

# NORTHSTEAD NEWS

Issue 11

18 February 2022

Dear Parents and Carers,

As we leave for the half term holidays, I wish to express my gratitude and appreciation for the hard work, dedication and support the staff of Northstead have shown over this very challenging period in school. We have come close on many occasions to closing some parts of the school because of the number of staff absent. However, because of the dedication, adaptability, and teamwork of every member of staff, we have managed to overcome many barriers and keep school open for the children and the community of Northstead.

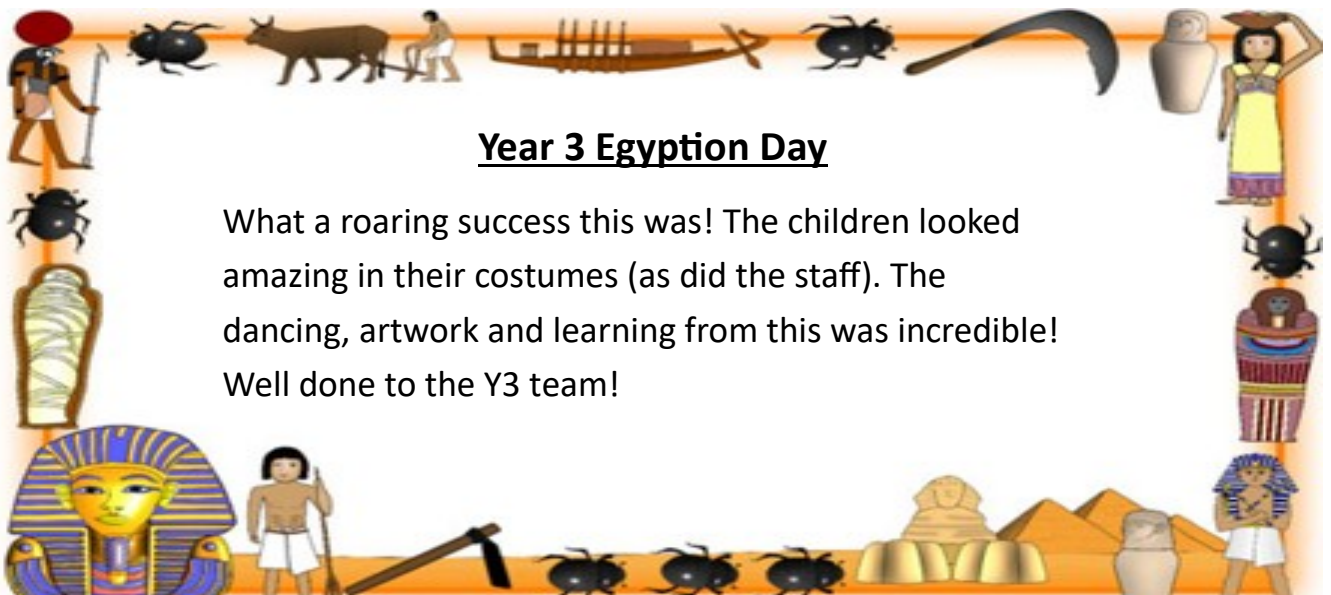
We would also like to say a huge thank you to parents and carers for your continued support. Thank you for caring about our pupils and staff by testing your children when necessary.

