



Bird's Bush News - 27.11.2020



December is nearly here!

Christmas is certainly in the air early this year and lots of houses have their trees and lights up already. The children have started to prepare for our Christmas Celebration video, we are hoping that it will work well so we can share it with you all - We hope to upload the video to the website so if you DO NOT want your child to appear in the video please let us know by 4th December using this form <https://forms.office.com/Pages/ResponsePage.aspx?id=-tMev0YxpkClf8Ds148CEoemOF1xqDxOrR-4nm3dcH9UOEQwWkwxVFRZR0IyOE9aRIZIUehYRDhIUS4u> YOU ONLY NEED TO COMPLETE THIS IF YOU DO NOT WANT YOUR CHILD TO APPEAR IN THE VIDEO.

Christmas Events

Wednesday December 9th - Reception Nativity Dress-up day

Friday December 11th - Whole school Christmas Jumper day - £1 to wear your Christmas jumper and enter the Christmas Card competition

Wednesday 16th December - Christmas Dinner Day - this will need to be ordered by 8th December - order forms will be sent out next week

Christmas Raffle prize draw (see below)

Thursday 17th December - Christmas 'Bubble' Party lunch (order by 8th December) and 'Bubble' party afternoon - £1 to wear non-uniform or your favourite party sparkles!

Friday 18th December - Christmas jumpers (let's have another chance to wear them!)

Children finish for the Christmas holiday after lunch on Friday 18th December. There will be NO Friday club available on this day. Further details of exit times will be sent out nearer the date.

Collection of money for Non-uniform days etc will be done at the gate. There will be a collection bucket for you to drop your money into - please bring the correct amount as we cannot give out change. This will be quarantined for 72 hours before it can be handled.

Christmas Raffle details

This year we will not be having paper raffle tickets for our Christmas Raffle. Tickets are £1 for 5 entries into the raffle draw, you can have as many as you like - to buy tickets you need to put the correct amount of money in a **sealed envelope or plastic bag** with the names you want on the 'tickets' clearly labelled OR you can pay for 'tickets' via your ParentPay account, please make sure you select Christmas Raffle. There will be a box at the gate to put your envelopes in from Tuesday 1st December

We have a range of prizes (that have all been quarantined appropriately), shopping vouchers, Christmas Hamper

BIRD'S BUSH CHAMPIONS!



1S - Sarah S - Confidence - Sarah has shown enormous amounts of confidence in her big write this week! Her progress is fantastic!

6G - Liam J - Motivation - We have seen an amazing amount of motivation this week from Liam who now has amazing handwriting and a long write to be proud of. Well done!

5J - Lydia W - Never Gave Up - In maths we have been doing fractions and even when she was finding it challenging she always stayed positive and motivated to learn!

4H - Lacey J - Never Gave Up - Lacey has worked so hard in her maths this week showing a real never give up attitude, even when the problems were really tricky! Well done Lacey

3F - Faith S - Ambition - Faith has been trying very hard this week! She has been doing her work very well, even when it has been tricky!

2C - Isla-Rose R - Confidence - we have seen an improvement in Isla-Rose's confidence this week. She has written an awesome report about wolves, joined in with music really enthusiastically and been an awesome role model for her friends. She is an absolute star!!!

RT - Noah H - Confidence - For being a fantastic storyteller.

CHARACTERISTIC OF THE WEEK - Confidence

Times Table Rock Stars!



Year 6 - Olivia M - takes the lead!

Year 5 - Maddison W - Super!

Year 4 - Reece J - Awesome!

Year 3 - Archie C - Keeps the crown!

Year 2 - Lucy May - 2nd week running - fantastic!

ATTENDANCE



School attendance for last week = 97.99%

Best class attendance for last week = **2S 100% - Fantastic!**

Whole school attendance (sept-now) = 96.9%

Our target is 96% - Yeah! we are still on target!

Isolation due to Coronavirus is not counted in school absence figures

Reading Godmother



It is lovely to hear about all of the books you have been reading over the summer and during lock down. Lots of 'Read It!' tickets have been given out this week and the Reading Godmother Shelves are fully stocked for winners to choose their books.

READ IT! WINNERS THIS WEEK

Isabella J, Chloe B, Blake T, Rowan G, Scarlet W, Sarah S, Mylo B

ENJOY READING!



