

>>> Monthly Newsletter



Welcome to our monthly newsletter to celebrate 'Sugar Hill June'.

We hope you find this newsletter informative

We hope you can attend some of the
Summer Events
planned for a spectacular end to 2016-2017.

Kind regards, Mrs Legge

Assemblies

Assemblies throughout June have further developed the importance of values as we are all 'Learning and Growing Together'.

This academic year we are focusing on the values of compassion, equality, honesty, perseverance, respect and trust.

More and more parents and carers are looking at our school website to see information about school and school events.

We are regularly uploading information and showcasing events and work covered in all classes throughout the school.

Values are central to the work we do in school and beyond in the local community.

Please talk with your children about these values.

How can they show they live by these values at home, at school and in the community?

Next academic year we will be adding more values to these original six and they will be the focus of assemblies in 2017-2018.

In the meantime, please spend time talking with your child about 'values' that are important to you and your family.

Clubs

Throughout this academic year we will be offering different clubs and after school activities.

Detailed information will be sent home by letters and texts.



Harrogate and District **NHS**
NHS Foundation Trust

Hello and Welcome to your School Nursing Team's monthly Health update. Each month we will be contributing to Mrs Legge's newsletter to keep you up to date with current and relevant child health issues and topics. This month we will be looking at the issue of **Head Lice and Nits**.

Sun Safety

We all need some sun exposure – it's a source of vitamin D which helps our bodies absorb calcium for stronger healthier bones but too much sun can cause skin damage, eye damage, immune system suppression and skin cancer.

Children's skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors – not just on holiday!



Shade

UV rays are strongest and most harmful during midday so try to avoid outdoor activities or seek shade under a tree, umbrella or pop up tent



Cover Up

Covering up with long sleeved shirts can provide protection from UV rays



Wear a hat

Hats that shade the face, scalp, ears and neck are easy to use and offer great protection. Baseball caps don't protect the ears so use a sunscreen.



Wear sunglasses

Sunglasses protect eyes from UV rays which can lead to cataracts later in life. Wraparound sunglasses are best.



Apply Sunscreen

Use sunscreen with at least SPF 15 and UVA and UVB protection every time your child goes outside. Apply generously 30 minutes before going outside. Don't forget ears, nose, lips and the top of feet. Reapply regularly during the day.

Unprotected skin

UV rays are still present on cloudy days so still take precautions.

Warm weather can cause dehydration so make sure your child drinks plenty of water especially during the summer months.

Plan ahead - keep sun cream handy and put a hat and sun cream in your child's bag for use at school.

Any further enquires you can contact your local school nurse on 03000 263568.

EAT WELL FOR LESS



Are you a fun and lively family who would like to save money on your weekly shop and eat more healthily? We received the letter below and have uploaded to this newsletter for your information...

Hi there,

I am writing from the hit **BBC One** prime time series '*Eat Well For Less?*' which is in currently casting for the **fifth series!**

My reason for writing is that we are currently on the lookout for fun and lively families who would like to save some money on their weekly shop and eat more healthily. We would love it if the school would be willing to share some information with your staff and parents in case any of them would like to apply? I've popped some information about the series below for you.

*The show follows **Masterchef's Gregg Wallace** & award winning greengrocer **Chris Bavin** on a mission to prove that it is possible for families to **save money** on their food budget **without scrimping on taste and nutrition**. They hope that by analysing the shopping habits of UK families, they can help to show where we can source the best and cheapest quality food.*

Eating healthily and to a budget is something we feel affects most of us and we'd be really grateful if you could help us spread the word about the new series amongst your families at your school and staff by perhaps circulating a flyer or sharing something in a newsletter. I have attached a copy of the flyer to this email and we can also post paper copies out to the school if you would prefer.

If you think you know any families/households that may be interested in appearing on the programme, please do pass on our details.

Thanks so much and I look forward to hearing from you.

Kind regards,

The Eat Well For Less Team

Get in touch to apply or find out more!

0117 970 7661

Or e-mail: eatwell@rdftelevision.com www.facebook.com/EatWellForLess

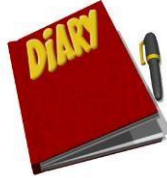
Twitter: @EatWellForLess

School Website

Please visit our website for more information on 'Sugar Hill Weekly'.

We hope you find this monthly newsletter informative.

'Sugar Hill Weekly' will be uploaded with details of weekly news, dates for your diary, Star Pupils and Attendance Data. Paper copies are available on request.



During June Year 6 children worked with a visiting speaker, Gillian, looking at Parliament and Laws as part of our commitment to work on helping children understand British Values.

All Key Stage 2 children attended an assembly to increase their awareness of Parliament and Rules of Law.



It's hard to believe we are almost on the Countdown to Summer.

Lots of events are planned. Please look out for separate newsletters and text messages to keep you updated regarding all events.

Early Years Parents signed up to Tapestry will also receive messages on line.

Any unavoidable changes to dates will be posted on the school website and via text.

Please make sure we have up to date contact numbers so you receive any notifications.

Thank you for your continued support.

Recent visitors to school have commented on our vibrant learning environment and the excellent behaviour and attitudes to learning from all pupils throughout our school.

We all feel justifiably proud of such comments and thank you for your support in all that we do.



Mrs Legge
Deputy Head Teacher

