

Newsletter



Issue 30

Welcome to Whitehall Nursery and Infant School newsletter!!



As we near the end of another term I want to wish you all a very peaceful and relaxing holiday. This has been a long term and both children and staff are ready for this well earned break. ENJOY the holidays whatever way you choose to spend it with your loved ones !!!

Mrs Ware: Parent Support Advisor

Parent /carer courses

Following the success of our previous courses “Maths and English for Fun” we are very fortunate to offer some additional courses for our parent carers. The first one Walsall College will be delivering after half term is:

Adult Healthy Lifestyles – covering portion sizes, dietary support, health support, exercise and wellbeing. Included is a short walk or exercise hints and tips and also food demonstration and tasting.

This course starts **Weds 1 March 9.45-11.45am**, in the school FLAC building. Please let Mrs Ware know if you are interested in taking part in this **5 week course**. It's a great way to start to build up a portfolio of certificates! We would love to see as many of our parent/carers as we can.



Other **Walsall College** courses that we may consider in the future are listed below.

Your thoughts on which ones should be delivered will affect which ones are done — **so get back to me with your preferences.**

Digital skills – Basic smart phone use and internet support. 6 weeks- ongoing.

Mehndi – basic Henna and Mehndi techniques. Offered at Walsall campus' currently due to demand, spaces are limited. 12 weeks ongoing

Sewing- basic sewing techniques/machine sewing and pattern cutting. Offered at Walsall campus currently due to demand, spaces are limited. 12 weeks ongoing

Presentation skills – How to present yourself, person hygiene, appearance, preparing for job interviews and nail techniques and demonstration. 6 week

Employability skills – supporting learning with the skills to find employment, CV writing, job applications and interview skills. 6 weeks minimum

One off workshops include **Floristry-Wreath making and sweet making/chocolate crafts.**

Arts and Crafts- a variety of arts and crafts designed to encourage wellbeing. Ongoing.

Home Crafts – A variety of crafts that can be used by the learner at home

Yoga and Chair exercise – Centre based only at Pleck – Ongoing

Road Safety - a short workshop on staying safe on the roads.



BE SMART DRINK WATER

At Whitehall Nursery and Infant School we would like to see more children with WATER in their water bottles. WHY ? Because drinking water is the best way for children to stay healthy and quench thirst. Water is the best choice for children to restore the fluids their bodies have lost, for example, through sweating. Drinking water is the best way for children to stay hydrated. Sugary drinks often provide unnecessary calories, and in the case of fizzy drinks, no benefit to health. They can cause dental decay and obesity. Children have learnt to like sugary and flavoured drinks but their bodies just need drinking water. Children could and should get the fluids they need from water and the nutrients and calories they need from food. As a school we are encouraged to restrict sugary drinks. Our school is an environment that is important to build healthy food and drink habits amongst our children.



What are sugary drinks ? Sugary drinks are all non-alcoholic beverages containing sugars, whether carbonated or still. These can include soft drinks, fruit juices, powdered fruit-flavoured drink mixes, sweetened milk and yoghurt drinks, energy drinks, vitamin waters and sweetened iced teas .

WHO (World Health Organisation) recommends consuming no more than 12 teaspoons of sugar per day. Did You Know ? One can of a fizzy soft drink (330 ml) contains about 8.5 teaspoons of sugar, the daily limit for children 4–5 years old. Fruit juices are often seen as a healthier option; however, they can have as much or even more sugar than soft drinks. THINK WATER !!!

Calendar

Don't forget to look at our school website!! It is updated regularly by the Senior Leadership Team (SLT) and class teachers. Here you will find the most up to date school calendar, including school holidays and teacher training dates. www.whitehall-i.walsall.sch.uk

- **Friday 17 February. School closes 1pm—No afternoon nursery or Sports club.**
- **Monday 20 - Friday 24 February School CLOSED Half Term Holidays— ENJOY !!!**
- **Monday 27 February School CLOSED Teacher Training Day**
- **Tuesday 28 February School OPEN**
- **Wednesday 1 March—Adult Healthy Lifestyles Course**
- **Parent/Carer course 9.45-11.45 School FLAC building (5 Week course, speak to Mrs Ware to register)**
- **Thursday 2.3.22 World Book Day—Children can donate £1 to dress up as their favourite book character. Check the internet for lots of useful tips and ideas for inexpensive costumes.**
- **Friday 17 March Red Nose day—Children can donate £1 and wear red clothes. You could use lipstick or face paint to paint a RED NOSE**
- **Monday 27 and Tuesday 28 March - Parent Consultation - Years 1 and 2—Teachers will allocate time slots nearer the time.**
- **Wednesday 29 March—ACADEMY PHOTOGRAPHY—Class photos and Leavers. Bring your best smile to school please !!**
- **Wednesday 29 and Thursday 30 March—Parent Consultation - Reception—Teachers will allocate time slots nearer the time.**
- **Friday 31 March School closes normal time. Afternoon Nursery and Sports Club will be on.**
- **Monday 3 to 14 April School CLOSED—EASTER HOLIDAYS**
- **Monday 17 April School OPEN for all children**