

Friday 4th February 2022

Health and Safety

We had a bit of an incident yesterday in the car park where a car has clipped a contractor working on site.

Although everything is fine it does serve as a reminder about safety in the car park.

I still see parents driving in to school grounds when there is no need to.

I will be writing to parents that I see in future to say that there is no need to bring a vehicle on to school grounds as it does not save any noticeable amount of time over parking by the shops.

This also applies to pedestrians cutting through to get to school. (Not pre-school)

Eating

Another bit of info for you on portion size today. I think the part about putting snacks in bowls is a good idea. I know from personal experience how hard it is to avoid finishing a bag of Maltesers or Buttons!! 😊

Portion Size Matters!

Good planning can help manage portion control



TOP TIPS

- Use smaller plates and bowls for children's meals and snacks.
- Avoid encouraging children to clear their plates – let them decide when they've had enough to eat.
- Eat slowly – this gives the brain time to recognise when we are full.
- Check portions against hand size.
- Serve child-sized meals – if they are still hungry let them ask for more.
- Serve treats from small bowls rather than eating straight from the bag/packet.

www.halton.gov.uk

Mental Health

Halton have produced lots of materials to help with mental health in children and adults. I will be sharing these in more detail in future weeks but for now, here is a link to the main page.

[Halton Mental Health Information Point](#)

World Book Day

World Book Day is on 3rd March, after half-term. We are planning to have a 'book at bedtime' theme and wear pyjamas but if children want to dress up as a character then we are giving you plenty of notice. Please note, no-one is expected to go to any great lengths or spend large amounts of money in order to join in.

Shout Outs

Shout out this week for Mrs Durbin and Mrs de Prez in reception class. Once again keeping things going when others are absent.

Also, this piece of art work by Ethan in Y5 caught my eye this week. Grizedale have been doing work on Cubism and this interpretation of Winnie the Pooh looks fantastic. Well done Mrs Heath and Ethan.



Updates and info are easily viewable at

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

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Thank you and have a lovely weekend ☺