

Red Oaks Primary School
14th October 2020
Newsletter



Face coverings

As the car park and path ways are busy at drop off and pick up times, we politely request that all adults wear masks/face coverings whilst on site please. Please also keep children with you whilst waiting to enter the building so that they are not mixing with children from other bubbles.

Thank you.

Water bottles

As we are unable to use water fountains at the moment, it is vital that all children bring a water bottle to school. Please ensure that there is water only in the bottle as juice/ squash spillages cause a very sticky mess. Thank you



Assemblies

As we are not able to gather in the hall at present, all our assemblies are virtual. As well as a values based assembly each Monday, we continue to have our celebration assembly each Friday. This is when we award certificates etc. If your child has an achievement outside of school you wish us to celebrate, please let your child's teacher know via Class Dojo. You can also post this on the 'Wall of Talent' on the school website.

Facebook

If you haven't already, please 'like' Red Oaks Primary School on Facebook. Messages on here will also be passed out in other ways but this is an additional form of communication.



Car Park

May we please remind you that the speed limit whilst driving into and around the car park is 5 MPH. It also is the law that seatbelts are worn at all times whilst driving and that children must be securely strapped into legal car seats for their age/size.

Monday 19th October - Harvest Festival is changing...AGAIN

For the second year running we are going to be supporting 'The Big Breakfast Plus' but our support is going to look a little different this year.

'The Big Breakfast Plus' usually provide a hot, freshly cooked breakfast for homeless people in Swindon, 7 days a week. This means they usually make over 7,000 breakfasts every year! However, due to Covid-19 they have been unable to do so and have been supporting homeless people in other ways. Lockdown was difficult for us all, but can we imagine what it would be like to be homeless and that one morning breakfast you would count on to get you through the day, has also gone.



What do we need this year?

We need monetary donations so we can support them, in supporting the homeless people of Swindon. This can be done via ParentPay. Your kind donations we are sure would be very much appreciated.

The Day - Monday 19th October (Non-School uniform)

On the day, a representative will be joining us virtually during our assembly to talk to us about how they coped during the outbreak and how they have continued to support the homeless throughout. This day will also be a non-school uniform day.

COMPETITION!!

A chance to WIN a Kids Fire HD 8 tablet, a family fruit and veg box and a children's garden discovery box! PLUS £5 off voucher for a box of fresh groceries for you all! This information is also available on class dojo.

Make, Bake, Draw, Create your very own healthy superhero! Take a photo of it, along with its name and super power and send to the link/e-mail on the attached poster for your chance to win :-). **Deadline is 6th November.**

Upcoming Dates

- 15/10 Individual Photos (inc. sibling groups in school)
- 19/10 Non-School uniform in aid of Big Breakfast Plus
- 20/10 School breaks up 3.00 & 3.15pm depending on start time
- 21/10 TD Day
- 2/11 School reopens
- 23/11 Flu Vaccination





Christmas Shoe Box Appeal 2020



Millions of people enjoy celebrating Christmas. Perhaps some of us will appreciate the season more in this strangest of years, but for many vulnerable children and families Christmas will be another reminder of their isolation and poverty. FSCI's Christmas box appeal brings joy to thousands of marginalised families and individuals in Serbia and Bulgaria every year. And after a fantastic year last year, we have decided to show our support now more than ever, but in a different way. As we cannot collect items this year, we are asking for a small monetary donation so that the volunteers of the FSCI can buy the items, package them, wrap them and deliver them safely in time for Christmas.

