



Attendance for
w/c 14/1/19

Menu No. 2
w/c 21/1/19

95.6%

Dates for your diary

Class 4D and Nurture Room will start swimming on Friday 11 January 2019 until the end of term.

Whole School RE day - Wednesday 13 February

Year 5 Space Centre trip - Wednesday 27 February

Year 6 Cosford Museum trip - Thursday 28 March

After school clubs - Spring term

Year 4 & 5 Ukulele club - every Monday 8.40-9.05am.

This club starts w/c 14 January 2019

Hockey club - every Monday 3.30-4.30pm

Tag Rugby club - every Tuesday 3.30-4.30pm

Netball club - every Wednesday 3.30-4.30pm

Year 6 Guitar club - Wednesday mornings - Group 1 - 8.40 - 9.05am. Group 2 - 9.05 - 9.30am. This club starts w/c 14 January 2019

Dance club - every Thursday 3.30-4.30pm

Reminder

When paying for your child/ren's lunches and school trips, could you please ensure you hand in the correct amount of money, in an envelope with your child/ren's name and class on. The school office is not able to provide change. Thank you.

PE Kits

Please could you ensure your child's PE kit is sent in on the day/s they normally have PE. You can confirm which day/s this is with your child's class teacher, or please look on our website for the class timetables for 2018-2019. Letters will be sent out to those children who forget, as a reminder. Thank you.

Stars of the week and pupils of the week

| Class | Star of the week | Pupil of the week |
|-------|------------------|-------------------|
| 3S | Mirren-Rose M | Kymani K |
| 3F | Laylah B | Rein-Tru C |
| 4E | Amelia W | Jaiden O |
| 4D | Lucie L | Wafia S |
| 5I | Megan H | Gracie-Mai F |
| 5M | Poppy B | Melech R |
| 6K | Bailee-Jo B | Kian B |
| 6R | Kyle J | McKenzie W |

Celebration assembly starts at 2.10pm every Friday. Parents and carers, please enter through the front gate on Tresco Close, no earlier than 2.10pm please.

REASIDE VALUE:

Expectations

We are proud of:

Bronze Housepoint Winners:

100 'Fantastic' things!

Congratulations to:

Emily W 4E

Safrana R 4E

Viking day in Year 4!

Year 4 had a special visitor in last week, to teach the children all about the Vikings. They had a fantastic time trying on typical clothes, looking at old artefacts and learning battle routines with a shield as you can see in our photos. It was a brilliant day.





A-Life visits Reaside Academy on 14th January

This week a qualified coach from A-life has spent the day encouraging, teaching and developing your child's awareness of healthy living.

Following the visit, A-life has offered the children the chance to complete the 7 Day Healthy Challenge. The challenge is designed to follow up some of the message we have been promoting in the workshops. Pupils can log onto the website and complete interactive quizzes on how to maintain a healthy lifestyle, while fun characters challenge them to log their own healthy habits. It should take around 5-10 minutes to complete each day. To access the challenge: Visit: www.a-life.co.uk/challenge School Name: **Reaside Academy** Password: **fun** (this will expire at the end of the term). The challenge should be completed over 7 days. These days do not need to be consecutive. Once the challenge has been completed, pupils will receive a personalised A-life certificate - Good luck!



Did you know?

It is recommended that children participate in at least 1 hour of exercise every day. Try to make exercise a daily habit by:

- Walking or scooting to school when possible.
- Planning in 'free time' activities that keep children active - football matches, walks in the wood, trips to the adventure playground, soft play centres.
- Join a club.

Generally we have too much fat, sugar salt and additives in our diets. Children develop eating habits from a young age, so A-life recommend the following ideas to help train their appetites:

- Use the 'traffic light' system on food packages to keep a track on the amount of salt and sugar in the food you eat.
- Grill or steam food rather than frying it. Trim off excess fat from meat.
- Send your child to school with a full tummy. A good choice is porridge as it contains slow releasing energy but good alternatives are brown bread (toast), fruit and yoghurt or non-sugary cereals such as Weetabix.
- Packed lunches should also contain slow release energy foods such as whole grain bread, pasta or rice. Avoid packing lots of high sugar/high fat foods which will cause the children a sugar 'slump' in the afternoon.
- Gradually replace white bread with brown (whole grain) bread.

Drop in service every Wednesday morning

The SENDCo, Mrs Lawrence, works in school every day, and offers a drop in service on a Wednesday morning from 9-9.30am. Please feel free to call in or make an appointment through the office. She is available at other times in the week, if Wednesday morning is not convenient.

Safeguarding reminder: Remember to report any safeguarding concerns to the Birmingham CASS Team 0121 303 1888.

For further information regarding what's going on at Reaside Academy, please visit our website - www.reasideacademy.co.uk Follow us on twitter

If you wish to contact us please email enquiry@reasideacademy.com or phone 0121 675 7235.