

THE BELHAM BUZZ

ISSUE 111 | 18 JANUARY

Head of School: Ms Liz Cohen | Email: ecohen18.210@lgflmail.org | Tel: 020 8353 4290

HEAD OF SCHOOL'S NOTE

My assembly on Monday had a 'Healthy Eating' theme and focused on the amount of sugar that can be found in everyday foods – children were very surprised when they discovered that according to research, most children are eating the equivalent of 13 sugar cubes a day: twice the recommended amount! I showed children the amount of sugar in a small dairy milk bar (6 sugar cubes!) on the fantastic 'Food Scanner' app; go on the NHS ['Change 4 Life'](#) website for the link.

It is important for children to be able to make an informed choice when it comes to their diet. Obesity in the United Kingdom is at epidemic levels and children need to be educated from an early age about where their food comes from and what is in it. Our in-house chef, Paul, and his team, work in partnership with Chartwells catering company to provide a balanced meal for the pupils at lunchtime. There is a vegetable, salad and fruit option available every day. Even though we serve desserts, like flapjacks and sponges, which are often fruit based, there is always a fruit alternative. On Wednesday 30 January, we would like to invite Reception parents in to taste our school meals and eat with their child. Due to space constraints, we are only able to invite one parent per child and unfortunately younger siblings cannot be accommodated. Please email the office if you would like to attend. There will be an opportunity for Year 1 parents to come in for lunch later in the term.

YOUR CHILD'S ATTENDANCE

On the last day of the Autumn term, our attendance figures were shockingly low at **85%**. The main reason for this fall in attendance was because so many children were taken out of school early to go on holiday. New guidance will be sent out this week about procedures for requesting time off during term time, what will happen following an unauthorised absence, and how Southwark's Educational Welfare Team will be involved. Please check your emails and read this information carefully. It is every parent's legal responsibility to ensure that their child attends school every day.

Creative reflection time next week will be about:

DAVID HOCKNEY

KEY DATES

Tuesday 22 January

Year 2 trip to Tate Modern – packed lunch required

Velvet trip to Pizza Express – no packed lunch required

Thursday 24 January

Year 3 Greek Day (in school)

Wednesday 30 January

11:15 – 12:15 Parent lunch – One parent per child is invited to taste our school meals and eat lunch with their child. Younger siblings cannot be accommodated

Friday 1 February

Book Character Fancy Dress day for the whole school – please see below

Reception Fairytale Ball, 2.15pm. Fancy dress required, invitation to follow

STORYTELLING WEEK

Storytelling week will be taking place w/c 28 January, with activities taking place throughout the week. Friday 1 February will be Book Character Fancy Dress day when children can come to school dressed as their favourite character. If any parents are available during that week to tell a story to a class, please email info@thebelhamprimaryschool.org.uk

THE BELHAM LANE GARDEN - UPDATE

The next stage of work will soon commence on the Belham Lane Garden - the children have helped plant the saplings that will become our hedgerow and we will be carrying out work to deck the area to make it usable soon after half term. We're eager to upgrade the decking, plant the area, provide benches and further, more mature trees - please follow the link to our Just Giving page, <https://www.justgiving.com/campaign/BelhamLaneGarden> and feel free to donate! Every little helps and please also let friends and family know, in case they'd like to help green our school!

A fundraising Fun Run will be held later in the school year to help continue the work - by the summer we should have a beautifully planted garden for all the little Belhamites to use!

BELHAM ART EXHIBITION

Following the success of last year's Artists' Open House, once again we will be exhibiting our own artwork alongside that of local artists. This year, we will be opening our doors to our community and those following the Open House Art trail, on the weekend of 11/12 May. We already have a number of artists interested in taking part in the event, including photography, textiles, ceramics, print and illustration. If you are interested in exhibiting, please send an image of your work to the office by Monday, for the attention of Kate Gorely.

CRAZE PLASTICS EXHIBITION

We will be building on our CRAZE Plastics interactive exhibition over the course of the term. Any additions (books, objects, resources) please label and bring to school. We are looking for a large lightweight net, if possible a fishing net or something similar. Please keep bringing in plastic bottles, washed and labels removed. If you have any links connected to plastics manufacturing, recycling or pollution, please contact Kate Gorely or Katie Mander. All contributions gratefully received!

POKEMON CARDS

Pokemon cards are clearly very popular at the moment. They can be brought into school, but please could parents ensure that the children are aware of the following rules for using the cards in school:

- No trades/swaps
- Only Pokemon cards to be brought in
- Only to be used on the terrace or games club – they must be kept in pockets to and from class
- Only on Tuesdays & Thursdays

PICKING UP ARRANGEMENTS

If picking up arrangements for your child change or you would like to book them into Owls, please make sure that you inform the office before **2.00pm**. Parents will still be charged for same day cancellations for Owls.

RECYCLING

As the Science Lead, I am trying to ensure that we have all the Science resources we need to deliver an exciting curriculum that develops a curiosity about the world. We are buying many resources; however, there are many household items that I think we can reuse for our Science resources.

These are the resources that I am looking to reuse:

- Film canisters with lids- lids **MUST** click on
- Jam jars **WITH MATCHING LIDS**
- Wool
- Calpol/ ibuprofen syringes
- Medicine measuring spoons
- String- any thicknesses
- Miscellaneous objects for materials. E.g. keys, buttons, any random objects, mystery objects that you thought would be useful and are not
- Take away tubs **WITH MATCHING LIDS**
- Plastic bags- variety of sizes

Please ensure that all items sent in are clean.

Many thanks, Emma Chan

PARENT FORUM

On Wednesday 23 January, the senior leadership team will be hosting our first Parent Forum of the year – we want to hear what you think about us! The focus questions for the sessions will be the following:

What makes you want to send your children to this school?

What could we do even better?

Pop along to one of our three sessions taking place in the main hall at 8.15, 9am and 5pm – you can either write your suggestions down on a post-it or stay for a chat.

THE BELHAM BUZZ

ISSUE 111 | 18 JANUARY

Head of School: Ms Liz Cohen | Email: ecohen18.210@lgflmail.org | Tel: 020 8353 4290

STEAM TEAM CHALLENGE



**Whose vehicle can travel the furthest
down a ramp?**

Starting on Monday 21 January

MAXIMUM OF 20 TEAMS

STEAM QUESTION OF THE WEEK

STEAM

question
of the week?



**What happens to petrol
after you put it in the car?**

**Extra challenge: Why are petrol and
diesel cars going to be banned by 2040?**

**Please write your answer on a piece of
paper with your NAME and CLASS.**

Last week's question

Where does the sun go at night?

The winners are:

Makayla Budha (Denim)

Luca Bailey (Satin)

Dexter Macleod (Satin)

Night time is when the sun is on the other side of the Earth from you, and its light and heat don't get to you. We get **day and night** because the Earth spins (or rotates) on an imaginary line called its axis and different parts of the planet are facing towards the Sun or away from it.

