



Friday Letter for Parents and Carers

20th May 2022



Diary Dates

May

16-27th Year 2 SAT's Week
30th May-3rd June Half Term

June

10th Dress in Red, White & Blue

Headteacher Update

Happy Friday everyone!

We all look forward to Friday afternoons when we come together to celebrate our achievements across the week. Last week our Year 6 children felt really proud of themselves after a week of SAT's. They were amazing, showing determination to do their best, resilience to keep

going when they found things tricky and being very supportive of their classmates. Well done to all our Year 6's.

This week, our reception children were incredible too; when Mr Unwin and the Early Years team welcomed 18 visitors from 15 schools across York. They spent the morning observing Team Robin in their maths lesson and then spent time with all our reception children in the Areas of Provision. They were very impressed with how children so young were transferring their maths skills to their independent play activities. Well done to Mr Unwin, his staff team and all the children.

Earlier this week, Mrs Ellis, Miss George and myself were incredibly lucky to attend a 2 day conference with CHIMP Management in Sheffield. Our partnership with the team began last December when our school was host to Professor Steve Peters and his team for the 'Professor Bright Spark pantomime' and we were truly inspired by their work. Over the next few months, we will be continuing our work with them to look at how we can incorporate their model around well-being here at Hob Moor. We went to learn more about how his focus on wellbeing has supported people over the last 30 years to become their best self - including some names you will recognise - Ronnie O'Sullivan, Sir Chris Hoy, Bradley Wiggins and Victoria Pendleton to name a few! It's all very exciting!

Have a lovely weekend, everyone.

Debbie Cousins



Askham Bryan Wildlife Park



On Thursday the Parrots, Toucans and Woodpeckers went on a visit to Askham Bryan Wildlife Park! In the morning, we had tours of the indoor and outdoor areas. We saw many different types of animals from all over the world, and led by the helpful staff at the wildlife park, we learned all about their habitats, diets and where in the world each animal originated from. The children were fantastic at identifying the continents of the world on each animal enclosure and working out how each animal was suited to its habitat.

Each class also took part in a habitats workshop, where children were chosen to dress up in outfits that linked to different habitats (ocean, grassland, rainforest, polar and desert). We then learnt how animals from each habitat had different adaptations that help them to survive. We finished the day with some fun in the play area, after a very full day of fun learning! It was a super end to our topic for this half term, 'Around the World in 30 Days!'

Many thanks to all parents who gave up their time to volunteer on the trip and make it a success.



Family Matters York have the following courses starting in June : Time out for Parents - Handling Anger in the Family, Time Out for Parents – The Teenage Years, Time out for Parents - The Early Years, Time out for Parents– The Primary Years, Time out for Parents Children with Additional Needs and Time out for Parents– Just for Dads. To book a place or for further information on any of these courses please visit: <https://fmy.org.uk/parenting/> or email: helenatkinson@fmy.org.uk.

Come and join us for a celebratory street party.

Friday 10th June 2022

Crustless Finger Sandwich Selection
Sausage Roll or Vegan Sausage Roll
Chicken or Veggie Nuggets
Cucumber & Carrot Sticks

Royal Cupcake
Crown Shortbread

GROW
FUEL FOR YOUR MIND

Children Due to Start Nursery in September

Do you have a child who will be age 3 before 31st August and you would like to join our nursery class in September? If you have not already done so please contact the school office 01904 806655 as we are now making our arrangements for new starters.

FOXWOOD COMMUNITY CENTRE

FOXWOOD COMMUNITY HUB WOULD LIKE TO INVITE YOU TO JOIN US FOR OUR JUBILEE CRAFT EXTRAVAGANZA

THURSDAY THE 2ND OF JUNE, 1PM–4PM, AT FOXWOOD COMMUNITY CENTRE.

FREE CRAFT ACTIVITIES SUITABLE FOR DIFFERENT AGES AND CRAFTING ABILITIES. THERE IS NO NEED TO PRE-BOOK AND YOU CAN DROP IN AT ANY POINT BETWEEN THESE TIMES. WE WILL BE SERVING SOME FREE LIGHT REFRESHMENTS AS WE CRAFT AND WE WOULD REALLY LOVE IT IF YOU COULD JOIN US.

