



MILLBROOK PARK
CHURCH OF ENGLAND PRIMARY SCHOOL

Newsletter

Monday 8th February 2016

Dear Families,

According to London Sport only 24% of boys and 16% of girls in London meet recommendations for physical activity. Growing evidence shows that increased physical activity and improved fitness levels in school children is associated with better academic success and improved classroom behaviour. We want to instil in children that physical activity is fun and can fit into daily routines, hopefully helping to keep them active for life. It is with this in mind that I will be starting the **Head's Kilometre Challenge from 22nd Feb.** Every day, whatever the weather, just before lunchtime the children will join me for a run around the perimeter of the 3G pitch. To complete a kilometre we will need to do 3.5 laps. Depending on the children's stamina we may initially walk some of the laps. There will be no need for the children to get changed for their daily jog. The challenge will continue until the end of term. We plan to monitor and evaluate the challenge so that we are able to gain evidence of the positive effects of daily physical activity for children.

*Have a lovely half term break,
Nicola Dudley*



Date Reminders:

Half Term Dates: Mon 15th Feb to Friday 19th Feb.

Easter weekend: Fri March 25th – Mon 28th – (4 day weekend) back to school Tues 29th March

Easter holiday: Mon 4th April to Fri 15th April – back to school Mon 18th April

Reception and Nursery cake sale: Friday 12th 3pm February

Year 1 cake sale: Friday 11th 3pm March

Parent Prayer Group 27/1, 9/2, 3/3, 21/3 and 20/4

PiPs - Reception and Nursery Cake sale 12th February

Please bring cake donations to the office on the morning of the 12th. The children in nursery and reception will make posters for the sale. Please can the class reps and a few parents come in early to set up the cake sale and sell the cakes. Please bring some small change on the day to buy cakes. Strictly "NO nuts".

Uniform reminder

Please make sure all items of uniform are clearly named. We often find bits of uniform around school and find it difficult to return them to their rightful owner as they are unnamed.

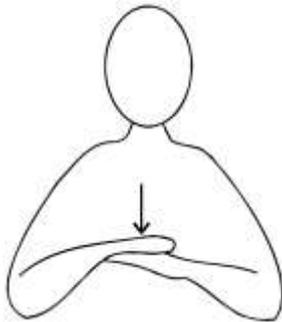
Please ensure your child wears sensible black school shoes to school every day. **(No boots no ankles, no heels, please)**. Shirts should be as plain as possible, with few or no pleats and no pinafore dresses.

PE kit

All children should have plain black plimsolls in their PE kit. Please do not send your child to school with trainers.

Makaton sign of the Week

Last week 'to sit'



This week 'to look'



Lunchtime Monitors

Thank you to our first 'orange-capped' play equipment monitors.



Star Awards

Well done to this week's award winners, they should all feel very proud of themselves for their hard work and positive attitudes.

