

**WESTERN ROAD C.P.SCHOOL**

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**Newsletter — Friday, 18<sup>th</sup> January 2019 Issue No: 8**

Dear Parents and Carers,

Welcome back to school and a Happy New Year to all our families.

**Healthy Living Week**

We started this term with Healthy Living Week. My thanks to Mrs Bedford for planning and organising this week. Below is a description of the activities which took place:

School started after Christmas with a jam-packed week for Healthy Living week. Pupils took part in a range of exciting learning opportunities focusing on Healthy Diet, Healthy Body and Healthy Mind. We were very lucky to have a range of visitors this week – our yoga instructor (Tamsin Dyke) and PE specialist (Linda Goode) ran special sessions across the school with a focus on mindfulness and keeping your heart healthy. Some of our school staff even took part in a yoga session before school! We also had our Schools NHS Team visit and teach the children about healthy diet and sleep – one child in Year 6 even reported going to bed earlier following this as he had realised he hadn't been getting enough sleep! Year 6 were also lucky to have an emergency nurse visit who taught them some First Aid tips. Miss Hoare has started her New Year's Resolution Club which is ongoing, so don't forget to join in with her mini exercise sessions on the Key Stage Two playground on Thursday and Friday mornings. All in all it was a great week, and I hope you've heard lots about it from your child! **Kerry Bedford, Year 6 teacher and PSHE Lead.**

**Year Four trip to the Mandir in Neasden**

Year 4 began the year with a trip to the world famous Hindu Mandir in Neasden. Miss Cottingham recounts their trip below:

Following our topic last term on Hinduism, Year 4 had the privilege of visiting Neasden Hindu temple in North London on Thursday, 10th January. The children enjoyed watching the Arti service where they watched as prayers were offered to the Deities. Our guide showed us all the different parts of the temple and answered all our questions, even explaining why we had to take our shoes off. We had a great day admiring the beautiful building and learned even more about the ancient religion of Hinduism. Our thanks to all the parent helpers and special thanks to Reverend Wingate who helped to plan and organise the trip for us. **Alice Cottingham, Year 4 teacher.**

**Attendance Update**

This year we will be publishing our whole school attendance data at the end of each term. Our target for this year is to achieve 96% overall attendance. At the end of Term 2 our attendance was 96.8%. All children with 100% attendance for Term 2 will receive a certificate to take home.

**News from FOWR****Second-hand uniform sale**

Please DONATE ANY OUTGROWN UNIFORM for our uniform sale on Friday 25th January. Have a clear out of anything in good, clean condition and leave by the School Office.

### Quiz Night

This brand new event for 2019 is to raise funds for our lovely school. There will be a quiz, food, bar and a chance to bid on some amazing prizes in our auction. Tickets will be on sale at the beginning of February but put the date in your diaries now!

### Auction Prizes

If you or your business can offer an auction prize for our Quiz night, please let us know. We are looking for beautiful gifts, exciting experiences and anything else that would make a great prize. We appreciate your support.

### Dates for your diary:

Friday, 25th January 3.15pm – 3.45pm - Uniform sale in playground

Wednesday, 13th February 7.30pm for a 8pm start - Quiz Night at school (adults only)

Thursday, 28th March 2.15pm – 3.20pm - FOWR AGM followed by committee meeting in the school library, everyone is welcome to attend.

Thursday, 4th April 3.30pm – 7.30pm - Bunny Bop Disco (split into Key Stages)

Thursday, 6th June 2.30pm – 3.20pm - FOWR Committee Meeting, all welcome.

Saturday, 15th June 12.30pm – 3.30pm - Western Road School Summer Fair

You can contact us by email @westernroad.friends@outlook.com.

Follow us on Instagram @friendswesternrd and Facebook @FriendsofWesternRoad for our latest news.

Thank you for your support.

Friends of Western Road Team

### Parents' Art Group

This term there will be another parent led whole school art project, beginning with Key Stage One. We are currently looking for enthusiastic, creative parent volunteers to help deliver it. If you are interested please could you email becgaland@yahoo.co.uk for more information. Thank you.

### Important Dates (including Celebration Assemblies)

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| Friday, 25 <sup>th</sup> January, 9.15am             | Celebration Assembly                           |
| Week beginning 4 <sup>th</sup> February              | E-Safety Week                                  |
| Friday, 8 <sup>th</sup> February, 9.15am             | Celebration Assembly                           |
| Friday, 15 <sup>th</sup> February, 9.15am            | Year Four Class Assembly to parents and carers |
| Friday, 15 <sup>th</sup> February, 3.30pm            | End of Term 3                                  |
| Tuesday, 26 <sup>th</sup> February, 3.40pm – 6.30pm  | Parents' Evening                               |
| Thursday, 28 <sup>th</sup> February, 4.30pm – 7.30pm | Parents' Evening                               |

### Remaining INSET Days 2018 – 2019

Monday, 3<sup>rd</sup> June