E Robert  
3P Cameron S  
4C Findlay  
4E Lucas G  
5F Bethany  
5S Ava J, Ava L & Sebastian  
Year 6 Emily P

## Lunchtime Behaviour



FSDB Mikey  
FSG Olivia-Grace  
1BA Lola R  
1P Poppy  
2D Erin  
2P Joshua  
3E Daisy W  
3P Harry N  
4C Annabelle  
4E Ethan W  
5F Ella T  
5S Noah  
6H Lennox  
6W Emily

## Best Attendance

6H – 100%



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## Diary Dates



Parents Evening  
4<sup>th</sup> & 6<sup>th</sup> November

## Term Dates



Last Day of Autumn Term  
Wednesday 18<sup>th</sup> December

First Day of Spring Term  
Monday 6<sup>th</sup> January 2020

Spring Half Term  
Monday 17<sup>th</sup> February-  
Friday 21<sup>st</sup> February

Last Day of Spring Term  
Friday 27<sup>th</sup> March

First Day of Summer Term  
Tuesday 14<sup>th</sup> April

## Heathcoat Heroes

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

FSDB- Dulcie

3P- Lily B

3E- Heidi

4E- Zach

## Message from Miss Higginson

I hope that you all enjoyed the sunny weather over half term and remembered that the cloaks went back on Sunday!

Year 6 enjoyed a lovely week on residential at Widemouth Bay before half term. They enjoyed canoeing, surfing and body boarding to name a few activities. A huge thank you to Mrs Shanahan, Mr Watson, Mr Webber and Mrs Edwards for taking the children to enjoy this fantastic experience. Those children who didn't attend the residential enjoyed cooking, forest school and art whilst at school with Mr Hudson.

Information about the year 6 residential for those current year 5 pupils will be sent out this term. Look out for a letter!

We have a busy term ahead in the run up to Christmas. Next week is parents evening and a letter will be sent home today. The teachers look forward to meeting you all to discuss how your child has settled into their new year group and their targets/areas of focus for the coming term.

We will be celebrating anti bullying week during the week beginning 11th November and further information will be shared in upcoming newsletters.

The following week is road safety and we will be looking at how we can stay safe on our streets.

Then it will be Children in Need, the lantern parade and light switch on and then we are looking at Christmas shows and carol service!

Please can we remind parents that to safeguard all pupils and staff we ask that you don't walk through the school building at the start of the day. Members of staff are on the cloakroom doors and can pass on any messages to the class teacher. As always if you have any questions please speak to your child's class teacher in the first instance and then the team leader for your child's team (Miss Neale - EYFS and Year 1, Mrs Budden - Year 2 and 3, Mr Hudson - Year 4 - 6).

## Accelerated Reader Achievement

4C highest average quiz percentages





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Healthy snacks and drinks- Monday, Tuesday and Wednesday are healthy snack days. Save the crisps for Thursday and Friday! Chocolate bars are not appropriate snacks on any day of the week. All drinks bottles that children access during lesson time need to contain plain tap water not squash or flavoured water. Once they have finished their drink they will only have access to tap water to refill their drink so it is vital they drink tap water. We have a number of children with allergies so we are a nut free school. We would appreciate you supporting our school policy regarding healthy snacks and drinks.

Inhalers- If your child needs an inhaler please make sure that we have one in school so they can use it if necessary. As well as completing a medicine form we should also have an asthma care plan in school for your child. We do have an emergency inhaler in school which we can administer in an emergency, however you need to have signed the consent form. Please collect an asthma care plan and emergency inhaler consent form from the school office if you have not yet completed one. It is your responsibility to ensure that your child's inhaler is in school and in date.

Positive Playtimes- After speaking to a variety of children across the year groups about what they like about lunchtimes and what they would like to improve, we are introducing a fortnightly focus behaviour target. This is to try to improve lunchtimes and make playtimes even more positive for everyone. The first target will be about manners. We have discussed what this means during assembly today and posters are displayed in the lunch hall to remind children how to use their manners.

Every child from reception to year 6 is able to earn golden tickets each day at lunchtime. The golden tickets are awarded by MTAs and teachers for showing positive behaviours during lunchtime such as kindness, including others, lining up nicely, saying please and thank you etc. If your child wins a golden ticket, they place it in a special box in their classroom. Every Thursday one ticket is selected at random from the box and that person gets to sit on the 'top table' with a friend of their choice. The top table has a tablecloth and flowers, the children are served their food on real plates and a member of staff sits with them to celebrate their achievement.

For the next two weeks, the MTAs will be really focussing on rewarding children with golden tickets when they are using their manners.

Here are some examples of what they are looking for:

- Using please and thank you to adults and to other children, inside and outside whilst playing.
- Using knives and forks correctly – not fingers. Fork = LEFT hand. Knife = RIGHT hand.
- Chew food with mouth closed.
- Finish chewing food before talking- not talking with mouth full
- Staying seated whilst eating, not walking around whilst eating.



Congratulations to the following pupil who has demonstrated their building learning powers in various different activities outside of school.

