



Christmas Lunch

Next Friday (10th December) is our Christmas dinner day! The options are as below, please see separate email sent with an online form to order your child's meal by Monday 6th December.

Roast Turkey, Chipolata Sausage and Stuffing Ball

Or

Christmas Vegetable Wellington

Served with

Glazed Peas, Crispy Roast Potatoes and Gravy

and

Christmas Biscuit



Normal charge will apply unless you currently receive free school meals or your child is currently in Reception, Y1 or Y2 and therefore qualifies for universal free school meals.

Please note on Wednesday 8th December the menu will be fish and chips or vegetable pasty with chips or Jacket Potato, instead of the usual roast pork.

Christmas Cards

We have postboxes in school ready for any Christmas cards the children might want to send to their classmates. Please can you ensure any cards are in school by Friday 10th December. We will then distribute all cards on Tuesday 14th December.

Please remember to clearly name your Christmas cards with Christian and surname along with class or year group.

The post office.

Looks great fun!



I thank you Miss Hek for running this club.



email). Please sign your children up to any club they would like to do. Please make sure you put your child's correct year group down, as clubs are only for specific years.

Please note there are no clubs on the last week of term, w/c 13th December.

Thanks!



Parent Pay

Please check your ParentPay account for any outstanding debts such as, lunches, trips etc. Please ensure your account is up to date before the end of term.

Thank you!

Reading

Please remember to read with your child each evening where possible. Please update and sign reading diary.

Children need to read at least 4 times a week.

Thanks.





During the December holiday period, Gloucestershire County Council is providing vouchers to parents who have signed up to our Holiday Free School Meals (FSM) scheme. These vouchers are provided by Gloucestershire County Council as part of its commitment to 'no child goes hungry'. The vouchers are funded through COVID-19 grant funding we have received and is separate to that of the term time free school meals.

Parents who have signed up to the scheme will receive a voucher for £30 for each child who is eligible for FSM which will cover both weeks in the December holidays.

Parents who have signed up previously do not need to re-register, they have already been included, but, to ensure we get all who are eligible, we are encouraging new parents to sign up as soon as they can.

Applications for Holiday Free School Meal Vouchers for the December holiday period is open from Friday 26 November until midday Monday 13 December. Voucher emails will be sent out between 13 and 15 December. If parents apply after the deadline, we cannot guarantee delivery of vouchers before 25 December.

For more information and for sign up if you haven't already please visit our website: the Holiday Free School Meal vouchers page on <https://www.gloucestershire.gov.uk/holiday-school-meal-vouchers/> our website.

Please contact childrensfund@gloucestershire.gov.uk if you have any queries

pupils from year 7 onwards

- All individuals who have been identified as a close contact of a suspected or confirmed case of the Omicron variant of COVID-19, irrespective of vaccination status and age, will be contacted directly and required to self-isolate immediately and asked to book a PCR test.

Existing guidance remains regarding:

- Isolate and book a PCR test if you experience any of the three symptoms of Covid-19 (fever, new persistent cough, loss or change in sense of smell or taste).
- School staff and pupils aged 11 and over should test using a LFD twice a week, this will help to identify asymptomatic cases or cases with atypical symptoms. Current evidence suggests that LFDs and PCRs continue to be effective at identifying all strains of Covid-19. Face-coverings continue to be recommended on school transport for those aged 11 and over.

Year 6 Parents Consultation

**Monday 6th December (9.15 a.m.—1.00 p.m.) and
Tuesday 7th December (10.00 a.m.— 1.00 p.m.)**

Just a reminder to book your Year 6 Parent Consultation with Mrs Woodhouse. These consultations will be taking place via telephone, as we are trying to limit the number of visitors on site.

Thank you.

Christmas Rotary Club Shoeboxes

A massive thank you to all of you who filled a Christmas Rotary Club Shoebox. We managed to fill over 40 boxes which is amazing. These will make such a huge difference to those less fortunate in Eastern Europe and will bring a smile to a child's face.

About The Guide

What Parents Need to Know About Squid Game

Published 1st November 2021

A free online safety guide on Squid Game.

With themes of horror and violence, it's important for parents and carers to understand the potential risks posed to young audiences by the nine-episode Netflix-exclusive TV show, Squid Game. The series, rated 15+, is about a world where contestants who are deeply in debt play children's games in order to win cash prizes. The losers, however, are violently killed. The show's popularity has meant it has spread in various guises across online platforms, with a heightened risk of children and young people potentially viewing unsuitable content. That's why we've created this guide to help parents and carers understand exactly what Squid Game is all about.

