



Bearwood News

Autumn Term
Friday 5th December

www.bearwood.sandwell.sch.uk
0121 434 4499

What a fantastic opportunity

Thursday 15th January

Year 5 Visit to Birmingham Hippodrome to see the pantomime

Robin Hood



Please log on to Parent Pay for details, to give consent and pay

Year 5 Residential visit to Edmond Hall

Monday 23rd March to Wednesday 25th March (2 nights' stay)

Please log on to Parent Pay to pay a £10.00 deposit to secure your child's place.

Lots of lovely events in school next week for parents.

Please join us if you can.

*merry
christmas*

Tuesday 9th December 9am	2L Christmas Performance for Parents
Wednesday 10th December 8.50am	RG Christmas Craft Workshop with parents
Thursday 11th December 8.50am	RD Christmas Craft Workshop with parents
Friday 12th December 9am	2D Christmas Performance for parents

Dates for your Díary

Tuesday 9th December 9am	2L Christmas Performance for Parents
Wednesday 10th December	Christmas Dinner
Wednesday 10th December 8.50am	RG Christmas Craft Workshop with parents
Thursday 11th December 8.50am	RD Christmas Craft Workshop with parents
Friday 12th December 9am	2D Christmas Performance for parents
Tuesday 16th December	Nursery Christmas Craft Workshops with parents
Tuesday 16th December at 3.20pm	3D Christmas Recorders and Singing Concert for parents
Thursday 18th December 9am	Years 4, 5 and 6 and choir performance at St Mary's Church
Thursday 18th December at 3.20pm	3S Christmas Recorders and Singing Concert for parents
Friday 19th December	Nursery, Reception Year 1 and Year 2 Christmas Parties Children can come in party clothes
Monday 22nd Dec to Friday 2nd Jan	End of term holidays
Monday 5th January	School Closed Teacher Training Day
Tuesday 6th January	First day of school for children
Tuesday 13th January	Year 5 Wonderdome mobile planetarium in school
Thursday 15th January	Year 5 visit to Birmingham Hippodrome to see Robin Hood Pantomime . All details are on Parent Pay
Tuesday 20th January 8.50am	3S Stone Age to Iron Age Museum for parents
Tuesday 27th January 8.50am	3D Stone Age to Iron Age Museum for parents
Tuesday 3rd February	Professor McGinty's Amazing Time Travel for Year 3 in school
Friday 6th February 8.50am	1J Art Gallery for parents
Tuesday 10th February 8.50am	1D Art gallery for parents
Monday 16th Feb to Friday 20th Feb	Half Term Holiday
Monday 30th March to Friday 10th April	Easter Holiday
Monday 4th May	Bank Holiday School Closed
Monday 25th May to Friday 29th May	Half term holiday
Friday 17th July	Last day of summer term for pupils
Monday 19th July	School Closed Teacher Training Day
Tuesday 1st September	School Closed Teacher Training Day
Wednesday 2nd September	First day of Autumn term for pupils

FOOD AND PHYSICAL ACTIVITY



MAKES US SLEEP BETTER

IMPROVES CONCENTRATION AND LEARNING

BUILDS CONFIDENCE AND SOCIAL SKILLS

...AND SO MUCH MORE!

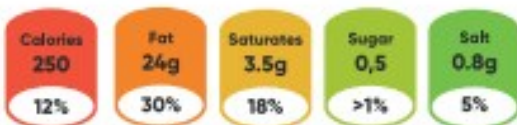


ME-SIZED MEALS

- A closed fist is about right for a portion of pasta, rice, cereal, vegetables, and fruit.
- A meat portion should be about as big as the palm.
- Limit the amount of added fats (like butter, mayo, or salad dressing) to the size of the top of the thumb.

FOOD LABELS

Many products have traffic light labels on the front of packs, which can be a useful guide. The more greens on the label the healthier the choice so pick more of these! Amber and red can mean there is more saturated fat, salt and sugar, eat them in smaller amounts and less often.



<p>Juice drinks They don't have salt or fat, but 1 juice pouch has 2 cubes of sugar.</p>	<p>Yoghurts Believe it or not, a pot of sugary yoghurt contains up to 8 cubes of sugar!</p>
<p>Cereal bars We tend to think of these as a healthier option, but a single bar has 3 cubes of sugar.</p>	<p>Fun-sized sweets The packet may be small, but it still contains 6 cubes of sugar.</p>
<p>Ice cream There are up to 5 cubes of sugar in an ice cream.</p>	<p>Chocolate bars Yikes! A single chocolate bar has a whopping 6 cubes of sugar. That's the entire day's allowance for a 10-year-old!</p>

Sugar facts and recommended daily amounts

The maximum recommended daily amounts of sugar are:



THINGS YOU CAN DO AS A FAMILY TO MAINTAIN GOOD HEALTH AND WELLBEING

Connect



CONNECT

Connecting improves sense of belonging and self-worth

- Try eating dinner together as a family
- Share your hobbies and interests with everyone
- Use different ways to communicate
- Try new activities during the school holidays: holidayactivities.sandwell.gov.uk/



Be Active



BE ACTIVE

Being active improves mood, increases energy and self-confidence

- Exercise locally by going for a walk, run or cycle ride
- Reduce screen time at home and try playing new games and activities around your home and outside
- Visit a local park: www.sandwell.gov.uk/parks
- Access free swimming for all under 18s. Find out more at: www.sandwell.gov.uk/freeswimming

Give Back



GIVE BACK

Giving acts of kindness can increase sense of purpose and life satisfaction

- Have a family competition to see who can recycle the most
- Find different projects to reuse your plastic items
- Grow your own food together
- Do a family litter pick
- Do something nice for a neighbour

Keep Learning



KEEP LEARNING

Learning new skills can give a sense of achievement and boost confidence

- Over breakfast, choose a letter of the day. Everyone looks for objects that begin with that letter during the day.
- Ask your child to tell you a story. It can be a new story or an old one with new twists or characters. Write down what your child says. Save the story to read it again.
- Use ChatHealth, an advice text service for parents and carers in Sandwell, by texting 07312 263756.

Take Notice



TAKE NOTICE

Noticing helps to calm the mind and understand ourselves better

- Try some meditation together
- Try some mindfulness activities
- Think about your individual strengths and reflect on the positive
- Talk about all the things your family observed that day and marvel at the world around you



ORAL HEALTH

Guide your child's hand so they feel the correct movement. Use a mirror to help your child see exactly where the brush is.

- Make tooth brushing as fun as possible by using an egg timer to time it for about 2 minutes or download Brush DJ for a song to brush to.
- Don't let children run around with a toothbrush in their mouth, as they may have an accident and hurt themselves.



To find out more about nutrition, exercise, Sandwell's National Child Measurement Programme and more visit the Healthy Sandwell website at: www.healthysandwell.co.uk/the-national-child-measurement-programme/

Help children learn more about health at: www.healthforkids.co.uk