

# Newsletter

## 30th April 2021

[www.bewdleyprimary.co.uk](http://www.bewdleyprimary.co.uk)



I hope that everyone is well and beginning to enjoy some of the new freedoms that have come in to place since Easter and are looking forward to the next phase of the government's plan to get back to some normality. We have now been given the go ahead to do residential trips and we are working hard to put plans in place to take the current Year 5's and Year 6's on the residential that were put on hold in the last 12 months and the current Year 4's to do their Manor visit as planned.

We have been reminded by the County Council that we are not allowed to reduce any of the measures in place at the current time although Covid rates are dropping. This is because that they are concerned that with the relaxation on other rules, such as meeting outdoors, shops opening etc., there may be a growth in cases. This means that it is still essential that social distancing is maintained, pupils and staff are kept in bubbles and visitors and parents wear facemasks when bringing/collecting their children from school. Visitors in school are still be kept to a minimum and it is important that parents do not come to the school office unless an arrangement has been made. Please call or email if you need an appointment with a member of staff. We still need to ensure that hygiene – handwashing and cleaning – is maintained to a high standard.



Could I also remind everyone that our school policy is that children do not bring drinks other than water to school to be drunk during lesson times. We allow other drinks (flavoured water, squash, fruit juice) at lunchtime but only water during lesson times. It is vital that children drink plenty of water to remain hydrated and we also need to encourage healthy habits.

The reasons we encourage only water during the school day (other than lunch) is probably best explained by the following NHS advice:

## Water



### ***How much should children drink?***

Children/young people are encouraged to drink around 1.5 litres of water each day. This is approximately 6 to 8, 200ml glasses. Adults should aim to drink around 2 litres of water each day. This is approximately 6 to 8, 250ml glasses. Plenty of additional fluid [www.cyphderbyshire.co.uk](http://www.cyphderbyshire.co.uk) 2 should be drunk during warm weather and/or when exercising. Children/young people spend at least half their waking hours in school. During this time, they should be drinking at least half their daily requirement, spread regularly throughout the day (3-4 glasses/7.5 litres). This amount should be matched at home.

### ***Why not diluted fruit juice/squash?***

Water is the most effective fluid to prevent dehydration. The main reason for not advocating other drinks as fluid replacement is the additional risks to health and teeth. Other drinks can be high in sugar and/or contain acid. Foods and drinks containing high sugar form the smallest food group of the Eatwell Plate which depicts a balanced diet. To keep our teeth healthy it is recommended to restrict the number of times we expose them to sugar/acid attacks to 4 per day. The best way to reduce attacks is to only consume such foods and drinks at meal times. Other drinks that contain caffeine such as tea, coffee, coca cola and energy drinks can have a diuretic effect (increasing the rate of urine) causing dehydration.

### **Schools must follow nutritional and non-lunch standards by law which restrict the provision of food and drink in schools.**

Whilst I understand for some children that there is perhaps very little to like about water, there is very little to dislike as well - it is quite tasteless. Many of us drink water because it is good for us not because we enjoy it and it is absolutely the right thing to have when we are thirsty. We are happy for pupils to bring infusion bottles where fresh fruit can be put in to add some flavour to the water. Children should not bring in fizzy pop or energy drinks to drink at any time in the school day.

If a child does not bring water to school, we will provide them with water but they will only be able to drink other drinks at lunchtime with their food. Supplies are limited so we would ask that you send your child with fresh water every day in a labelled bottle which can be refilled as many times as they require.

Thank you for your support with this.

## PARENTS EVENING

### Parents evening

During the week beginning 10th May 2021 and 17th May 2021, we will be contacting you by telephone to discuss your child's progress and wellbeing. We will be giving each child's parent or carer a specific date and a time when they'll be contacted and estimate that the calls will last between 5 to 10 minutes but we'll give you a 30 minute 'window' for when you'll receive the call.

As there were several weeks when your child may not have been in school, due to lockdown, and were participating in home learning, we are also keen to hear what you feel have been their main strengths and challenges during this period.

If the time or date that you've been allocated is not suitable, please let us know as soon as possible and we will try to rearrange the appointment for you. We'd also like you to provide us with the telephone number that you'd like us to use to get in touch so that we use the most appropriate number for that time and day.

If a child's parents do not live together then we can arrange for separate phone conversations to be made but please do let us know if this is an option that you'd like to action.



### Year 5 Bikeability

We are pleased to say that Bikeability for year 5 children will be taking place w/c 28th June and w/c 5th July 2021. A letter has been sent home today. We will send further details to let your child know which week they will be doing Bikeability once payment is received.

Completed forms need to be returned by **Friday 14<sup>th</sup> May 2021**. **You will then be charged via your parent pay account.**





## Closing date for September Application in Elmer's



Applications for a place in our 3-4 Nursery close on **May 4<sup>th</sup> 2021**. If we receive more applications than places we will use our admissions policy to allocate places. **If your child currently attends Hungry Caterpillars you will be receiving information about a place in Elmer's Nursery shortly.**

Our admissions policy can be found on our website at

<https://www.bewdleyprimary.co.uk/attachments/download.asp?file=2662&type=pdf>

If you have family or friends who are planning to send their children to our nursery please let them know about our closing date.



### Scholastic Spring book club

Don't forget that our latest **Scholastic Book Club is now**

**online** at <https://schools.scholastic.co.uk/bewdley-primary/digital-book-club>.

There are hundreds of fantastic children's books to choose from, and **every £1 you spend** on this month's Book Club will **earn 20p for our school** in Scholastic Rewards.

Please place your **order online by May 14th, 2021**.

We think you're going to love the new selection of books this Spring – there's lots to be excited about and all at pocket money prices too. As always, there's a book for every kind of reader.