#BigJubileeLunch

JRF JOSEPH ROBERTS FOUNDATION | JRHT JOSEPH ROBERTS HOUSING TRUST

FOXWOOD COMMUNITY CENTRE

FOXWOOD COMMUNITY HUB WOULD LIKE TO INVITE YOU TO JOIN US FOR OUR JUBILEE PARTY

FRIDAY THE 3RD OF JUNE, 12 NOON–3PM, AT FOXWOOD COMMUNITY CENTRE.

THIS WILL BE A FEEL GOOD COMMUNITY EVENT SUITABLE FOR ALL AGES. WE WILL BE PROVIDING A FREE BUFFET STYLE LUNCH AND WILL BE SERVING A SELECTION OF REFRESHMENTS. WE WILL ALSO BE PROVIDING FAMILY FRIENDLY ENTERTAINMENT. YOU DON'T NEED TO PRE-BOOK FOR THE EVENT AND CAN DROP IN AND OUT AT ANY POINT BETWEEN THE ABOVE TIMES.

#BigJubileeLunch

JRF JOSEPH ROBERTS FOUNDATION | JRHT JOSEPH ROBERTS HOUSING TRUST

13th May 2022 Stars of the Week 20th May 2022

Swan Emily for trying her hardest with her writing and making an amazing potion recipe for her witches game!
Robin Coby for challenging himself in his review writing, where he is now writing an entire page!
Toucan Dexter for his amazing English this week and being a great part of the Team Toucan
Parrot Leona for working independently in Phonics!
Woodpecker Billy for showing so much pride in his work which has been lovely to see. Keep it up Billy!
Puffin Harper for her amazing work on her times tables this week. Harper has achieved 40/40 every day!
Albatross Niamh for putting 100% effort into her work and showing excellent knowledge with telling the time
Razorbill Mia for reading at home every single day this week. Well done Mia!
Osprey Charlie for his fantastic attitude to school, a huge improvement in his attendance and being able to resolve problems independently
Eagle Alfie for having such a positive attitude to his learning and for trying his best throughout the week
Hawk Leo for his amazing attitude to school during SATs week
Falcon Everyone for their fantastic effort and attitude during SATs

Wellbeing Award

Riley for showing great resilience and trying really hard

Mrs Cousins Headteachers Award

Terry for being such a wonderful member of our breakfast club. You are always cheerful, polite and helpful even though it's very early in the morning. Thank You!

Swan Ava for challenging herself with her handwriting. Ava has been working hard on slowing down to form her letters correctly and showed lots of perseverance with it this week. Well done!
Robin Team Robins for impressing all of the visitors in our class this week, with their amazing mathematics knowledge!
Toucan Layla for being a great representative for Hob Moor Primary on your school trip this week. Well done Layla!
Parrot Oakley for his creativity and determination when making his habitat in a box
Woodpecker Amayah for her amazing questions on our school trip and enthusiasm towards learning about the animals
Puffin Emma for her amazingly detailed and creative keyring to celebrate The Queen's Jubilee
Albatross Laila for an improved attitude to her learning, joining in class discussions and trying hard with her work
Razorbill Millie for amazing enthusiasm and commitment to her work and hobbies inside and outside of school
Osprey Ruby for having such a positive attitude, always sharing a smile and being a superstar!
Eagle Kelsey for getting full marks in her arithmetic paper - well done Kelsey!
Hawk Oliver for sharing his fantastic history and current affairs knowledge that has helped bring to life our current topic
Falcon Kyle for his enthusiasm and hard work over the model village

Wellbeing Award

Blake & Demi for fantastic improvement in their attendance and being so happy in school

Mrs Cousins Headteachers Award

Josue and Denis for wonderful singing and signing, I really enjoyed watching you in assembly!
 Riley for showing respect to adults and recognising when he needed help from an adult



A healthy packed lunch will give children the **energy** and **nutrition** they need to get the most from their school day – helping them to **stay healthy, feel good** and **be ready and able to learn**. Just like school meals, packed lunches should be made up of foods from the main food groups in the **Eatwell Guide** www.nhs.uk/live-well/eat-well/the-eatwell-guide and portions should be appropriate for a child's age and size. This will ensure every child has a healthy and nutritionally-balanced lunch.

What should I include in my healthy packed lunch?

