



Attendance for
w/c 03/02/2020

95.7%

Menu No. 3
w/c 10/02/2020

Dates for your diary

- Year 4 swimming – 4E start swimming on 16th January.
- Year 5 & 6 Residential trip (Malvern Hills) – Monday 10th – Wednesday 12th February
- Non uniform day (£1 donation) – Friday 14th February
- PTA – Valentine disco – Friday 14th February – Years 3&4 1.30pm–2.30pm and Years 5&6 2.30–3.30pm. (£1 on the day please).
- HALF TERM – Children break up Friday 14th February

After school clubs/Lunchtime clubs

Spring term 1

- Monday – Cardio (Year 5 only) – 3.30–4.30pm
- Tuesday – Circuits (Year 6 only) – 3.30–4.30pm
- Tuesday – Art club (Year 5 & 6 only) – 3.30–4.30pm
- Wednesday – Dance (Year 3 only) – 3.30–4.30pm
- Wednesday – Health & Fitness club with Commando Joe Year (5 & 6 only) – 3.30–4.20pm
- Thursday – Yoga (Year 4 only) – 3.30–4.20pm
- Thursday – Art club (Year 3 & 4 only) – 3.30–4.30pm
- Year 5/6 Ukulele/Guitar club – Tuesday lunchtime and Wednesday lunchtime – Group 1 – Beginners 12.30–1.00pm Group 2 – Advanced 12.45 – 1.15pm.
- Invite only
- Thursday lunchtime 12.45– 1.15pm – Dance Invite only
- Friday lunchtime 12.30 – 1pm – Dance Invite only

Values and Achievements of the week

Class	Achievement of the week	Value of the week
3D	Innaya M	Alex P
30L	Kealan H-B	Stevie L
4K	Liam H-D	Mason W
4E	Connor H	Lucie P
5S	Lee-John D	Harrison B
5FW	Ciara W	Jacob S
6B	Owen N	Lilly-May H
6R	Malachi K	Gracie-Mai F

Awards assembly starts at 2.10pm every Friday.
Please enter school from Tresco Close –Thank you

The Reaside Way:
Communication – Pride – Respect
REASIDE VALUE: Sharing

Early Support Programme for SEND Parent/Carers

Be Empowered.....

Early Support Programme for SEND Parent Carers

Be Empowered Workshops
Every Monday 10am – 2pm (for 6 weekly sessions)
Starting Mon 24th February, Mon 2nd March, Mon 9th, Mon 16th, Mon 23rd and Mon 30th March
At South and City College, Hall Green Campus, Cole Bank Road, Hall Green, Birmingham B28 8ES

Are you a parent of a child with special or additional needs? Do you want to meet with other parents and learn more about local and national services and what they can offer? Do you want to feel more confident about working with practitioners and making decisions about your child's journey?

We warmly invite you to a series of workshops that have been written by and are led by trainers who are parent/carers of a child with additional needs themselves.

These workshops are for parent/carers of children and young people of any age, with any additional need, following diagnosis. They are an attempt to support parent/carers through times of change and at whatever stage of the journey participants may find themselves.

TO BOOK:
This workshop is going to be conducted in a number of community languages.
For more information contact:
Gulshan Hussain on 07827 082 752 or email Gulshan.P.Hussain@birmingham.gov.uk

URDU

BENGALI

ENGLISH

FRENCH

PUNJABI

TO BOOK: Contact Gulshan Hussain on 07827 082 752 or email Gulshan.P.Hussain@birmingham.gov.uk


Reaside litter picking



We are extremely proud of Lucie P and Ezmae N from Year 4. Every lunchtime, after they finish eating their lunch, the girls choose to go out on the school grounds picking up litter and keeping Reaside very tidy. Well done girls!!!



Coronavirus Public Information



HM Government

CORONAVIRUS: PUBLIC INFORMATION

The Government and NHS are well prepared to deal with this virus.
You can help too.

Germs can live on some surfaces for hours.
To protect yourself and others:

- Always carry tissues with you and use them to catch your cough or sneeze.
- Bin the tissue, and to kill the germs, wash your hands with soap and water, or use a sanitiser gel.
- If you have arrived back from China within 14 days follow the specific advice for returning travellers.

This is the best way to slow the spread of almost any germs, including Coronavirus.

[Find out more at gov.uk/coronavirus](https://www.gov.uk/coronavirus)

Please see above information regarding the coronavirus. For further information, please visit www.gov.uk/coronavirus

Fizz Free February

There is a national free campaign called Fizz Free February, where you can take part in giving up fizzy drinks during February. Fizzy drinks are the largest single source of sugar for children aged 11 to 18, and they provide an average of 29% of daily sugar intake. Cutting out fizzy drinks is an easy way to reduce your sugar intake.

Excess sugar leads to development of unhealthy fat and weight gain, which in turn increases the risk of heart disease, type 2 diabetes, stroke, some cancers and tooth decay. Sugar should not exceed 5% of your total dietary energy. Below is a chart, which gives an indication of how much sugar that should be consumed by an individual.

In Birmingham, over a quarter of 5 year old children have evidence of dental decay and on average, those with active decay have at least three teeth affected. In some communities, this figure rose to over 50% of children with evidence of dental decay. We also face a significant challenge in the city when it comes to childhood obesity. Over 40% of children in Year 6 (10-11yr old) and over 65% of adults in Birmingham are carrying excess weight. The sugar in fizzy drinks is a major contributor to this.

Age	Cubes	Grams
4-6 years old	5 sugar cubes	19 grams
7-10 years old	6 sugar cubes	24 grams
11+ years old	7 sugar cubes	30 grams

If you would like to take part in this campaign, you can tweet 'The Frizz Free Campaign' using #gofizzfree or visit https://www.birmingham.gov.uk/info/50118/health_and_wellbeing/2042/fizz_free_february_2020. The school office also have a small amount of forms in reception.

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.