

THE BELHAM BUZZ



ISSUE 74 | 1 FEBRUARY

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HEAD OF SCHOOL'S NOTE

In a term of 'firsts', earlier this week, our Belhamites enjoyed their first hot meal prepared by the Chartwells kitchen staff. They were incredibly excited to sit on the new lunch benches in the main hall and behaved impeccably. As a 'Healthy School', our lunches are prepared using fresh ingredients, and staff encourage the children to eat salad or vegetables with their main meal. In school, pupils are taught that it is essential to eat fruit, salad and vegetables as part of a healthy diet; however, some children are reluctant to try the unfamiliar, especially if they haven't had it at home first! We would like children to choose salad or vegetables with their main meals, and eat it all! If the older children know they don't like a certain fruit or vegetable, it's perfectly fine for them to tell the serving staff and choose an alternative option. Here are a couple of useful websites that give advice about healthy eating:

www.nhs.uk/change4life

www.bbc.co.uk/cbeebies/grownups/portion-sizes-for-kids

The 'Children's Food Trust' website is a good source of information for parents, and there's a great section on 'fussy eaters'!

www.childrensfoodtrust.org.uk

STREET CHILD AND BELHAM BUZZ HOMEWORK

Thank you to all who have shown an interest in our fundraising efforts so far! Last week we held an assembly about Street Child's work in West Africa. Ask your child what they learnt!

For this half term's optional Belham Buzz homework, we would like to invite the children to either write a letter or draw a picture that Ally will then take on her trip in April. Please could this be returned by Friday 9 February. As a final fundraising event, we will be having an own clothes day on Friday 9 February and sharing the children's work.

Next week's creative reflection time will be about:

BALENCIAGA

KEY DATES

Friday 2 January

FoB Cake Sale from 3.25pm (please see next page)

Tuesday 6 February

Safer Internet Day (please see below for details)

Thursday 8 February

Year 3 trip to Museum of London, 9.15 – 3.00pm. Packed lunch needed. We also still need 5 volunteers – please email the office if you are able to help.

Friday 9 February

Own clothes day to support Street Child (please see below)

WORLD BOOK DAY

World Book Day is Thursday 1 March. Each year group has chosen a theme for fancy dress that is linked to their topic:

Reception - Fairytale characters

Year 1 - Kings, Queens and Royalty

Year 2 – The Circus

Year 3 – Children in Literature e.g. Pippi Longstocking, Horrid Henry

Please note that none of the above include superheroes!

SAFER INTERNET DAY – DO YOU KNOW ABOUT PARENTAL CONTROLS?

Tuesday 6 February is Safer Internet Day. On this day we will be talking to the children about how they use the internet and how to 'stay safe' online. We will be posting some of the children's responses and suggestions in next week's Belham Buzz. We would also like to involve parents more actively in our activities. In our ongoing discussion with children we are aware of some children using devices without parental controls or even knowing parents' passwords! Having spoken to a few parents, we thought it may be useful to run a drop in session on Wednesday 21 February at 9am, to share some of the apps and resources that we use in school. Ruslan from our ICT support team will be on hand to answer any queries and support you in keeping your child safe online. So come along, bring your tablet and we'll explain how to ensure your child is not accessing anything they shouldn't!

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FRIENDS OF BELHAM BAGS2SCHOOL

This is a great way to teach your children how to recycle clothes so that they can go to people that are in need of them. In addition, **for every kilo weighed, FoB will receive 40p**. The office will distribute the bags into each child's school bag after Monday 5 February. This gives everyone a chance to have a clear out over the half term holiday! Please bring your bags to school on Thursday 22 February (exact location to be confirmed).

Bags2school list of accepted items:

We **accept** the following 'good quality' items for RE-USE:

- Men's, ladies' and children's clothing
- Paired shoes (tied together or held together with elastic)
- Handbags
- Hats
- Bags
- Scarves and ties
- Jewellery
- Lingerie
- Socks
- Belts
- Soft toys
- Household linen
- Curtains
- Towels
- Bedding (bed sheets, pillow cases and duvet covers)

We **do not** accept:

- Duvets and blankets
- Pillows and cushions
- Carpets, rugs and mats
- Soiled, painted, ripped or wet clothing
- School uniforms, with or without logo
- Corporate clothing and workwear
- Textile off cuts, yarns or threaded material

FRIENDS OF BELHAM CAKE, BISCUITS, BREAD AND NEARLY NEW UNIFORM SALE

The Friends of Belham will be selling cake, biscuits, bread and nearly new uniform this Friday 2 February, from 3.25pm in the school playground.

Please bring cakes, bread & biscuits in on the morning of Friday 2 February, clearly labelling your containers with your child's name and class.

And, of course, don't forget to bring cash to buy cakes on the day.

BIKES AND SCOOTERS

We are delighted that so many children scoot and cycle to school – however please could parents ensure that they come off their bikes and scooters before coming in through the main gates.