In the guide, you'll find tips on a number of potential risks such as inappropriate content, viral spin-offs and scene re-enactments.

For further information and to download the safety guide, please visit:

<https://nationalonlinesafety.com/guides/squid-game>

FREE. 12 WEEK COURSE TO A HEALTHIER, HAPPIER FAMILY

A fun, free, family-focused healthy lifestyles course, **BeeZee Families**, is coming to you!

Aimed at 5-15 year olds and their families, the course covers topics including healthy snacking, balanced meals, portion size and keeping active together.








Our team of family nutritionists are experts at engaging children around healthy eating and fun exercise, and have plenty of tricks to help you and your kids turn a good behaviour into a healthy habit for life!

Kids will cook healthy meals, take part in fun games and sports, and make loads of friends!

Parents are supported by our team to understand conflict resolution, and benefit from the support network of likeminded families.



SIGN UP FOR FREE!
beezeebodies.com/families
 01452 717262

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 PODSMEA Podseniãd Community Centre 16:30 - 18:30 Age 5 - 15 starts 24th January	 BARTON All Nations Community Centre 17:00 - 19:00 Age 5 - 15 starts 25th January	 CINDERFOR The Forest Road Centre 16:45 - 18:45 Age 5 - 15 starts 26th January	
 ONLINE 17:30 - 18:30 Age 9 - 12 starts 24th January	 ONLINE 16:30 - 17:30 Age 5 - 8 starts 25th January	 ONLINE 17:30 - 18:30 Age 5 - 8 starts 26th January	 ONLINE 16:30 - 17:30 Age 9 - 12 starts 27th January





appointments - whatever works best for you.

We have new groups beginning in January. click below to sign up for your family's FREE place!*

*to be eligible for this awesome free service, your family must live/go to school in Gloucestershire and include one child who is above their ideal healthy weight.



BERRY CHRISTMAS

Terry who?! Try BeeZee's Chocolate Orange and our cute strawberry santas for a healthier alternative to Christmas sweet treats! You don't have to be a grinch to encourage healthy eating this Christmas, these fruity snacks are full of festive magic and loads of fun to make!



BeeZee's Chocolate Orange

what you'll need

- Clementines
- Chocolate
- Optional decoration
(chopped nuts, edible glitter, sprinkles)

what to do

- Peel and segment the clementine
- Melt some chocolate in the microwave
- Dip the clementine segments in the chocolate
- Add decoration if you're feeling fancy!
- Leave to set in the fridge

Little Santa Strawberries

what you'll need

- Strawberries
- Whipped cream
- Chocolate
- Tooth picks
- Banana

what to do

- Chop off the stalk of the strawberry
- Slice the strawberry a third of the way up
- Squirt on a small bit of whipped cream
- Pop a slice of banana on top of the cream
- Then, add the top of the strawberry on to the banana
- Melt a piece of chocolate in the microwave for about 30-45s
- Using a toothpick and the chocolate, draw some eyes on your santa!



SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



5 Give a gift to someone who is homeless or feeling lonely

6 Leave a positive message for someone else to find

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an item for someone who needs it

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Contact an older neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask someone else for help or advice

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat someone with kindness today

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

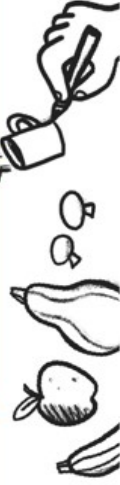
30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2022



FOR HAPPINESS

Happier · Kinder · Together



- | | | |
|------------------------|---|--|
| Tuesday 7th December | - | Swimming Y5 & Y6 |
| Thursday 9th December | - | Christmas play (Letter sent home)
(R, 1,2,3 Whitemead all day—children only) |
| Friday 10th December | - | Christmas Dinner Day & Christmas Jumper Day |
| Monday 13th December | - | West Midlands Santa Safari—whole school
(Arrive at school for 8.40 a.m. and pick up at 5.30 p.m.) |
| Thursday 16th December | - | Film Night after school (3.15—5.15 approx.)
(Further details to follow next week) |
| Friday 17th December | - | Christmas Party Day (children bring a party lunchbox)
(Children may wear non-uniform or party clothes)
<i>There will be no hot meals on this day</i>

Last day of term - 2 p.m. finish |

JANUARY

- | | | |
|-----------------------|---|---|
| Monday 3rd January | - | Bank holiday |
| Tuesday 4th January | - | Inset day |
| Wednesday 5th January | - | First day back in school (Start of Spring Term) |