



Warton Nethersole's CE Primary School

Phone: 01827 894182 Email: admin@warton.heartwoodmat.co.uk

<https://warton.bdmat.org.uk/>

Newsletter Term 4 Week 4: Friday 25th March 2022

Be Courageous. Be Strong. Do Everything with Love. (1 Corinthians 16:13-14)

Dear parents,

I would like to start by thanking our community for their donations to the Ukraine second hand book sale, which is taking place after school next week on Tuesday and Wednesday! We are already piling up books to buy and I know our Beech class children are very excited for the sale. Every book will be £1 and we will also be selling chocolate bars (perhaps a parents' evening treat?!) for 50p. Please remember to bring some cash to support this event and the children who have created it!



We are very much looking forward to welcoming you all for parents' evening next week but please can I remind you that we are asking you to wait outside for your appointment, bring a face covering and remember that we will not be holding a creche- where possible children should not be coming school for parents evening. Teachers will be working to strict time slots too- we know how frustrating it is for parents who have sibling slots to get to and for parents waiting outside, so please don't be offended if you spot a sand timer or reminder alarm that helps teachers keep to time for everyone's benefit!

Finally, while we all celebrate the arrival of spring and the sunshine this week, please can I remind parents of the importance of sun cream! Some of our fairest children have turned a little pink this week!

Thank you and have a lovely weekend,
Susan Friend
Head Teacher



Living our Values

This week we had Beth join us from Severn Trent Water on Monday. Mrs Shigdar organised this as part of our Eco- Council work and it was a really good way to reflect on our roles within our community. We thought about how best to save water and the changes we could make as well as the impact this would have on our environment.

Also this week, our Worship Leaders led a collective worship on 'Ows' and 'Wows'. The things that make our spirit soar and the things that make us feel sad. We reflected on these in collective worship together and were really impressed by both the presentation from worship leaders as well as the contributions from the rest of the school.



What is your 'ow' and 'wow'?





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This week's gold award goes to Lily in Sycamore! Lily has been trying really hard in all of her lessons but her teachers are most proud of how well she is challenging herself with even harder work! Amazing job at living our vision Lily! We are all really proud- keep up the good work!

Mrs Shigdar's Tips for Wellbeing!



Vitamin D

I hope you have all enjoyed the sun this week, I know I have! It inspired me to talk about the benefits the sun offers, not only does it increase our moods and lift's our spirits, it is actually a natural way of for our bodies to top up on our vitamin D levels. Some of you may know about this vitamin already, why the body needs it and how it helps us, for those that don't, I hope you find this useful.

What is vitamin D and what does it do? Vitamin D is a nutrient that helps our bodies take calcium from the foods we eat. Calcium as you all know is important for our bones and teeth, the vitamin D helps to keep our bones and teeth strong. It also helps our bodies to fight off infections, to help bones heal quickly after surgery or an injury.

Where does vitamin D come from? It actually comes from the sun and the foods we eat, including salmon and tuna fish, fish oils, liver, eggs. These foods are not everyone's favorite so food companies add vitamin D to milk, yoghurt, baby formula milk, juice, cereal, the list goes on.

How much vitamin D does my child need and how can you make sure they are getting enough? Vitamin D is measured in **International units (IU)**. Babies younger than 1-year old need 400 IU a day. Children older than 1 need 600 IU or more a day. Some doctors often advise children should take 600 to 1,000 IU daily. As most children and young people spend most of their time in doors, it's a good idea once the sun shines to encourage them to go outdoors, using sun protection. You can also purchase vitamin D supplements over the counter at most supermarkets, it is best to discuss this option with your doctor first, before taking.

So sit back, relax and soak up the sun as its doing us all good!



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Warton Nethersole Eco Council

The Eco-Council invited Beth from Severn Trent Water into school this week to talk about the 'Wonderful World of Water'. Beth addressed the whole school during morning assembly, informing us how much water is used in our daily showers and why it is important to reduce our usage. We hope your children share these important tips with you at home.



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Diary Dates

March

29th – Parent's Evening

30th- Parent's Evening

April

5th – Vision Day – Bangladesh!

6th – Maple Class Trip!

