

Dundry Days

Friday 13th January 2012

New Year Fitness!

I mentioned at the end of last term a fitness programme for families. If, like me, you are on a strict diet following Christmas, this might be just what you are looking for! All of the information you need is on the next two pages.

Mend

Do you want your child to be fitter and healthier in 2012?

There's a programme that has helped over 20,000 families across the country have fun while they get fitter and healthier - and now it's available in North Somerset and families who take part don't pay a penny!

The ten-week MEND (Mind, Exercise, Nutrition... Do it!) programme consists of two hourly after school sessions twice a week designed to boost confidence and self esteem, turning conflict around food into family fun.

Independent research conducted by University College London's Institute of Child Health found that children who attended the MEND programme experienced long term health benefits, including weight loss and improvements in fitness and self-esteem. The programme helps children to understand what eating less looks like and how to choose the best things for them to eat.

PTO

Diary of Events

Tues 17 th Jan	Swimming - Willow Class Dance & board games clubs
Wed 18 th Jan	Guitar, recorder & keyboard lessons
Tues 24 th Jan	Willow Class to Merchants Academy for tennis coaching -letter home next week
Weds 25 th Jan	Film club
Thur 26 th Jan	Warburtons Dough Workshop-Rowan Class
Fri 27 th Jan	Warburtons Dough Workshop- Willow Class
Tues 31 st Jan	Willow Class to Merchants Academy for tennis coaching
Thurs 2 nd Feb	Tea Time Mix
Tues 7 th Feb	Parent/teacher consultations
Weds 8 th Feb	Chew Valley Dance Festival
Thurs 9 th Feb	Parent/teacher consultations
Fri 10 th Feb	Last day of term 3

STAFF INSET DAYS FOR 2011/12 ACADEMIC YEAR

The school will be closed to pupils for staff training on the following days
18th July 2012 19th July 2012

Play Leader Award

Chloe, Ruby, Theo & Mason

MEND continued....

Three new courses are due to start shortly across North Somerset (regardless of where you live) and places are already starting to fill up.

At the beginning of the sessions, families will socialise together in a fun and healthy way, then children and young people aged seven to thirteen will have fun during active sessions like indoor climbing, tramlining, swimming and cooking, while parents/carers get the opportunity to talk to others and take home practical strategies to help their family become more active and eat healthily.

Comments from mums who have been on the programme in North Somerset include...

“my daughter has much more energy and confidence. I’d recommend the MEND programme to any family as it is fun and social....”

“my child now makes healthy food choices for herself...”

If you are worried about your child’s weight and you would like to find out more about joining a free healthy lifestyle programme, contact;

Backwell/Nailsea/Yatton - Marie Davis
mdavis@backwellschool.net or phone 01275 463371

Banwell - Alison Arnold
aaa@churchill.n-somerset.sch.uk or phone 01934 854064

Weston Super Mare - Xanne (pronounced Zan) Blythe
xab@broadoak.n-somerset.sch.uk or phone 01934 422000

Please ring for more information even if you are interested in programmes nearer your area.

JULIE’S NOTES

Instrumental Music Tuition

We have a fantastic number of children taking up the opportunity to learn to play a musical instrument!

Fees are now due and parents/carers have been contacted individually with details of costs. If you haven’t settled your account, please do so before the end of next week.

Parent Council

The Parent Council would welcome comments/suggestions from parents/carers on any school related issue.

A big, yellow & blue box is in the school ‘library’ (opposite the school office) for you to drop your suggestions in.

Golden Certificates

- Rowan Class** - William for making a robot, drawing it & then labelling it
Fabian for sounding out the letters of the alphabet.
- Willow Class** - Tilly for excellent enthusiasm & attitude towards work
Jack C-S for settling into class really well
- Elder Class** - Sophie for a great drawing of Mr Toad
Samantha-Jane for always being kind & helpful



House Cup

Brecon