1 - Denese Hill - Family Support Worker

Looking for help or advice?

d.hill@perryhallmat.co.uk

Feature On.....Eating



Helping Children Overcome Fussy Eating

While it can be tempting to adopt strategies such as hiding food and coaxing children to eat, they will be ineffective in the long term. Moving children out of the neophobic stage (the 'neophobic response'. This is thought to be a survival mechanism to help prevent toddlers, who are increasingly mobile, from poisoning themselves) is aided by **two** key things;

- **copying others around them**
- **repeated exposure to foods.**

Children's food preferences are influenced by how familiar a food is to them. The more exposure to a food, the more likely they are to accept it. It's normal for us to offer a food two or three times before deciding a child doesn't like it, but that's usually not the case! Generally speaking, new foods are offered around **10-15 times** before a child will accept it.

The 'Do's and Don'ts' of Supporting Fussy Eaters

- **Children should have a good meal and snack routine of 3 main meals and 2-3 healthy snacks across the day.** It's a good idea to leave at least 2 hours between meals and snack times and these should be offered at a similar time each day, including weekends. Although it may sometimes seem tempting, avoid leaving foods out for children to graze on as it will interfere with their meal and snack routine
- **Ideally mealtimes should last for around 20-30 minutes.** This is more than enough time for children to eat what they need. If a child sits at the table for more than 30 minutes they are likely to become quite frustrated. Remember mealtimes should be enjoyable and something children look forward to
- **It's best not to offer children alternative foods.** Don't worry if they don't finish everything on their plate. It's best to avoid offering them an alternative, including milk or fruit juice, as they'll quickly learn that they will be offered something else, so there's no need for them to consider trying the new or refused food. Stick to the meal and snack routine. They'll have 5-6 opportunities in the day to eat!
- **Eat together and role model!** Mealtimes should be social and enjoyable. Use this time as an opportunity to sit down and talk to children. This will help them feel relaxed and remove any pressure they feel. Remember children like to copy the behaviours of those around them

- **Children should** be encouraged to feed themselves with a spoon and encouraged to have finger food
- **Offer appropriate serving sizes.** Use age appropriate plates and bowls for children. Encourage self-serving and offer smaller amounts of food, as large portions can overwhelm children. Second helpings can be offered if children want more
- **Try to avoid distraction such as TV, toys and game.** Parents and practitioners sometimes find this can help them feed their child, because their attention is elsewhere, however, it's not addressing the issue and won't support them to move out of the neophobic stage
- **Involve children in preparing and cooking different foods.** It's not only a good learning opportunity but children will also be relaxed and have fun with food. Exposure to food without pressure to eat it is key!
- **Praise and reward children for good eating behaviours,** such as trying a new food or sitting nicely at the table as this will help to reinforce good behaviour. Remember: do not use food as a reward, for example, avoid phrases such as 'you can only have pudding if you eat all of your meal' as it creates the idea of having to eat the undesirable food in order to get the 'treat'
- **Have an agreed approach to managing fussy eating at home and in your early years setting.** This will ensure children are supported in the same way by everyone and make the strategies discussed above more effective.

School Lunches - hot and cold option menu



Birdsbush Primary
Winter 2020



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sandwich Grab N Go Bag	Sandwich Ham or Cheese Or Tuna	Sandwich Ham or Cheese Or Tuna	Sandwich Ham or Cheese Or Tuna	Sandwich Ham or Cheese Or Tuna	Sandwich Ham or Cheese Or Tuna
Hot Option Grab N Go	Cheesy Tomato Pizza with Dough Balls	Pork Sausage in a Roll (1) roll	Beef Dinner Roll with Mini Roasties	Pasta Bolognaise with Garlic Bread Wedge	Fish Fingers & Chips
Also available	Hot Jacket Potato + cheese or beans	Hot Jacket Potato + cheese or beans	Hot Jacket Potato + cheese or beans	Hot Jacket Potato + cheese or beans	Hot Jacket Potato + cheese or beans
All with	Crunchy Veg Sticks Or Veg of The Day	Crunchy Veg Sticks Or Veg of The Day	Crunchy Veg Sticks Or Veg of The Day	Crunchy Veg Sticks Or Veg of The Day	Crunchy Veg Sticks Or Veg of The Day
Something sweet...	Cook's Bake of the Day	Cook's Bake of the Day	Cook's Bake of the Day	Cook's Bake of the Day	Cook's Bake of the Day