2P - Mileja

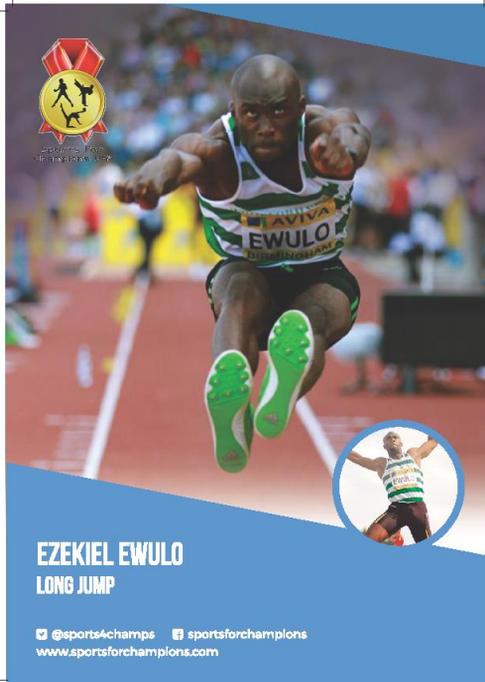
Parents can share their child's wow moments regarding Building Learning Power by sending in a wow slip (available from the document stand outside the office).



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Sports for Champions- On the 27th November we are very excited to have a visit from Nigerian Olympic long jumper Ezekeil Ewulo coming to encourage us with our own sporting achievements. He will start the day with an assembly where he will tell us about his inspiring story becoming a top long jumper. He will then be working with all the classes from reception up to year 6 doing a challenging circuit training. This will be a sponsored event with 60% of the proceeds going to our school to help with paying for more sports equipment. The other 40% goes to helping young Olympians reach their potential in the form of sponsorship. It should be an exciting day for all the children. Children who raise between £5 and £15 receive a photo of the Ezekeil, £15 to £35 receive a signed poster and if you raise over £35 you get an individual photo with the athlete! We kindly ask that all sponsor money is returned by Friday 15th November to give the office time to sort it out before the athlete arrives. If we receive the sponsor money after this date we cannot guarantee that we can process it in time to receive a prize. Many thanks for all your support in this exciting event.

Year 5 & 6 Bikeability- Starts on the 11<sup>th</sup> November and the children taking part need to have had their bikes checked by Halfords beforehand in preparation for their course starting. The children need to wear comfortable clothing- not school uniform on these days as well as trainers and a waterproof coat. If they require an inhaler for their asthma then they need to carry this on them at all times. A note will be sent home by the end of this week notifying parents on what days their child needs to bring in their bike and helmet.

World Mental Health Awareness Day- Thank you to everyone who wore something yellow on Thursday 10<sup>th</sup> October. We raised £34.70 for the Young Minds charity.

## Friends of HPS Forthcoming Events for your Diary

Yummy Friday- The next cake sale will be on Friday 1<sup>st</sup> November. Please could children from Nursery and Reception bring in cakes or biscuits to sell after school (nut free).

Next Meeting- The next meeting of the Friends will be on Thursday 7<sup>th</sup> November at 6.30pm in the community rooms. Everyone is welcome.



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Aspirations Assembly- We are really excited about our Aspirations Assembly which will be happening on the morning of 30<sup>th</sup> October. We are also proud to be taking part in the national Primary Futures programme which helps to bring learning to life and show our children how what they are learning in school relates to the wider world. On Wednesday 30<sup>th</sup> October we have 6 volunteers joining us for our assembly. The children will have a chance to ask yes/no questions to try to guess their occupation. The children in years 5 and 6 will then have the opportunity to speed network with them (chat in small groups) so that they can find out a little bit more about what qualifications these people need to do their job, whether they work on their own or in a team, what skills they have for their job, which GCSEs they took, if they went to university, if they have any special equipment that they use etc. We will send more details after the event. If you want to help your child, you can talk about some of the yes/no questions the might ask our volunteers during the assembly.

Healthy eating- There are lots of guidelines and fads that we are told about and sometimes it can all become a bit confusing. So here are some tips to make it a bit easier for you. The good news is that you don't need a degree in nutrition to raise healthy children.

**BREAKFAST IDEAS:** How about a healthy cereal such as weetabix with blueberries, raspberries, chopped up banana and milk is a fabulous start to the day. Or have you tried porridge made in the microwave (1 cup of porridge oats to 2 cups of water or milk - stir and heat for 3 minutes), stir in a teaspoon of honey and a scoop of raisins. Try to avoid cereal bars or marshmallow squares - these are FULL of sugar and don't keep your child feeling full for very long.

Here are 5 key rules to help encourage your children to eat right and maintain a healthy weight (there will be 5 more in next week's newsletter):

- 1. Parents control the supply lines.** You decide which foods to buy and when to serve them. Though children will pester their parents for less nutritious foods, adults should be in charge when deciding which foods are regularly stocked in the house. Kids won't go hungry. They'll eat what's available in the cupboard and fridge at home. If their favourite snack isn't all that nutritious, you can still buy it once in a while so they don't feel that they are missing out.
- 2. From the foods you offer, give children a choice.** They need to have some say in the matter so schedule regular meal and snack times. You choose the selections you offer, let them choose what to eat and how much of it they want. This may seem like a little too much freedom. But if you follow step 1, your children will be choosing only from the foods **YOU** choose to buy and serve.
- 3. Quit the "clean-plate club."** Let children stop eating when they feel they've had enough. Lots of parents grew up under the clean-plate rule, but that approach doesn't help children to listen to their own bodies when they feel full. When children notice and respond to feelings of fullness, they're less likely to overeat.
- 4. Start them young.** Likes and dislikes for different food begin forming even when kids are babies. You may need to serve a new food a few different times for a child to accept it. Don't force a child to eat, but offer a few bites. With older kids, ask them to try one bite. It can take over 7 tries for tastes to change, so don't give up.
- 5. Drink calories count.** Soda/colas and other sweetened drinks add extra calories and get in the way of good nutrition. Water and milk are the best drinks for kids. Juice is fine when it's 100%, but kids don't need much of it — 4 to 6 ounces a day is enough for preschoolers.



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## Thought of the Week

In order to have friends, I must act in a kind way.  
I work out my problems without hurting myself or  
others.