

St Peter's Newsletter

30th November 2020

Dear Families,

Thank you again for your patience and understanding when we have to react to positive or potentially positive Covid tests. May we wish everyone a speedy recovery who may be suffering with symptoms and for strength and patience for all of those in self-isolation at the moment.

The children are embracing Advent this week and will be studying the meaning of the five candles of the Advent Wreath. They will be enjoying the countdown to Christmas in a variety of ways.

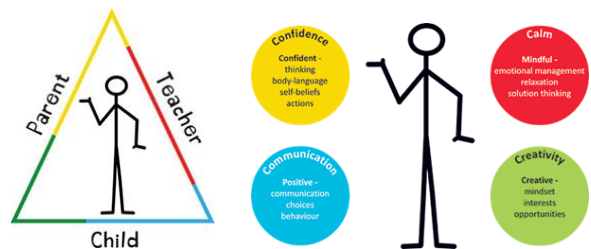
This week we have heard the beautiful voices of Christmas songs coming down the corridors. The nursery have been practising hard too. (All with Covid precautions in place). We hope to put together some online nativity and carols for you to enjoy. Please bear with us as we have staff in isolation so we will do our best.

Thank you for respecting the social distancing at the gate and around the school grounds at pick up – let's continue to all make a really determined effort over the next 3 weeks to keep everyone safe so no-one ends up having to be in self-isolation over the Christmas period.

I wish you a very enjoyable and peaceful Advent time.

Polite reminder

Please remember parents should not to be on site. However, if they are, a face covering must be worn. The school has a policy that strictly no dogs can be on site, unless they are assistance dogs.



Trick Box

We are making good progress in school with Trick Box, our personal development programme. Families who attended the presentations this time last year will know that Trick Box is designed to be a home/school/child tool for supporting children with motivation, emotional awareness and resilience. It starts in Early Years and progresses through the school. Feedback from children is very positive and they are able to articulate how they can use the tricks in specific situations.

We would have held a presentation this year for new families and for others to ask questions, but clearly this can't take place right now. However, later this week we shall be sending out a Powerpoint presentation which should give you a good idea of what Trick Box is and how the programme works. We shall also be sending a letter to advise which tricks your child has done this term.

In order to support your child, it is important that you have a box of tricks at home. These are available from the office (£5 Scopay) and will be sent home with your child. You only need one box per family. If any family cannot meet this cost, please contact Mrs S Marshall.

Toy workshop

Year 1 enjoyed a fantastic day exploring and making toys! The children learnt about the forces that make the toys move: push, pull and gravity. They also learnt that some toys have been played with for thousands of years. All the children had the opportunity to make their moving wooden toys using different tools to enable them to join the parts. They loved making the toys and they are so proud of them! Our visitors also brought some old toys for the children to explore and play with, which was really interesting and fun. We all had a great day!



Stone Age

On Friday 13th November, Y3 had a wonderful day finding out what life was like during the Stone Age. They looked amazing dressed as Stone Age people and Flint, our guide took us through the Palaeolithic, Mesolithic and Neolithic periods. Our learning was both practical and fun, as we constructed a stone circle (made of wood), competed for food and hunted a woolly mammoth. What a great way to start off our history this half term!



Greek Day

On Friday, year 6 had Greek day. This is a day when we all dressed up as ancient Greeks. Firstly, we headed to the hall and Mike taught us all about Greek culture and how they lived. He always had some humour! After break, we went back up to the class to complete this quiz going round the classroom looking at boards trying to find the answers. Then we played some ancient Greek board games. After about half an hour, we went back down to the hall and we got told to complete a jigsaw and we had to make it into different shapes like the eagle and the star. It was quite hard to do. Then Mike spoke to us about some of the Greek things that happened back in the day. After lunch, we went back to the hall and Mike was dressed in Greek armour holding a shield and a big spear. He showed us all the weapons and things they used to fight. One of them was a slingshot with a special sling stone and you had to swing it round and then release your thumb and the stone would fly across the battlefield at 250mph and explode someone's skull. Then we had a mini Olympics including javelin competitions with polystyrene javelins and it was class vs class. We had to throw the javelins along the hall and whoever's went the furthest got a point. If it hit the wall, we got two points. After that, he told us some Greek theatre called Jason and the Golden Fleece.