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Sandwich Grab N Go Bag	Sandwich Ham or Cheese Or Tuna	Sandwich Ham or Cheese Or Tuna	Sandwich Ham or Cheese Or Tuna	Sandwich Ham or Cheese Or Tuna	Sandwich Ham or Cheese Or Tuna
Hot Option Grab N Go	Cheesy Tomato Pizza with Bacon/Pesto	Sausage & Mash (1) roll	Beef Dinner Roll with Mini Roasties	Steak N Cheese with Herby Bread Wedge	Fish Fingers & Chips
Also available	Hot Jacket Potato + cheese or beans	Hot Jacket Potato + cheese or beans	Hot Jacket Potato + cheese or beans	Hot Jacket Potato + cheese or beans	Hot Jacket Potato + cheese or beans
All with	Crunchy Veg Sticks Or Veg of The Day	Crunchy Veg Sticks Or Veg of The Day	Crunchy Veg Sticks Or Veg of The Day	Crunchy Veg Sticks Or Veg of The Day	Crunchy Veg Sticks Or Veg of The Day
Something sweet...	Cook's Bake of the Day	Cook's Bake of the Day	Cook's Bake of the Day	Cook's Bake of the Day	Cook's Bake of the Day

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sandwich Grab N Go Bag	Sandwich Ham or Cheese Or Tuna	Sandwich Ham or Cheese Or Tuna	Sandwich Ham or Cheese Or Tuna	Sandwich Ham or Cheese Or Tuna	Sandwich Ham or Cheese Or Tuna
Hot Option Grab N Go	Cheesy Tomato Pizza & Wedges	Chicken Breast Burger with Wedges	Beef Dinner Roll with Mini Roasties	Cottage Pie with Carnets	Fish Fingers & Chips
Also available	Hot Jacket Potato + cheese or beans	Hot Jacket Potato + cheese or beans	Hot Jacket Potato + cheese or beans	Hot Jacket Potato + cheese or beans	Hot Jacket Potato + cheese or beans
All with	Crunchy Veg Sticks Or Veg of The Day	Crunchy Veg Sticks Or Veg of The Day	Crunchy Veg Sticks Or Veg of The Day	Crunchy Veg Sticks Or Veg of The Day	Crunchy Veg Sticks Or Veg of The Day
Something sweet...	Cook's Bake of the Day	Cook's Bake of the Day	Cook's Bake of the Day	Cook's Bake of the Day	Cook's Bake of the Day

Friday Club

Please remember that Friday Club spaces **MUST** be booked via the online form by 6pm on Wednesday **EVERY WEEK**. The form is sent out at the start of each week. We cannot accept children who have not been booked in by Wednesday as we have to organise Friday Club weekly due to working in bubbles.

Term Dates 2020 - 2021



Autumn Term 2020

- **Term Time:** Wednesday 2 September 2020 to Friday 23 October 2020
- **Half Term:** Monday 26 October 2020 to Friday 30 October 2020
- **Term Time:** Tuesday 3 November 2020 to Friday 18 December 2020

Spring Term 2021

- **Term Time:** Tuesday 5 January 2021 to Friday 12 February 2021
- **Half Term:** Monday 15 February 2021 to Friday 19 February 2021
- **Term Time:** Monday 22 February 2021 to Wednesday 31st March 2021

Summer Term 2021

- **Term Time:** Monday 19 April 2021 to Friday 28 May 2021
- **Half Term:** Monday 31 May 2021 to Friday 4 June 2021
- **Term Time:** Monday 7 June 2021 to Tuesday 20 July 2021

Inset Days

- **Tuesday 1st September 2020**
- **Monday 2nd November 2020**
- **Monday 4th January 2021**
- **Thursday 1st April 2021**
- **Wednesday 21st July 2021**

Ways to contact us

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bb.y6@perryhallmat.co.uk

Class teachers check these emails during the week. They are extremely busy so please do not expect an instant reply, they will get back to you within a few days at most.