

Friday 28th January 2022

Covid

Something I learned this week is that you can catch covid twice and the two infections can be close together. A covid infection usually lasts no more than 10 days and then negative LFT tests should be returned. If you then start to test positive after a few weeks it should be treated as a new infection and isolated. I would still ask that you let us see proof of a positive test to help with attendance. LFTs are still available in school.

Eating

More eating tips for you...Portion sizes this week. It's useful to know what amounts children should be having as sometimes I think we all fall into the trap of 'more is better', particularly with carbohydrates.

HALTON HEALTH IMPROVEMENT

Child Portion Sizes

START WELL

Here's a handy guide to portion sizes for children. Your child's hand is a useful way to measure portion sizes.

- **Palm** = 1 portion of protein
- **Handful** = 1 portion of fruit, veg or starchy foods
- **Teaspoon** = 1 portion of oil or low fat spread

As your child grows, this is still the best guide to portion sizes - adults too!

<p>Handful Starchy Foods</p>	<p>Teaspoon Oils and Spreads</p>						
<p>Palm Protein</p>	<p>Dairy and Milk</p> <table border="0"> <tr> <td>Milk</td> <td>Cheese</td> </tr> <tr> <td>Age 1 to 4: 100ml - 150ml of whole milk or semi-skimmed from age 2 (if a good eater)</td> <td>Age 1 to 5+ Hard cheese 15g - 20g or 1 tablespoon Soft cheese 20g - 25g (one triangle is 18g)</td> </tr> <tr> <td>Age 5+: 130ml - 150ml of semi-skimmed milk</td> <td>Yoghurt Age 1 - 4 60g Age 5+ 100g - 125g</td> </tr> </table>	Milk	Cheese	Age 1 to 4: 100ml - 150ml of whole milk or semi-skimmed from age 2 (if a good eater)	Age 1 to 5+ Hard cheese 15g - 20g or 1 tablespoon Soft cheese 20g - 25g (one triangle is 18g)	Age 5+: 130ml - 150ml of semi-skimmed milk	Yoghurt Age 1 - 4 60g Age 5+ 100g - 125g
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For more information call the team on: 0300 029 0029 or visit www.haltonhealthimprovement.co.uk

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How many portions should my child be eating?

Food Group	What foods are included?	How much each day?
Fruit & Veg	Fresh, frozen, canned or dried fruit or veg. Fruit juice.	At least 5 portions a day of different fruit and veg. Limit fruit juice to one portion of up to 150ml a day.
Carbs (starchy foods)	Bread, crumpets, pasta, rice, tortilla wraps, pitta bread, potatoes, crackers, cereal, noodles & porridge.	1 or 2 portions with each of the 3 main meals per day, plus up to 2 snacks
Protein	Beef, pork, lamb, mince, fish, chicken, quorn, eggs, nuts & baked beans.	2 portions a day (3 for vegetarians) Try to include some oily fish like mackerel or salmon.
Milk & Dairy	If you are continuing to breastfeed your child then there is no need to supplement or replace breast milk until you choose to stop breastfeeding. If you do choose to offer other milk: age 1-2: 3-4 portions a day (mainly whole (full fat) milk) age 2-4: 2-3 portions a day age 5 & over: 3 portions a day See overleaf for more details about portion sizes. If your child has an allergy to dairy food, please see your health professional for guidelines.	
Oils & Spreads	Vegetable oil, olive oil, rapeseed oil, low fat spreads	One teaspoon
Saturated Fats and Sugars We don't need these in our diet. If you do give these to your child, keep to a minimum and only as an occasional treat.		
Staying Hydrated Water is a good choice throughout the day as it hydrates without providing extra calories or risking harm to teeth. Age 1 to 2, the main source of liquid should be milk/breastmilk as at this age children need the calories.		

This leaflet is basic guidance for ages 1 and over. For more information and guidelines on introducing solid foods please go to: www.haltonhealthimprovement.co.uk/project/introducing-solid-foods

Shout Outs

I would like to give a shout out to our two students, Miss Kearney and Miss Murray, who have been with us for many weeks. They finish with us today so we will be saying goodbye as well. They have done a marvellous job in very demanding circumstances, often helping to cover classes when we have been short staffed.

Another worthy shout out is for all our children at the moment. With all the disruption from covid and changes in staffing they really have been brilliant. Visitors to school have commented on how well-behaved the children have been as well. Visitors are a good yardstick as they go into lots of schools and consistently report ours as being the best.

Leave of Absence Requests

A request for a leave of absence (eg holidays) should be made 6 weeks in advance. I know that this is not always possible but please try and make them as early as possible. If you submit a request a few days in advance then it is unlikely to be authorised. The form is available on the website or a paper copy is available in the office.

Updates and info are easily viewable at

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

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Thank you and have a lovely weekend ☺