

CRADLEY NEWS

Friday 17th November 2017

Healthy Schools Week

Wow, what a week! Every morning this week we have been part of a wake-up, shake-up activity - it's a long time since I've seen that many people doing the *Birdy Song*. On Tuesday, we welcomed Dance-in-Motion and Worcester Warriors into school. Every class was able to take part in a dance and TAG Rugby session during the day. On Wednesday, the whole school took part in cross-country and we worked out that - collectively - the school ran over 294 kilometres: that's the distance from school to the Portsmouth coast - a great effort!! Every afternoon, the KS2 children have enjoyed a free piece of fruit. We will bring you details of Friday's Mental Health Day next week.



NSPCC visit

Next Wednesday (22nd), we will be welcoming into school the NSPCC who will be leading separate assemblies for KS1 and KS2 pupils. They will then be working with our Year 5 and Year 6 children. You should all have received a separate letter about this.

Class 3 trip

We will bring you details of Class 3's trip to Caerleon in next week's issue.

Football Club

There will be no football club on Tuesday (21st) due to Mr Greaves attending a meeting in Hereford.

School Council

Please welcome our newly elected school councillors. This week they have made the decision to run a weekly 'tidiest class' competition. We have a huge cup which will be awarded in each Friday's Merit Assembly. Our cleaner in charge, Miss Jane Morgan, will be the judge. I'm sure she will be open to bribes! Well done councillors for a really good start to your year.



FOCS

A big thank you to everyone who supported the school fashion show on Saturday. We were impressed by the number of talented models amongst parents, teachers and children. The event was enjoyed by all and raised £501 for the school so a great success!

Stir Up Saturday

It's Stir up Saturday at Cradley Church on Saturday 25th November. Come along between 2-4pm and have fun stirring up your own Christmas pudding. We supply the ingredients (at cost), you supply the non-metallic bowl and the elbow grease. For further information, please contact Julia on 01886880402

Nursery

We have joined the other classes in Healthy Schools Week. On Monday, we took a leap of faith during P.E. and jumped off different equipment. In the afternoon, we took part in a yoga session with Yasmin, using our bodies to make a pizza. On Tuesday, we joined our friends in Class 1 to learn a dance routine to a song from Trolls. A dance teacher gave us each a pompom and taught us some new moves. On Wednesday, Carol read us a story about a Supertato and then the children used different vegetables to make their own. On Thursday we explored a story about an ogre who wanted to get fit, and then made a healthy picnic. Charlie helped everyone to make their own fruit kebabs on Friday. After peeling and chopping them ourselves, it was a scrumptious treat to try them. The Pre- School children had the opportunity to take part in events with the rest of the school, including yoga and reflective colouring. Next week we are going on a bear hunt!



Class 1

We've had a very healthy week in Class 1! We have spent lots of time in the great outdoors, particularly in maths where we have been looking at 3D shapes in the environment. We have kept our minds happy and healthy with lots of singing - not only for our Nativity, but also songs in Swahili, too. Each morning many children from our class have started the day with some dancing in our Wake up, Shake up exercises. We've looked at some healthy choices when making ourselves a sandwich and discussed that it's not just food which keeps us healthy but sport, sleep and hygiene, too. We had lots of fun doing laps of the field for cross country with the big children and enjoyed our first mix-up day of the year for our workshops on maintaining good mental health. We looked at mindfulness, yoga and how singing can make us feel good. We also looked at how healthy eating and a good sleep routine can play a big part in our emotional well-being.

Class 2

This week for Healthy Schools Week, Class 2 helped make Apple and Parsnip Soup with Wholemeal Bread. Everyone had a go at chopping the fruit and vegetables, then Mrs Stevens cooked the soup for us. Year 2 all helped weigh-out the ingredients for the wholemeal bread and put them in the bread maker. At home time we all enjoyed a sample of the soup, and polished off the whole loaf! We also learned about balanced diets and designed a balanced lunch box. We are continuing to practise the Nativity Play - please keep learning those lines at home.



Class 3

Class 3 have loved Healthy Schools Week where we have taken part in a range of activities both sporty and practical. We loved making Rainbow Wraps which we filled with our favourite raw vegetables and some we had never tried before. We have been to Caerleon to the site of a Roman fortress, we will tell you more next week.



Class 4

This week, Class 4 had a wonderful time taking part in Healthy Schools Week: they were amazing at running the laps in cross-country. We have continued our literacy on *Street Child* by Berlie Doherty and have looked at what school dinners would have been like in Victorian England!!

Class 5

This week has been full of fun-filled healthy activities in Class 5. We enjoyed some energetic street dance on Tuesday, putting together a short (but very quick!) routine full of sumo pulse, ripples, waves, kick flicks and the rest! We have lapped the field many times and practised rugby skills. On Wednesday we cooked minestrone soup and wholemeal bread rolls - truly a meal in itself - thinking about how many food groups were included in the recipes. As well as physical health we have thought a lot about how to maintain good mental health as well. What a great week it has been! We have also managed to finish our explanation texts on saving critically endangered animals and worked on fractions in maths.



Value of the Month

Service

The greatest among you will be your servant.

Matthew 23:11

Chosen by Mrs Jones

Stars of the Week

Nursery: Neve Philpotts working co operatively

Elijah Gowen working co operatively

Eva Chapman being positive

Class 1 Jack Yardley for his persistence

Daniel Jeffries for being reflective and co-operative

Class 2 Freddie Lane for his great writing

Mia Mabey for persisting in her maths

Class 3 Felix McAulay for being positive and reflective

Milly Garner for taking a risk

Class 4 Emil Meager for his persistence

Liam Milner for his persistence

Class 5 Chloe Bramich-Muniz for her positive attitude

Phoebe Hemming for her extra effort

Dates for the Future

NOVEMBER SERVICE

- 21st Guide Dog to visit Class 1 and 2
- 22nd NSPCC Collective Worship and Workshops
Rock-it-ball @JMHS
- 24th ASC Film Night - Trolls
- 30th Choir singing at the Advent Cathedral Service

DECEMBER THANKFULNESS

- 1st Class 4 trip to Judges Lodging
- 4th Breaking Bread Collective Worship - all welcome
Sportshall Athletics @JMHS 09:00-11:00
- 7th Girls' Football @ JMHS 11-1
ASC Christmas Party
- 8th Nativity Dress rehearsal to school
- 11th Nativity 13:30
- 12th Nativity 13:30
- 13th School Christmas Lunch
- 14th Concert for the Community 10am
Carol Service 6pm
- 15th Break up
ASC Film Night - Nativity 2-Danger in the Manger