



WEST BYFLEET INFANT SCHOOL

We Believe in Success

Teachers who love to teach..... Children who love to learn.....

Spring Newsletter No 4—Thursday 1st February 2018



We had a wonderful visit by Sophie the Dinosaur and Baby Jack this week who came in for a special assembly.



Useful Dates:

- Fri 2nd Feb**—2nd Hand Uniform sale 3pm
- Mon 5th Feb**—Life Bus
- Mon 5th Feb**—Yr 2 Parents learning opportunity re Great Fire of London 2.30pm
- Tues 6th Feb**—Life Bus
- Thurs 8th Feb**—Sign up sheets out for Parent's Evening
- Fri 9th Feb**—Mufti Day for Epilepsy Society
- Mon 12th—Fri 16th Feb**—HALF TERM
- Weds 21st Feb**—Parent's Eve 3.30—6pm
- Mon 26th Feb**—Parent's Eve 3.30—6pm

Safeguarding Tips: Young Carers

Last Thursday (25th January 2018) was Young Carers Awareness Day to raise awareness of the 700,000 young carers across the UK. The Carers Trust snapshot survey showed that 46% of five-to-ten year olds, known as infant young carers, are getting up at night to care for a sick family member, missing out on their own sleep.

- More than 80% are carrying out caring duties every day or most days of the week.
- One in ten young carers go to the shops unaccompanied to buy essentials for the family.

Three quarters of these children are providing emotional support by cheering up family members when they are sad.

Young carers video::

<https://www.safeguardingschools.co.uk/young->

Early Birds

Early Birds is our early morning children's club which is open to everyone, whether at the Infants or Junior School. It runs from 7.45am and costs £3.50 per morning regardless of what time you drop off your child. You don't have to book a place, just turn up on the day. Payment can be made by cash, cheque to the Earlybirds staff or by childcare vouchers. We look forward to seeing you soon!

Church Parking—Important!!

A few parents are being very rude to the church staff when they park in the church car park and we risk losing the right to park in their car park—in fact they have now put the barrier down in protest! Please park courteously and be polite so that we do not lose this privileged facility. Thank you.

PFA Second Hand Uniform Sale



Friday 2nd February in the playground at 3pm—items £1 each. All proceeds go to the PFA for funding school equipment and activities.



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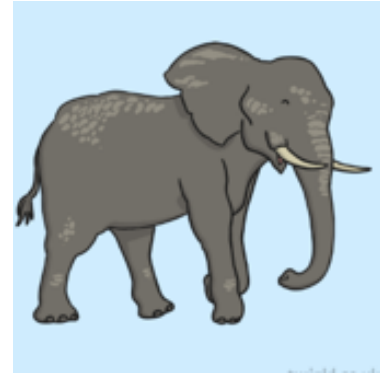
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Eco News

The Great British Spring Clean is a campaign with a simple aim—to bring people across the country together to clear up the litter that blights our towns, villages, countryside and beaches.

On the weekend of 2—4 March 2018, the campaign wants to inspire 500,000 people to get outdoors, get active and help clear up the rubbish that lies around us. Join their growing Army of #LitterHeroes who have had enough of other people’s litter and are willing to do something about it.

Characteristics of an Effective Learner



Exploring Elephant—I am an explorer

What exploring have you done this week?

Alive N Kicking Website: www.ank.uk.com/ank25

Healthier snacking for children

How much sugar is in a child’s snack?

Do you really know how much sugar is in the average child’s snack? Children across England are consuming nearly three times their daily recommended amount of sugar with half of this sugar coming from snacks and sugary drinks. Too much sugar can lead to harmful fat building up, which can develop into serious health issues as well as tooth decay. But some small changes to their diet can make a big difference.

When choosing snacks for the kids, look for **100 calorie snacks two a day max**



Alternative snacks

Try healthier options by swapping biscuits, sweets and crisps for healthier snacks like fruit and vegetables, fruited malt loaf, fromage frais, popcorn, houmous or rice cakes. Look out for the Change4Life signs at selected supermarkets to find healthier options and follow this simple tip ‘100 calorie snacks, two a day max.’

Money-off vouchers and apps

There are money-off vouchers for healthy snacks when you sign up to the [Change4Life website](http://Change4Life.com) and a “snack pack” guide to healthier eating. There are also several apps you can download such as the ‘Food Scanner’ app. By scanning a bar code you can see how many calories there are in food or drinks, as well as the sugar, salt and saturated fat content. The ‘Be Food Smart’ app also provides recommended calorie information per serving.

If you are concerned about a child’s weight and would like some advice, Alive ‘N’ Kicking is a local service for children aged between five and nineteen years old. The programme is designed to enable children to enjoy a healthier lifestyle. For more information visit the [Alive ‘N’ Kicking website](http://Alive N Kicking website).



Sophie the Dinosaur enters the building!



Baby Jack nibbles a finger!



Gasps of amazement as Sophie comes to our Assembly!