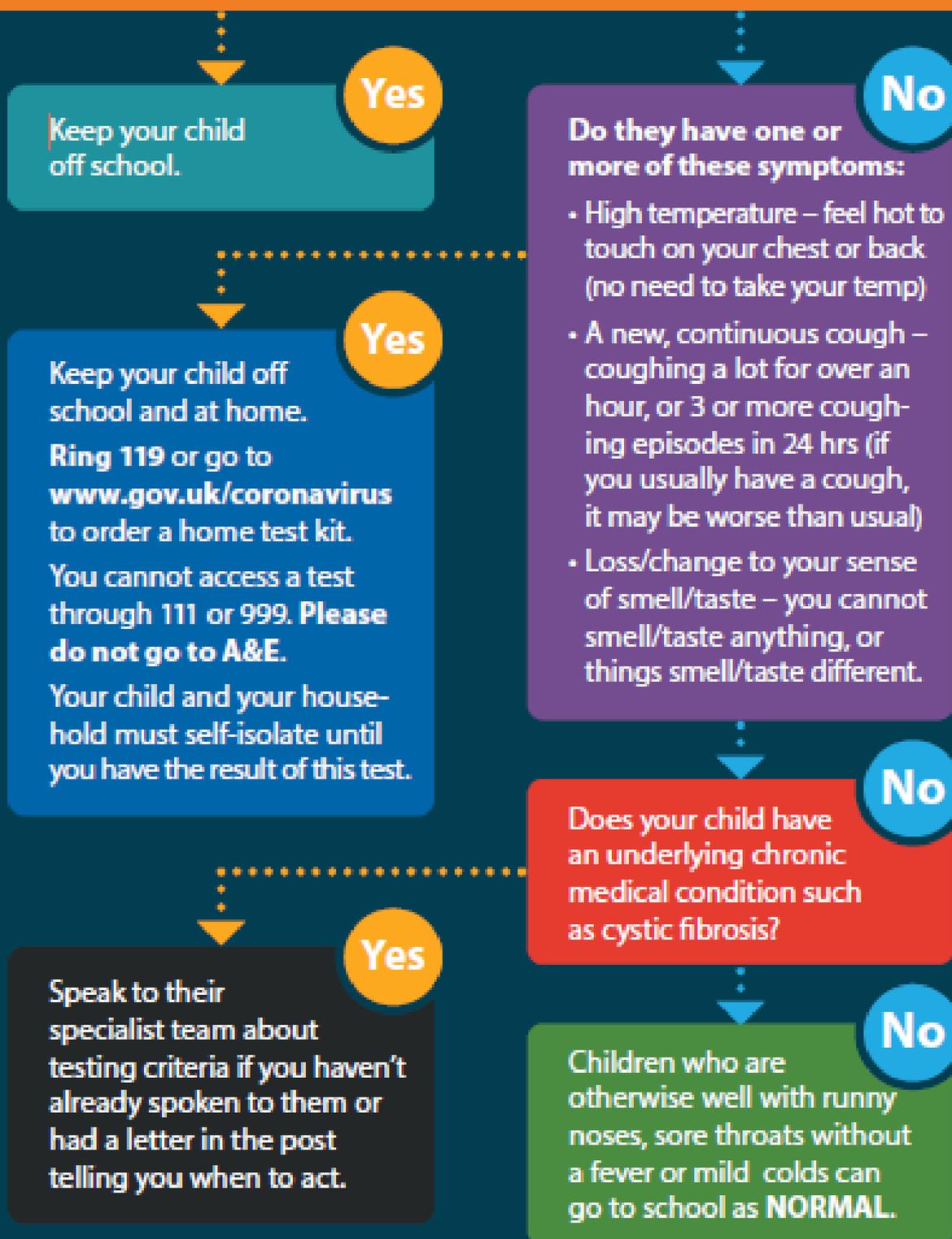
On **Friday 6th November** we would like to encourage children to wear the colours of the Bulgarian or Serbian flag in exchange for a monetary donation to ParentPay. By donating to the appeal in this way we are helping to ensure that they have enough boxes for girls, boys and adults too.

Thank you for your on-going support
from
Charity Ambassadors x



LOST & LONELY - found on KS2 playground - could the owner please make themselves known to the office ladies.....

My child is unwell, should I keep them off school? Would you have kept your child off school before COVID-19?



School Tours



We **ARE** open for school tours **BUT** they will have to operate a little differently to usual:

- Only 5 visitors per group for each tour
- Unfortunately, no children can attend
- Face coverings to be worn at all times
- Details will be taken for 'Track and Trace' purposes
- Please email tylerm@redoaks.org.uk to book
- Please arrive promptly for your tour and let us know if you are unable to attend
- **Dates available 2nd/3rd/9th/10th/16th/17th/23rd/24th November at 4.00pm**

Harry Potter Studio Tour



WIN
a family ticket
for 4 people

- Help boost our school fundraising
- Tickets cost just £1 per week
- Cash prize winner every week
- You could even win our £25,000 jackpot



Buy A Ticket



Advice for parents and carers

County lines involves the transportation of illegal drugs from one place to another, usually across different counties.

Groups or gangs target young and vulnerable people from all backgrounds, to run 'mobile phone lines' and move drugs across borders.

While most young people will not become involved in county lines, it is important that you are able to recognise the signs and know how to protect your child.

Why do young people become involved in County Lines?

Gangs are known to target vulnerable young people; some of the factors that heighten a person's vulnerability include:

- Going through a family breakdown
- Struggling at school or experiencing learning difficulties
- Homeless or living in a care home
- Trapped in poverty
- A sense of belonging
- Lack of money
- Pressure and influence by their peers. Peer to peer abuse can be males and females.
- A sense of power
- To gain friends and social status
- Protection



Signs to look out for

Here are some signs to look out for that may suggest someone you know might be involved in county lines activity:

- A sudden change in behaviour, with violent or aggressive outbursts
- Using sexual, drug-related or violent language you wouldn't expect them to know
- Becoming isolated from friends and family
- Carrying weapons - this may include taking items from the home
- Multiple mobile phones or additional sim cards
- Unexplained new possessions and money
- Unknown train/bus tickets
- Having hotel cards or keys to unknown places
- Being secretive about who they are talking to and where they are going
- Regularly going missing and/or missing school
- Unexplained injuries that could indicate physical assault or self-harm
- Use of drugs and alcohol
- Associating with established groups outside of their usual peers and social circle, in particular older members.