### Year 5/6 Orienteering Festival

Year 5/6 orienteering festival will be taking place on Friday 14th May from 10.30 - 11.30am at Wolverley Secondary School. If your child is taking part they will bring home a letter with further information.



## Spelling Shed Results



Well done to all those who have been on Spelling Shed this week!

### Winning class

**Blackman**

### Top Five Spellers

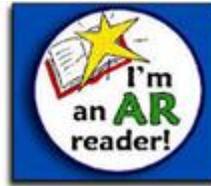
1st – **Riley B** from Blyton

2nd – **Ben** from Blackman

3rd – **Emily** from Blyton

4th – **Cassidy** from Blackman

5th – **Rhys** from Morpurgo



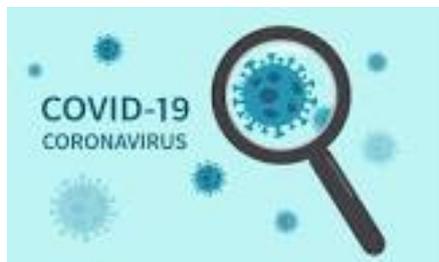
### Accelerated Reader Results

#### Class of the week

**Rowling** are at the top of the leader board this week with 88% success rate!

This week's most improved class is Rowling who have increased their success rate by 28%!

Well done to the children who have taken quizzes this week and have been successful.



**reminder**

## Symptoms

The main symptoms of coronavirus (COVID-19) are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

**If you have any of these symptoms, get a test to check if you have coronavirus and stay at home until you get your result. If you have one of these symptoms please visit a test centre for a PCR test, do not use a Lateral flow test kit.**

## **Booking a PCR Test**

Get a free PCR test to check if you have coronavirus (COVID-19) by visiting

<https://www.gov.uk/get-coronavirus-test>

You can order a PCR test kit to be sent to your home or book an appointment at a walk-in or drive-through test site.

**If you have symptoms, you and everyone you live with must immediately [self-isolate](#). Do not leave home until you get your test results, except to post a test kit or for a PCR test appointment.**

You should not use this service if you've received a positive PCR test result in the last 90 days, unless you develop any new symptoms.

## **Rapid Lateral Flow Tests**

Around 1 in 3 people with COVID-19 do not have symptoms. The lateral flow tests are used in people who don't have symptoms. These tests are trying to find people who may have no symptoms but are infectious.

This type of test is very good at identifying people who have lots of the virus, and are infectious on the day, but isn't as good at finding the virus in people who aren't infectious yet (i.e. early in the infection), so they are a kind of spot check test.

The PCR tests are better at finding very small amounts of the virus, especially early in infection, so these are used primarily in people who have symptoms.





**3 POINTS  
MARTIAL ARTS**

## YOUTH MIXED MARTIAL ARTS

Mondays and Wednesdays 5pm from 12th April

First  
Week Free  
**NO JOINING  
FEE!**



Mixed martial arts (MMA) is a sport that combines striking, takedowns and grappling. The sport started as a way to test martial arts against each other but athletes now learn a wide combination of skills.

Our expert coaches instruct children aged 5+ and are fully insured and DBS checked. With qualified teachers and professional athletes, we pride ourselves on our reputation for high-quality instruction in a fun and safe environment.

- RESPECT**
- DISCIPLINE**
- SAFETY**
- FUN**
- FRIENDS**
- HEALTH**



[www.threepointmartialarts.com](http://www.threepointmartialarts.com)  
Unit 9 Shrub Hill Industrial Estate, Worcester, WR4 9EL



**3 POINTS  
MARTIAL ARTS**

## YOUTH BRAZILIAN JIU-JITSU

Tuesdays and Thursdays 5pm from 13th April

First  
Week Free  
**NO JOINING  
FEE!**



Brazilian Jiu-Jitsu (BJJ) is a renowned grappling martial art known for its powerful throws, joint locks, and chokes. These leverage-based techniques are highly effective against even much larger, stronger opponents.

Our expert coaches instruct children aged 5+ and are fully insured and DBS checked. With qualified teachers and youth workers on the team, we pride ourselves on our reputation for high-quality instruction in a fun and safe environment.

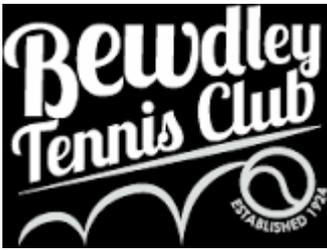
- RESPECT**
- DISCIPLINE**
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- HEALTH**



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[www.threepointsmartialarts.com](http://www.threepointsmartialarts.com)

Unit 9 Shrub Hill Industrial Estate, Worcester, WR4 9EL



### **Adults**

Tuesday 6-7pm starts May 11

Try Tennis for adults. Short 4 week course only £20

For adults of all ages, whether you're new to tennis or haven't picked up your racket up for a while! Our expert coaching team will help you learn the basics of tennis in a fun and friendly environment.

### **Juniors**

LTA Youth Start for children aged 4-7.

Short course for 6 weeks only £29.99 +£5p&p

We want to encourage children to play tennis throughout their lives - and be active too. So, if your child is aged 4-7, why not give it a try?!

Course includes:

- Six top-class tennis sessions with specially trained coaches
- A tennis racket and set of balls
- A branded t-shirt
- Activity cards, a lanyard, stickers and a certificate (provided by the coach)

Courses running on:

Monday 4.30-5.15pm starting May 10

Tuesday 3.45-4.30pm starting May 11

Thursday 4.45-5.30pm starting May 13

All junior and adult courses can be booked using the following link:

<https://tennis247.co.uk/trytennis/>

For any enquiries please contact Tina at [Stratfordarea@i2ctennis.co.uk](mailto:Stratfordarea@i2ctennis.co.uk)

We look forward to seeing you on court!