

### Life Base Experience

Pupils in Nursery to Year 6, enjoyed a week of exciting activities as a part of their Life Base workshops! These sessions were designed as fun, interactive and age-appropriate activities to help them understand the importance of physical and emotional health. They learned vital life-skills that will help their overall achievement. Children explored how to take care of themselves through role-play, games and videos. Children also explored emotional needs and how their choices can affect their health and wellbeing and qualities of friendship. They also had first-hand experience of stroking and patting Harold the puppet. It was great to see their recount of the event as a part of their PSHE lessons..



### Stay and Read Parent Workshop

We were very impressed by the second staging of our 'Stay and Read' workshop. Parents, guardians and carers read with their child and were given tips on how to encourage reading at home. Parents were also given information on how to help their child improve on their reading comprehension. We look forward to more collaboration.





### Life Cycle of Plants

Year 5 pupils could imagine themselves with a career as a plant biologist, or in organic farming, after their very engaging Science lesson exploring the different parts of a flower. Pupils learned about the life cycle of the plants and were able to understand that the flowers are actually the reproductive part of the plants.



### Reading with your Children

Reading books aloud to children stimulates their imagination. It helps them develop language and listening skills and prepares them to understand the written words. With this in mind, we urge all parents, guardians and carers to share a book with your children at bedtime. If you need any advice on reading to your child, please do not hesitate to contact the school or speak with the class teacher.

### National Story Telling Week

To celebrate Storytelling Week, taking place from Monday 30th January to Sunday 5th February, we have arranged for storyteller Wendy Shearer to kick the week off, with an exclusive telling of some of her favourite stories, as well as some top tips on how to become a storyteller. The rest of the week will be filled with fantastic activities that will enable the pupils to embark on a journey of imagination and adventure into magical worlds.

### Updating Email Address


Communication between home and school is vital. We invite all parents, guardians and carers, to ensure that you provide the school with updated contact information.

### Children's Mental Health Week 2023 will take place from 6 to 12th February 2023. This year's theme is Let's Connect

Let's Connect is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. At Brookside Primary we will be having a week of activities for the children which will include 'Wear a Scarf' day on Friday 10th of February 2023.

	<b>Week Commencing: Monday 6th February</b> <b>MENU 4</b>
--	--

<b>MONDAY</b>		
Meal Choice 1	Spaghetti Bolognese	Halal
Meal Choice 2	Spaghetti Bolognese	Non Halal
Meal Choice 3	Mediterranean Pasta Bake	Vegetarian
Meal Choice 4	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Dessert Choice	Raspberry Jelly	Fresh Fruit and Yoghurts
<b>TUESDAY</b>		
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Beans	Halal
Meal Choice 2	Chicken Sausages with Mashed Potatoes and Beans	Non Halal
Meal Choice 3	Vegetarian Sausages with Mashed Potatoes and Onion Gravy	Vegetarian
Meal Choice 4	Gluten free Pork Sausages with Mashed Potatoes without Milk or Butter	Gluten/Dairy Free
Dessert Choice	Jam and Coconut Sponge	Fresh Fruit and Yoghurts
<b>WEDNESDAY</b>		
Meal Choice 1	Diced Lamb with Noodles and Vegetable Stir Fry	Halal
Meal Choice 2	Diced Lamb with Noodles and Vegetable Stir Fry	Non Halal
Meal Choice 3	Vegetable Stir Fry with Noodles	Vegetarian
Meal Choice 4	Diced Lamb with Vegetable Stir Fry	Gluten/Dairy Free
Dessert Choice	Vanilla Ice Cream with Peaches	Fresh Fruit and Yoghurts
<b>THURSDAY</b>		
Meal Choice 1	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 3	Cheese and Onion Tart	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
<b>FRIDAY</b>		
Meal Choice 1	Fish Fingers or Battered Chicken with Potato Wedges	Halal
Meal Choice 2	Fish Fingers or Battered Chicken with Potato Wedges	Non Halal
Meal Choice 3	Macaroni Cheese	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Dessert Choice	Custard Tart	Fresh Fruit and Yoghurts
<i>Please note that all main meals are served with Fresh Vegetables of the Day</i>		

			<h1>Febuaray 2023</h1>		
<b>FEBRUARY</b>					
Thursday 2nd February		9:10am		Reception Madrid Assembly	
Friday 3rd February		8.40am		Year 3 Stay and Read	
Friday 3rd February			NSPCC Number Day		
Monday 6th February to Friday 10th February			Children's Mental Health Awareness Week.		
Wednesday 8th Febuary			Year 6 Reward Trip Tenpin Bowling		
Friday 10th February			Non Uniform Day		
Monday 13th to Friday 17th February			Half Term Break		
Monday 20th February			School Begins		
Thursday 23rd February			Year 3 & 6 Trip To Compass Therate Ickenham		

## Last Day of Term - Friday 10th February

Schools will be closed from Monday 13th February to Friday 17th February for the Half Term holiday. We finish at the usual staggered times on Monday 20th February at the normal staggered times. It is essential that your child arrives on time as lessons will begin promptly.

## Attendance - Notifying Child Absence from School

**Attendance - Notifying Child Absence from School**  
If your child is unable to attend school, please let us know before 8:45am on the first day of absence (either by telephone, email or in person). If the school does not receive a communication by this time and the absence is unexplained, your child's teacher or a member of the school's administration team will either send a text message, or telephone you during the morning. The school is required to account for all student absences, therefore please ensure you provide the school with a written note signed by you, explaining the reasons for your child's absence once they return to school. The school can only authorise genuine absences. A doctor's note may be required in circumstances, such as extended periods of illness.

## Healthy Lunch

Brookside Primary School is a healthy school and with this in mind we would like to remind parents, guardians and carers of the importance of providing your child with a healthy packed lunch. An example of the contents of a typically nutritious and healthy lunch box is a sandwich, yoghurt and fruit. Try chopped apple, satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. A tip from stopping fruit from going brown is to add a squeeze of lemon juice! Also breadsticks and wholemeal crackers are great finger foods. Please remember that fizzy drinks are not allowed in school and that water is always provided for children on their tables at lunchtime.