Please try to include **ONE** of each of the following in your lunch each day:



STARCHY CARBOHYDRATE

- ✓ bread, wrap, pitta, bagel, rolls, baguette
- ✓ rice or couscous
- ✓ pasta
- ✓ noodles
- ✓ potatoes

Wholemeal/wholegrain options contain more fibre and keep you fuller for longer

Gives you energy for the day ahead!



DAIRY FOOD (or non-dairy alternative)

- ✓ cheese – hard, soft, spread
- ✓ yoghurt or fromage frais
- ✓ milk
- ✓ custard

Choose low fat, low sugar options where possible

Good for healthy bones and teeth!



FRUIT (fresh, frozen, tinned or dried)

- ✓ apple
- ✓ banana
- ✓ satsuma
- ✓ pear
- ✓ plum
- ✓ mango
- ✓ melon
- ✓ small box of raisins
- ✓ cherry tomatoes (chopped)
- ✓ handful of grapes (halved)
- ✓ fruit salad or kebab

Fruit and vegetables give you vitamins, minerals and fibre to stay healthy. Part of your '5 a day'

How much? A portion is one child-sized handful.



VEGETABLES OR SALAD

- ✓ chopped vegetable sticks (e.g. carrot, cucumber, pepper)
- ✓ salad in sandwiches
- ✓ vegetable soup

Helps your body to grow and develop



PROTEIN

- ✓ meat e.g. sliced lean ham, chicken or beef in a sandwich
- ✓ fish – try to include oily fish such as salmon or sardines at least once every 3 weeks (tuna doesn't count – sorry!)
- ✓ eggs
- ✓ lentils, beans, chickpeas

Helps your body to grow and develop


DRINKS – plain tap water is the best option, especially for teeth. Please send your child to school with their own named, clean water bottle each day.

Drinking enough each day helps keep your body working well and your skin looking healthy!



Me-sized meals

Young children don't need as much food as teenagers and adults. When they eat more than they need, the excess energy is stored as fat in their bodies.

What about snacks for break time?

The best options for breaktime snacks are:

- ✓ Portion of fresh fruit (no dried fruit as snacks please as the sugar can stick in teeth).
- ✓ Vegetable sticks

Other ideas for healthy snacks could be rice cakes, bread sticks, bag of plain popcorn but please check your school's policy on snacks and allergies to see what is allowed in your school.

5 top tips for your packed lunch

- Freezer packs can keep food cool. Freeze a (reusable) bottle of water which will be ready to drink by lunchtime.
- Get your child to help pack their lunch box – they are more likely to enjoy it.
- Children love to dip – cut up pitta bread or use veg sticks to have with a pot of yoghurt dip e.g. tzatziki.
- Use pastry cutters to cut funny-shaped sandwiches.
- Protect your fruit by putting it in a small plastic container e.g. apple/banana guard.



Get more vegetables in your lunches!

Here are some GREAT ideas for upping the veg (and fibre!) content in your lunchboxes


healthyschoolsnorthyorks.org/healthy-food



What should I NOT bring to school?

Please do **NOT** include the following items:

- ✗ Sweets and chocolate bars – these foods are high in sugar and calories, low in goodness, and are harmful for teeth.
- ✗ Squash or fizzy drinks – water is best for teeth.
- ✗ Other items e.g. nuts, sesame, fish – please check your school's allergy policy.



Thank you!

School dinners are best!

Making packed lunches can be time consuming and expensive – why not try school dinners?

School meals provide your child with a nutritionally-balanced variety of foods. **Every** infant child (aged 5-7) is entitled to a **FREE** school lunch.

Also, **FREE** school meals for all age groups are provided to families who receive qualifying incomes such as income support and universal credit.

Ask your school office how to order yours. More information is available from **your school's website** or the **North Yorkshire County Council website** www.northyorks.gov.uk/school-meals www.northyorks.gov.uk/free-school-meals



Here are some websites with more information to help your family to stay healthy, happy and well:

healthyschoolsnorthyorks.org/healthy-food

nhs.uk/live-well/healthy-weight/childrens-weight

And some information on saving money, local food banks, financial support and eating well on a budget:

healthyschoolsnorthyorks.org/costsavings

Be safe!

- Please cut up food into small sizes for young children. Cut grapes and cherry tomatoes in half (lengthways if oblong).
- Be aware of allergies – please check your school's allergies guidance.