What you can do to help

- Be aware of what your child is looking at online and have appropriate restrictions in place. Groups will often target young people on chatrooms, social media and gaming apps
- Know where your child is and who they are hanging around with
- Talk to your child and listen to their concerns. Make sure the doors of communication are always open
- Report any concerns you have to the Police on **101**. This helps us to build a local picture and protect young people from risky situations
- Encourage your child to get involved in positive activities and motivate them to succeed
- Talk to your child's education facility, or any other professionals - for example, your GP or healthcare professional - if you have any concerns
- Talk to other parents, especially if your child says they are going to a 'friend's house'.

Want to know more?

Here are some useful links you can explore for more information and support.



www.childline.org.uk



www.childrenssociety.org.uk/what-is-county-lines



www.fearless.org



www.nspcc.org.uk



www.saferinternet.org.uk



www.thinkuknow.co.uk



County Lines and Exploitation



Advice for parents and carers

SUPER COMPETITION!!!



WE'RE LOOKING FOR THE NEWEST FOOD SUPERHERO TO JOIN THE SUPERFOOD SQUAD!

Draw, build, bake, make or mould your food superhero **with a superhero name and brief description of its superpowers*, send us a picture and be in with a chance to win a Fire HD 8 Kid's tablet, Family Fruit & Veg box and a children's garden discovery kit!

To enter, take a picture of your superhero, and upload it to our competition form – bit.ly/superfoodhero, alternatively email it to (socialmedia@heritagefindfoods.co.uk) along with your name, age, school, parent/guardian's name and contact email/telephone number.



Competition closes on Friday 6th November 2020 and all entries must be submitted by 5 pm.

HERE'S SOMETHING FOR YOU SUPER PARENTS!



To help get your family eating better for less, we are offering £5 off your first order and your 4th box for 1/2 price!

Use code **5NEW** when you sign up with 5adaybox.co.uk

(Add code to your account before placing your order).

Don't forget to check out our new blog series 'Eat healthy for less'! Each week, we will be posting a new family-friendly recipe, which will use seasonal produce to help keep your family eating better for less.

For more healthy meal ideas, offers and more follow us on:



heritagefinefoods.co.uk

DID YOU GUESS THEM ALL CORRECTLY?

ANSWERS: 1. GLOBE ARTICHOKE, 2. MOOLI (DAIKON RADISH), 3. DRAGONFRUIT.



Information sources:
www.NHS.uk
www.NHS.uk/change4life
www.Healthline.com
www.boredpanda.com
www.bhf.co.uk



FOOD SUPERHEROES



CREATE A FOOD SUPERHERO AND YOU COULD WIN A SUPER PRIZE!! SEE COMPETITION INSIDE.



The
HERITAGE FINE FOOD
— COMPANY —
Ltd.

heritagefinefoods.co.uk
01380 860968

WHY FRUIT & VEGETABLES ARE SUPER?!

Fruit and vegetables are super because they contain essential vitamins and minerals which allow our bodies to grow **big, strong**, and healthy. Each fruit and vegetable has a certain set of 'super powers' which help do something good for our bodies.



It's recommended that you eat 5 portions of fruit and veg every day. A single portion of fruit or veg should fit in the palm of your hand.

DO YOU KNOW WHAT THIS VEG IS?



1



DO YOU KNOW WHAT THIS VEG IS?

2



EAT WELL GUIDE

Fruit and veg are really important, but should form part of a balanced diet. A balanced diet should include:



33% Fruit & vegetables
33% Bread, cereals & potatoes
15% Milk & dairy
12% Meat, fish & alternatives
7% Fatty & sugary foods



WHAT SUPERPOWERS DO FRUIT AND VEG HAVE?

Strawberries, tomatoes and other red foods help our joints move.

Carrots, sweet potatoes, and other orange foods are good for our eyes.

Pineapples, corn and other yellow foods help to keep our skin healthy.

Broccoli, spinach and other green foods help with healing.

Blueberries and other blue foods help to prevent illness.

Aubergines and other purple foods keep our heart healthy.



SUPER FACTS ABOUT FRUIT & VEGETABLES



Tomatoes are the World's most popular fruit!



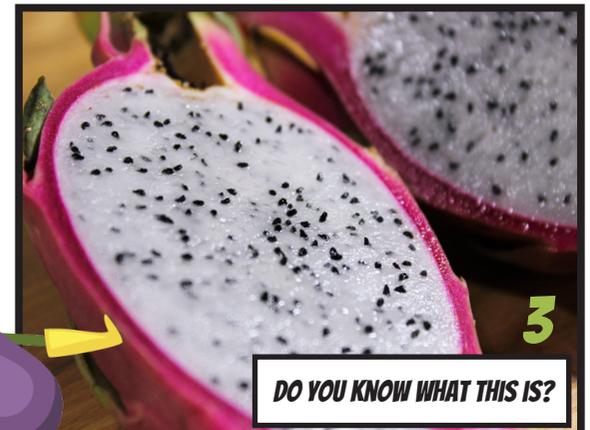
Sweetcorn is a member of the grass family.

In Japan, you can buy watermelons that are square.



Potatoes were the first food to be grown in space.

The World's heaviest onion weighed more than a man's head.



DO YOU KNOW WHAT THIS IS?

3