Mr Lidgley

Headteacher

## Year 3 Egyption Day

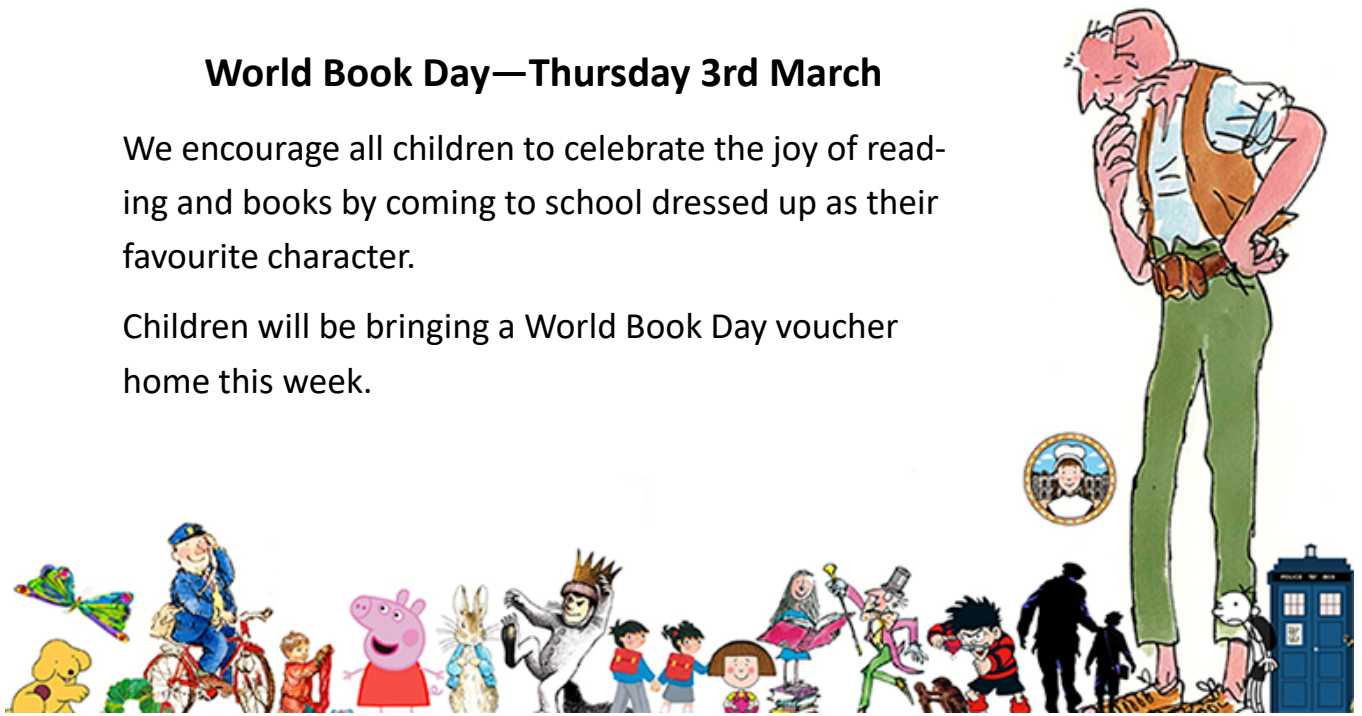
What a roaring success this was! The children looked amazing in their costumes (as did the staff). The dancing, artwork and learning from this was incredible! Well done to the Y3 team!



## World Book Day—Thursday 3rd March

We encourage all children to celebrate the joy of reading and books by coming to school dressed up as their favourite character.

Children will be bringing a World Book Day voucher home this week.



### Celebrating Differences



Next half term sees the children engaging in the next aspect of our 'Jigsaw PSHE' learning. We will be focusing on 'Celebrating Differences' - Information about this will be sent out with your child's curriculum newsletter or on class dojo.

### Support for Parents and Carers with children of SATs age

The Adult Learning team are running free online courses to provide parents with the knowledge to support their child in their English and Maths year 6 SATs.

**Maths support course, Tues 1st March at 18:30-20:30**

**English support course, Wednesday 2nd March at 09:30 -11:30 or 18:00 – 20:00**

[For more information and to book online,](#)

Call Adult Learning Team on 01609 536066

Email: [adultlearningservice@northyorks.gov.uk](mailto:adultlearningservice@northyorks.gov.uk)

## School Uniform

Standards of uniform in school have started to slip. We ask all parents/carers to support school and ensure your child's uniform matches that in our school guidelines. [Click here](#)

While we are unable to help with black shoes. We are able to help with trousers, skirts, blouses, shirts, jumpers and cardigans. Please contact your child's class teacher via dojo message or on the playground for any items you need.

We are only too happy to help. Thank you for your continued support of Northstead School.



### Why do we need a healthy packed lunch?

Print  
me and stick  
me on your  
fridge



A healthy packed lunch will give children the **energy** and **nutrition** they need to get the most from their school day – helping them to **stay healthy**, **feel good** and **be ready and able to learn**. Just like school meals, packed lunches should be made up of foods from the main food groups in the [Eatwell Guide](#) and portions should be appropriate for a child's age and size. This will ensure every child has a healthy and nutritionally-balanced lunch.