Nathan and Harry

Year 4 Viking workshop

It was a great day of fun and learning and everyone enjoyed themselves.

4B

I liked seeing the weapons
I enjoyed the spear wrestling
I liked hearing the tale of Ragnarock
I was amazed at seeing the artefacts
I liked playing Fox and Geese

4H

The beaver skin was so soft and smooth
I didn't know their spears were so long
I thought the sword was cool

Packed Lunches

Whether squeezing it in before the school run in the morning or before bed on busy midweek evenings, preparing your child's lunchbox can seem like just another thing on the list. Remember, school meals are a great choice as they have been designed to ensure statutory standards and nutritional guidelines are met. Details on how to order a school lunch can be found under the Parent tab on our website. But if you do make a packed lunch for your child then we ask that you think about the balance of what you provide.



The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

A detailed explanation of this can be found at

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

As a Healthy School, we would like to remind you that chocolate bars and sweets should not be included in lunchboxes. If you do include a sweet treat such as a biscuit or cake, then this should be in a small amount and less often.

Too much sugar is bad for children's health as it can lead to the **build-up of harmful fat** on the inside that we can't see. This fat can cause weight gain and serious diseases like type 2 diabetes, which people are getting younger than ever before, and **heart disease** and **some cancers**. It can also lead to painful **tooth decay** and every 10 minutes, a child in England has a tooth removed in hospital.

Many children are having over twice the amount of sugar recommended every day.

Ideas on how to reduce the amount of sugar in your child's diet can be found here.
<https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids>



If you would like any suggestions of healthier alternatives to provide as part of your child's lunchbox, then take a look at the following website.

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Football Clubs Y5 and Y6 Girls and Boys

Both clubs have had a very impressive take up and will be continuing next term. It has been wonderful to see the children participating in some active sport. We are really hoping that we shall be able to play matches against other schools before the end of the academic year.

Twitter/Instagram Feed

Please follow us - it's a great way to keep up with what's happening throughout the school.
[@StPetersFarnham](#)

School Places

If you have new neighbours with school or nursery aged children, please point them in our direction. It is a fact that Farnham has a surplus of primary school places which looks set to be the trend for some years to come. From next week, we are once again able to offer external tours of the school to small groups in line with social distancing guidelines. So many visitors can't believe how much space we have and the facilities on offer because none of this is visible from the roadside of the building. We are able to welcome new children into almost all year groups. Please spread the word!

Date reminders

Wednesday 16th Dec – KS1 Christmas Lunch

Thursday 17th Dec – KS2 Christmas Lunch

If your child is having a packed lunch that day do feel free to pop in a treat.

Thursday 17th December – Christmas Jumper day.

Thursday 17th December 1.30pm School
Closes for the holidays and deep clean

Phyllis Tuckwell Reindeer Run - Thursday 10th December

All children will be participating in the run which will be to raise desperately needed funds for our local hospice, The Phyllis Tuckwell.

We have moved the date to 10th December so that our sports coaches can help with the event, which will be run in year group bubbles. Children will be given reindeer antlers or an elf hat to run in which will guarantee a festive atmosphere.

We know that some of our families have been seriously affected by the economic impact of Covid- 19, but if you are able to sponsor your child, you can be sure that the money is going to where there is real need in our local community. You may be aware that the Hospice relies on charitable donations to provide its services to patients and families. Thank you

French Pen Pals

We are now working with four schools in France so that all pupils in Y4 - Y6 can correspond with a pen pal. Pupils are drafting their letters to post before Christmas.