



SURFLEET PRIMARY SCHOOL

WEEKLY NEWSLETTER

Week Ending – 23rd February 2024

Work Hard. Be Kind. Achieve!

'It is health that is real wealth and not pieces of gold and silver.'

Mahatma Gandhi

As we start a new half term, we have made our focus about 'Healthy Me'. Using the above quotation from the peaceful and inspiring Mahatma Gandhi, we discussed in assemblies why 'health' is 'real wealth'. We then explored what it meant to be healthy, both physically and mentally, and what things we should do more and less often. The children showed good awareness around healthy eating and drinking but also around what activities are good for both physical and mental wellbeing. Your children are very knowledgeable and mature indeed!

This is what the children have agreed that they would like to see in their school:

- Eating fruit at break time
- Eating vegetables at break time
- Eating cheese at break time
- Drinking plain water

The children would like me to catch them being healthy so now I have to give out a Surf when I spot healthy eating and drinking! The School Council will hold me to account so I'd better be out looking!

The children said that it was ok to drink squash and flavoured water because not all children like plain water and it is important to stay hydrated for health **and** learning.

The children said that they **did not** want to see the following:

- Eating biscuits at break time
- Eating cereal/breakfast bars at break time
- Eating chocolate at break time
- Eating sweets at break time
- Drinking energy drinks
- Drinking fizzy drinks
- Drinking drinks with caffeine in

See what I mean? They really know their stuff!

On one of my many visits around school I spotted the following children demonstrating healthy eating and drinking. I wonder how many more I can find on my travels?



Surfleet Primary School Children Healthy Eating & Drinking



STARS OF THE WEEK

WILLOW CLASS

- **Grace H** for her using her phonics to read fluently and write sentences using her phase 3 sounds as well as always having a positive attitude towards all her learning.

MAPLE CLASS

- **Laura B** for her consistent effort and always having a smile on her face even when things are tricky.

OAK CLASS

- **Vanessa LB** for her efforts in all lessons and working hard to show what she knows in curriculum sessions.

GOLDEN SURFS

- **Leo HF** for making meaningful and detailed comparisons between Mary Seacole and Florence Nightingale.



Upcoming events!

- **Thurs 7th Mar** – World Book Day (No Dress Up, School Uniform to be worn)
- **Thurs 7th Mar** – Mother's Day Afternoon Tea from 2pm (tickets purchased via ParentPay)
- **Friday 8th Mar** – Mothers Days Gift Boxes given out (purchase via ParentPay only 30 available)
- **Thurs 28th Mar** – Last day of Term 4

School Child Protection & Safeguarding Policy Sept 2023

Should you ever want to see a copy of our school's safeguarding and child protection policy, it is available to view on the school's website.