#### What should I include in my healthy packed lunch?

Please try to include **ONE** of each of the following in your lunch each day:



##### STARCHY CARBOHYDRATE

- ✓ bread, wrap, pitta, bagel, rolls, baguette
- ✓ rice or couscous
- ✓ pasta
- ✓ noodles
- ✓ potatoes

Wholemeal/wholegrain options contain more fibre and keep you fuller for longer

**Gives you energy for the day ahead!**



##### DAIRY FOOD (or non-dairy alternative)

- ✓ cheese – hard, soft, spread
- ✓ yoghurt or fromage frais
- ✓ milk
- ✓ custard

Choose low fat, low sugar options where possible

**Good for healthy bones and teeth!**



##### FRUIT (fresh, frozen, tinned or dried)

- ✓ apple
- ✓ banana
- ✓ satsuma
- ✓ pear
- ✓ plum
- ✓ mango
- ✓ melon
- ✓ small box of raisins
- ✓ cherry tomatoes (chopped)
- ✓ handful of grapes (halved)
- ✓ fruit salad or kebab

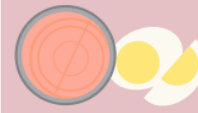
Fruit and vegetables give you vitamins, minerals and fibre to stay healthy. Part of your '5 a day'

**How much?** A portion is one child-sized handful.



##### VEGETABLES OR SALAD

- ✓ chopped vegetable sticks (e.g. carrot, cucumber, pepper)
- ✓ salad in sandwiches
- ✓ vegetable soup



##### PROTEIN

- ✓ meat e.g. sliced lean ham, chicken or beef in a sandwich
- ✓ fish – try to include oily fish such as salmon or sardines at least once every 3 weeks (tuna doesn't count – sorry!)
- ✓ eggs
- ✓ lentils, beans, chickpeas

**Helps your body to grow and develop**

**DRINKS** – plain tap water is the best option, especially for teeth. Please send your child to school with their own named, clean water bottle each day.

Drinking enough each day helps keep your body working well and your skin looking healthy!



##### Me-sized meals

Young children don't need as much food as teenagers and adults. When they eat more than they need, the excess energy is stored as fat in their bodies.

## Contact Details

Please could you make sure that school are kept up to date with any changes in address / phone number / e-mail so we have your current details on our system.

Many Thanks





## Yorkshire Coast Football Academy February Half Term Holiday Camps

**When?** All the following dates, 9am till 3:30pm:

Tuesday 22<sup>nd</sup> Feb

Wednesday 23<sup>rd</sup> Feb

Thursday 24<sup>th</sup> Feb

Friday 25<sup>th</sup> Feb

**Where?** George Pindar School, Moor Lane, Eastfield, Scarborough, YO11 3LW. Inside the sports hall and outside on the 3G pitch!

**Price?** £15 per day or £50 for the full week! Siblings get a 10% discount too!!

**Who can attend?** Anyone at all from ages 3-14

**How to book?** Bookings will be made through our registration app 'coacha' feel free to message us on Facebook or message Louis on 07437353837 for a link and instructions on how to do so!



### Nature Scamps

Friendly Forest School based stay and play sessions for families with children 18 months – 5 years

Mondays 10:00 – 11:30

£5 per child adults free

Join us for outdoor exploration, play, crafts, games, songs, and stories inspired by nature in the beautiful grounds of Scampston Hall.

Book @ [www.scampston.co.uk/whats-on/events-diary](http://www.scampston.co.uk/whats-on/events-diary)



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## The Bothies

**Scampston's Learning  
Resource Centre**

Activities for families

We are a charity which aims to promote lifelong learning, well-being, and personal development for all, through the provision of educational courses, community projects and other opportunities within our learning resource centre and outside in the natural environment.

Follow us on facebook @The Bothies



### Wildlife Club

A monthly session offering a wide range of hands-on environmental activities for families.

First Sunday of the month  
10:00 - 12:00  
or

1.00- 3.00  
£6 per child adults free

Join us to experience nature first and try out activities linked to the seasons including natural crafts, using tools, den building, fire lightning and habitat exploration.

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## Upcoming dates for your diary

Thursday 3rd March

World Book Day

SCHOOL  
HOLIDAYS  
ARE  
HERE !!

Have a lovely Half Term with your families.  
School re-opens on Wednesday 2nd March  
(We hope you enjoy 'Skipping Day')

