



"A Local School with a Global Perspective"



Shaftesbury Park Primary School

Shaftesbury Update

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Shaftesbury Park Primary School

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At the start of a new year, many of us will have made the resolution to try and be healthier during the year ahead. Here at Shaftesbury Park, we have all got off to a flying start in that respect!

**New Year's
Resolution #1
Do more
exercise!**

This week has been an extremely busy one with children taking part in football training sessions run by Chelsea Football Club, an athletics tournament and a brand new afterschool club, Multisports, all taking place this week!

Year 6 training with Chelsea Football Club

On Monday, the Dolphins had a special visitor, Andy Akuamoah from Chelsea Football Club, who will be doing some football training with the children over the next 10 weeks. This training, which aims to help the children improve in areas such as dribbling and shooting, is being funded by the Football League as part of their work to improve grassroots-level football.



Further initiatives to help develop the footballers of the future include the Chelsea Football League for Schools which began this Wednesday. We look forward to giving you updates on the progress of our boys' football team over the coming weeks.

KS2 Athletics Competition

On Thursday, Mr Patterson and Ms Goodridge took 30 KS2 children to an athletics tournament being held at Latchmere Leisure Centre. Competing against children from 12 different schools in what was a very tough competition, our children acquitted themselves very well with the boys' and girls' teams finishing 9th and 10th respectively. A very well done to everyone who took part, we hope you all enjoyed it!

Multisports begins!

This week, children in KS1 took part in a brand new club being offered afterschool by Mohamed Abdella from the Magik Kids Club. The children enjoyed working on their ball skills with activities ranging from dribbling to shooting. We look forward to seeing how you progress over the course of the term.

Packed Lunch Policy

Here at Shaftesbury Park we operate a traffic light packed lunch system. Here is a quick reminder for your reference:

New Year's
Resolution #2
Try to eat
better!

Shaftesbury Park Packed Lunch Policy

GREEN

Please try to include these items everyday:

- **Water**
- **Carbohydrates:**
e.g. different types of bread (pitta, bagels, wraps, rolls and baguettes), pasta, rice, couscous.
- **Proteins:**
Common protein sources include fish, eggs, beans and pulses.
Good ideas for lunch include sandwich filling such as lean meat (turkey, ham and chicken), oily fish (pilchards, sardines and tuna) or cheese, quiches or omelettes (made with egg) and dahls, stew or bean salad.
- **Dairy products:**
e.g. milk, yoghurt, fromage frais, tzatziki.
- **Fruit and vegetables:**
e.g. salad in sandwiches, raw or roast vegetables, fresh or dried fruit, vegetables with dips (like carrots or celery with humous or guacamole). **We suggest aiming for at least one portion of fruit and vegetables every day.**

AMBER

Try to include items in this category only once a week:

- Low-sugar cakes
- Pastries
- Biscuits
- Low-fat/salt crisps

RED

Please do not include the following items in packed lunches:

- Meat-based products like sausage rolls, pies, pepperami
- Chocolate and sweets
- Fizzy drinks and fruit juices

We are a nut-free school. Nuts or products containing nuts (e.g. peanut butter, chocolate spread, certain cereal bars) are not allowed on the premises under any circumstances.

Please help us to ensure the health of those children in our school who suffer from life-threatening nut allergies by checking food packaging to make sure you are not accidentally sending nuts into school in your child's packed lunch.



This year, we will once again be holding 'Breakfast at Shaftesburys' as part of Breakfast Week. Arrangements will be slightly different from the last time we held this event so please do look out for further information about this next week!

**New Year's
Resolution #3
Look after
myself
better**

Staying Healthy



This term, the Foundation Stage will once again be visited by the School Nurse for a workshop on hand washing.

As *the single most important thing* that can be done to help reduce the spread of illnesses such as cold, flu and tummy bugs, it is vitally important that all children are made aware of the importance and benefits of washing their hands properly.

Please support us in this by encouraging your child to wash their hands at appropriate time such as after going to the toilet and before eating.

We would also like to take this opportunity to remind parents of the NHS guidance and School Policy that children with diarrhoea and/or vomiting must be kept off school for **48 hours after their symptoms have gone.**



For further information on hand washing, please see the following NHS website:
<http://www.wash-hands.com/>

Article 24

Every child has the right to the best possible health with access to clean water and nutritious food.

Shoot to the Moon winners!

