



11<sup>th</sup> January 2019

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### ***Healthy Snacks***

In the news over January was advice that schools and families should be doing more to promote healthy lifestyles for children, with the focus of this latest campaign being on ways to reduce sugar. Our approach as a school is educating children about their lifestyle, diet and food choices and rewarding for good choices, as we believe it is the best way to ensure that they children adopt a healthier lifestyle in adult life. Tell a child something is banned, and immediately that is the thing they crave for! Attached to the newsletter is a fact booklet you can use at home, which is about how to provide a healthy lunchbox and a reward chart for children if they make these choices. After we have taught healthy lifestyle lessons, further activity books and resources will be sent home to support this learning. We will also be handing out stickers (not every day, but on random days) to children who bring in a healthy snack, or have a balanced lunchbox. We are trying to persuade children to choose a snack such as fruit or a cereal bar, which has fibre and natural sugars which can get them through the rest of the morning. For lunchboxes, we will be discussing having some carbohydrate, dairy, fruit/vegetables, and protein (and an appropriate treat or amount of sugar -not an excessive amount.) We are still not banning chocolate or crisps, but will be continuing to speak to children about healthy lifestyles.

### ***Interhouse Competitions***

We are pleased to tell you that we will be expanding our inter-house competition for children in all year groups. Our aim is to help children develop their resilience, team work, sense of belonging and determination while competing in a safe environment. Previously, children used house competitions on sports day only. Children will now be taking part in a range of competitions across the year in art, music, science, engineering and design, topic, writing, maths and sport. The use of competitions in school are often debated, with some schools making headlines for banning all competitions and introducing non-competitive sports days. After speaking with children, and observing children's behaviours in parties, playgrounds, competitions etc. I believe competitions are in everyday life beyond school, in the world of work and leisure, and without giving children chance to compete, we will not be preparing them for adult life. Many children are naturally competitive, and I know just being in a competition will inspire them. However, all children need to go through the important life lesson of learning how to be dignified winners and cope with losing. Children also need to learn to celebrate others success, and use this as inspiration rather than giving up. Putting competitions in houses gives us opportunities to teach teamwork skills. Children will be able to gain a sense of achievement from working together and earning points for their team, and, at the same time, learn to deal with losing. As the children need to be put into fair groups with a broad skills set, some of the children may have changed teams or may no longer be in the same team as their sibling. The new houses will be: Fire (red), Water (blue), Air (yellow) and Earth (green).

We have a couple of competitions coming up soon! The first is an art competition which will take place on Friday 18th January. If you have any boxes, newspapers, magazines or material that you no longer need, please them send in with your child on Friday 18th January so that they can be used. The second (towards the end of January) will be a writing competition.

We look forward to some really exciting, fun learning opportunities with our houses competing for points!

### **After School Clubs**

Monday night Construction Club from 3.15-4.30pm – cost £2

Tuesday night – Art and Crafts (KS1 focus) – cost £2

Wednesday night – Computer Club from 3.15-4.30pm – cost £2

Thursday night – Art and Crafts (KS2) – cost £2

Friday Night – Film Night – 3.15-5.30 pm - cost £3

Children are welcome to stay at After School Club until 5.30pm. Charge for this is £3.80.

Please contact the office if you would like more information or to book.

**Breakfast Club** – every day from 8am – cost is £3 per session

### **Governors**

#### **School Hall - A lasting legacy**

We are all excited that work is progressing with the building of our new school hall. This work has been possible because of a successful bid to the Government's Condition Improvement Fund. However, we still need to raise funds to make sure the hall is fully kitted out with new sports equipment, catering facilities and audio-visual facilities.

#### **Legacy Donors**

Anyone who donates £20 towards the school hall will have their name recorded and displayed permanently within the new hall. This is a way we can celebrate, in a lasting way, the contributions that people make. Please place donations (cash or cheques to "Byfield School") in an envelope marked "Legacy Donor", and clearly indicate the name you would like to be displayed, then hand in at Reception.

#### **Naming the School Hall**

You may wish to make a substantial donation, in return for having the school hall named after yourself, your family, or perhaps a loved one *in memoriam*. Please contact the Headteacher to arrange a meeting if you would like to discuss this option.

Any support you can give to the School is hugely appreciated and helps us provide the best facilities we can for your children.

With thanks Sarah Burke Chair of Governors

### **Dates for the Diary**

*String music lessons – every Wednesday      Guitar music lessons – every Tuesday*

*Keyboard lessons – every Thursday*

*PE – Please bring PE kit in to school every day, PE lessons will be weather dependent. We also have some sessions for PE booked at the village hall.*

*Celebration Assemblies Monday – Kiwi Tuesday – Owls Thursday – Penguins Friday – Robins*

*Hotshots – Every Tuesday – 8am (Village Hall until further notice)*

*Dance Club – Every Wednesday after school (Village Hall)*

**Tuesday 12<sup>th</sup> February** – Height and Weight checks Robin Class and Year 6s

**Tuesday 15<sup>th</sup> January** – Hotshots Village Hall 8am

**Friday 18<sup>th</sup> January** – Art Competition

**Friday 15<sup>th</sup> February** – break up for half term 3.15pm

**Monday 25<sup>th</sup> February** – school opens 8.45am