7th- Break up for Easter

8th – INSET Day

25th – Return to School

28th- Year 6 Parents Meeting

May

9th- SATS week for Year 6

Amazon wish list

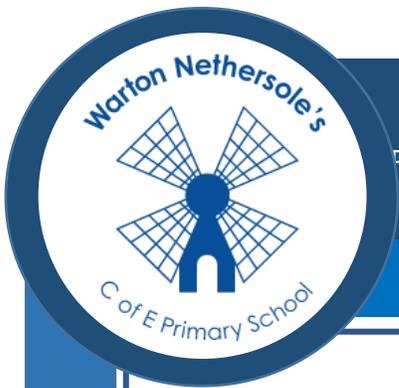
Our Amazon Wish List is still open for any donations of books. Thank you all so much for those already donated and we are so grateful for your support! The wish list automatically removes purchased books and there are still plenty to choose from!

<https://amzn.eu/30PIRBn>



Parents Evening

Parents evening will be held on Tuesday 29th and Wednesday 30th March. Unless there is a Covid outbreak, we are very much looking forward to meeting you in person in classrooms as normal. We are however asking that you wear a face covering and remain socially distanced from teachers as we transition back into 'normal' as well as wait outside for your appointment to begin. We will not be having a communal area in school so please bring a coat if it is wet or cold! Please try not to bring your children with you to school so that we can all stay as safe as possible. We are able to offer a phone call for any parents who would prefer this to a 'live' meeting- please let your child's class teacher know if this is your preference.



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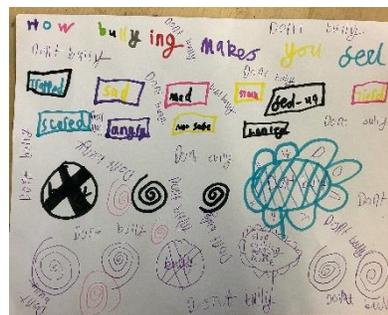
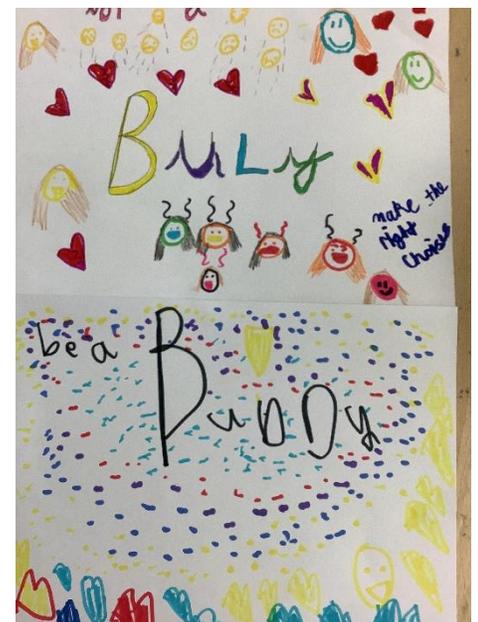
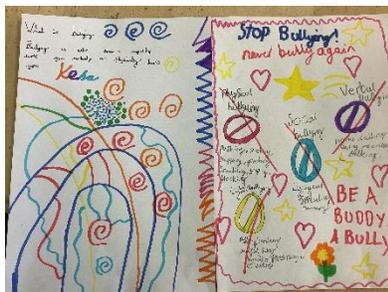
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School Council

School council have worked together over the past 2 weeks to discuss anti bullying in school before presenting this to KS1 in collective worship on Wednesday. The group came up with a definition of what bullying means, 4 types of bullying and how bullying might make people feel.

Before coming up with ways to look out for each other and what to do if they notice someone in need of a friend.

Everyone designed posters to help with their presentation. And the group decided on a slogan to help us all think about the importance of looking out for each other. "Don't be a Bully!! Be a Buddy!!"



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Come and join us for our Kids Disco and Carnival Royalty Selection night!

6-9pm (Please note original date on flyer has changed – was 1st April – now Friday 8th April)



Entry is just £1 (under 3's free)



Under 16's must be accompanied by an adult.

The Princesses, Princess, Maids and Page boys will be chosen to ride on the main float in the village procession on Carnival day in June.

Last chance to get your entry into re-design our Warton Carnival logo. The winner will receive a £25 voucher of their choice!

Entries must be on A4 paper (don't forget your contact details on the back)

You can post your entry in the box in the club, Top Shop or at Warton School.

Ukraine book sale

Some of our Beech children would like your support in attending their Ukraine book sale. This will be held on Parents Evenings 29th & 30th March under the canopy of Willow Class.

If you can donate any second-hand books they would so appreciate it- we are collecting for them in the school office! On the day, all books will be £1 and we will also be selling parent's evening chocolate bar treats for 50p each. All proceeds to the DEC Ukraine appeal. Well done to our pupils who have planned this event by themselves and with such passion and dedication!