<p>Foundation Stage: Zebras: Iona & Ivan Tigers: Niyah Leopards: Ngaire & Saskia</p>	<p>Key Stage 1: Badgers: Salwa & Levi Hedgehogs: Shaleece & Keira Owls: Tishan & Leon Foxes: Bogen & Elodie</p>	<p>Key Stage 2: Starfish: Jean & Leanne Seals: Sahara & Joziah Sharks: Tyra & Suleyman Turtles: Eudella & Mason Dolphins: Reece & Ikram</p>
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The best attendance and punctuality for last week!

<p>Our Foundation Stage winning class Zebras</p>	<p>Our Key Stage 1 winning class Foxes</p>	<p>Our Key Stage 2 winning class Dolphins</p>
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Check out the Rights of the Month highlighted in blue



One of January's Rights of the Month is Article 13 of the United Nations Convention on the Rights of the Child:

Every child must be free to say what they think and to seek and receive all kinds of information.

Free speech is also guaranteed under the Universal Declaration of Human Rights and under Human Rights legislation in many countries around the world, including the United Kingdom.

With this in mind, we decided to speak to a group of children to see if there was anything they wanted to get off of their chests, in our own 'Shaftesbury Update Speakers Corner'. Here is what some of them had to say:

We think that leaving dog poo on the ground is not very nice because people can step in it. We don't like getting it on our shoes and our parents don't like cleaning it. It is also not very clean or hygienic - there is lots of bacteria in it so it can also make you sick.

We don't like seeing it when we come to school. We have noticed lots of people leaving bags of poo next to the bin just outside the gate, not even in it. It's not very attractive and it makes our school look bad.

*We would like to ask people who have dogs to pick up their poo and kindly put it **inside** the bin. If you have a dog, you should be responsible for it and its poo too.*

-Macy, Myia and Priya

We completely agree girls! That's why we will be working with you and the other children to write to the council later this half-term as part of our Junior Travel Ambassador Programme.

Shaftesbury Update Speakers Corner

Those who enter this space may exercise their democratic right of free speech, but should do so responsibly and with adherence to the law.

Remember, many have sacrificed much to protect this human right. If we cannot speak and act freely then what hope is there for others?

Dates for the Diary - Spring 1 & 2

Date	Event	Is it for parents?
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NEXT WEEK

Wednesday 20 th January	Owls sharing assembly - 9:30am	Parents welcome
Thursday 21 st January	Graffiti theatre show for years 5 & 6	-

COMING SOON

Wednesday 27 th January	Badgers sharing assembly - 9:30am	Parents welcome
Thursday 28 th January	Breakfast at Shaftesbury	EVERYBODY WELCOME! More details to follow
Monday 1 st -5 th February	STEM (Science, Technology, Engineering and Mathematics) week	-
Wednesday 3 rd February	Sharks sharing assembly - 9:30am	Parents welcome
Thursday 4 th February	Coffee morning - 9:00am Focus: Introduction to mindfulness	Parents welcome
Friday 5 th February	KS1 children's evening event, 6 - 7.30pm. More information to follow	KS1 children with their parents
Tuesday 9 th February	FoSP meeting - 9:00am	Parents welcome
Tuesday 9 th February	Science curriculum evening - 6:00pm	Parents welcome
Wednesday 10 th February	Hedgehogs sharing assembly - 9:30am	Parents welcome
Friday 12 th February	Last day of Spring 1	-

Half term: 15th - 19th February

Monday 22 nd February	Children return to school	-
Monday 29 th Feb-4 th March	Book week	-
Tuesday 1 st March	Spring term Parents' evening 1	Please book an appointment with your child's teacher.
Wednesday 2 nd March	Foxes sharing assembly - 9:30am	Parents welcome
Thursday 3 rd March	Coffee morning - 9:00am Focus: Looking after yourself	Parents welcome
Thursday 3 rd March	World Book day parade	-
Tuesday 8 th March	Spring term parents' evening 2	Please book an appointment with your child's teacher.
Wednesday 9 th March	Seals sharing assembly - 9:30am	Parents welcome
Tuesday 15 th March	Spring term parents' evening 3	Please book an appointment with your child's teacher.
Tuesday 15 th March	Year 5 Junior Citizenship workshop	-
Wednesday 16 th March	Turtles sharing assembly - 9:30am	Parents welcome
Friday 18 th March	Sports Relief	-
Tuesday 22 nd March	FoSP meeting 7:00pm	Parents welcome
Wednesday 23 rd March	Easter competition entries due in	-
Thursday 24 ^h March	Easter parade with winners of the competitions LAST DAY OF TERM - finish at 2pm	-