

Friday 11th February 2022

Covid

Infection rates in Halton are still quite high, especially in schools. We have had a few cases this week so please remain vigilant of any of the three main symptoms.(Temperature 37.7+, loss of taste and a new repeated cough). We are still keeping up enhanced cleaning in school, hand washing plus gel and reduced numbers in the hall at one time.

Eating

Concentrating on sugar this week. None of us would feed our children a handful of sugar cubes so it's interesting to note how much is in some foods and how we can reduce it.

Sugar Swap Ideas

 9 cubes →  0 cubes	 5 cubes →  2½ cubes	 5½ cubes total sugars ↓  2 cubes total sugars ↓  1 cube total sugars
 22½ cubes →  2 cubes	 3 cubes →  ½ cube	
 4 cubes →  0 cubes	 4 cubes →  1 cube →  ¼ cube	 1½ cubes →  0 cubes

Mental Health

Halton CCG and Halton Borough Council are promoting the 'REACH' free text message service in the area. REACH 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

People who are anxious, stressed, depressed, suicidal or overwhelmed and who need immediate support. Please see link for resources to help you promote the support available: <https://www.cheshireandmerseysidepartnership.co.uk/mental-health-crisis-helplines-and-text-support/reach-halton-knowsley-st-helens-and-warrington/>

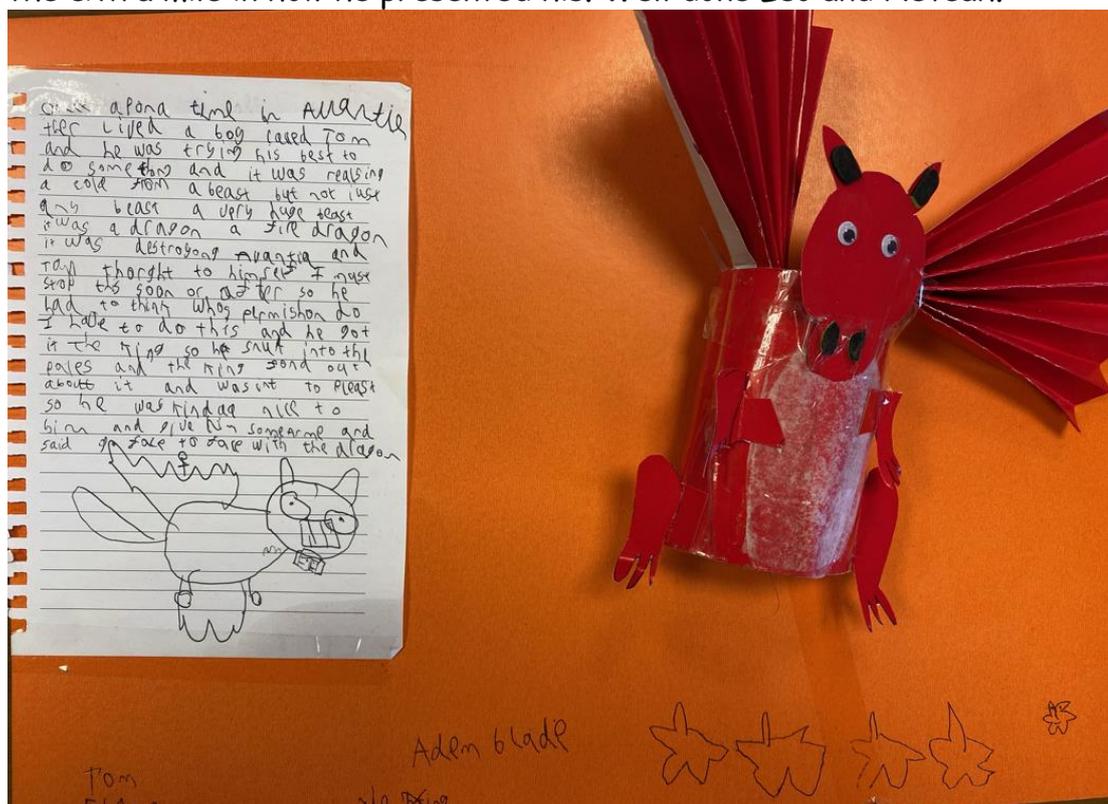
Governors

We only received one nomination for the vacant Parent Governor role so I am pleased to announce that Lee Jones is duly elected. My thanks to him for volunteering.

Shout Outs

I would like to give Mr Hewitt a shout out today. Sadly Mr Hewitt is leaving us today for another job. Mr Hewitt has been with us for over 5 years now and I'm sure you would all join staff in wishing him all the very best and thank you for taking care of the school so well. There are a couple of children I would also like to mention. Mrs Nelson has told me how Neveah in Y6 has been such a good positive role model to other children. She is kind, helpful and hard-working and is a fine example to all.

Also, we were very impressed with the extra effort Leo in Y3 put in to his homework recently. They had to do a book review about what they had read in class but Leo really went the extra mile in how he presented his. Well done Leo and Neveah.



Clean Plates

We are changing the prizes for clean plates. Currently children get a treat for finishing 5, 10, 15 etc clean plates. Now, at 10, 20, 30 etc children will get a voucher for a free non-uniform day to use on a day of their (and your) choosing. Children in Grizedale and Whinfall thought this was a good idea.

Updates and info are easily viewable at

<https://www.woodsideprimary.co.uk/>

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Thank you and have a lovely weekend ☺