



# THE PINEHURST PRESS

Experience ~ Excel ~ Enjoy

A weekly newsletter to share the news of Pinehurst Primary School

## Teaching and Learning

If your child has a packed lunch please ensure it includes healthy choices.



Don't forget it is .. Water Bottles and Healthy Snacks in schools

### The Importance of a healthy balanced diet

Children, just like adults, should aim to eat 5 or more portions of a variety of fruit and vegetables every day. They're a great source of fibre and vitamins and minerals.

Getting 5 A Day should not be too difficult. Almost all fruit and vegetables count towards your child's 5 A Day, including fresh, tinned, frozen and dried.

Juices, smoothies, beans and pulses also count.

Be aware that unsweetened 100% fruit juice, vegetable juice and smoothies only count as a maximum of 1 portion of their 5 A Day. For example, if they have 2 glasses of fruit juice and a smoothie in 1 day, that still only counts as 1 portion.

Their combined total of drinks from fruit juice, vegetable juice and smoothies should not be more than 150ml a day, which is a small glass.

If they have 150ml of orange juice and a 150ml smoothie in 1 day, for example, they'll have exceeded the recommendation by 150ml.

When fruit is blended or juiced, it releases the sugars. This increases the risk of tooth decay, so it's best to drink fruit juice or smoothies at mealtimes.

Discourage your child from having sugary or high-fat foods like sweets, cakes, biscuits, crisps, chocolate, some sugary cereals, and sugar-sweetened soft and fizzy drinks. These foods and drinks tend to be high in calories.

Aim for your child to get most of their calories from foods like fruit and vegetables, and starchy foods like bread, potatoes, pasta and rice (preferably wholegrain versions).

They should also have some beans, pulses, fish, eggs, meat and other protein foods, and some dairy or dairy alternatives. And swap sugary soft drinks, juice and flavoured milks for water, lower-fat milks and diet, sugar-free or no added sugar drinks.

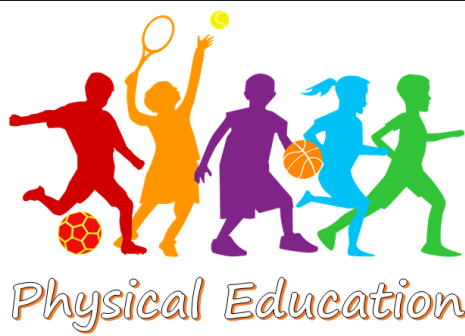
## Weekly Attendance and Minutes Late

Year Group	Class	Attendance %	Minutes Late
R	Ash	95.9%	198
R	Oak	95.2%	535
1	Elm	95.2%	8 😊
1	Cherry	97.1%	145
2	Fir	96.7%	338
2	Yew	90.3%	160
3	Cedar	91.5%	103
3	Hazel	91.9%	591 😞
4	Chestnut	95.0%	193
4	Holly	98.9% 😊	86
5	Maple	90.9%	61
5	Sycamore	93.3%	181
6	Birch	94.7%	230
6	Willow	88.9% 😞	149
Whole School		94%	

quote of the week

Learning never exhausts the mind.

Leonardo da Vinci




**Pinehurst Primary School**  
 PE Days 2023-24 Summer 1  
 'Experience, Excel and Enjoy'

	Monday	Tuesday	Wednesday	Thursday	Friday
AM		EYFS			LPC LA
PM		Year 2 & Year 5	Year 3	Year 4 & Year 6 Swimming	Year 1

## Maths Challenge

$\text{Ice cream cone} \times \text{Ice cream cone} \times \text{Ice cream cone} = 27$   
 $\text{Ice cream cone} + \text{Ice cream cone} = 10$   
 $\text{Ice cream cone} + \text{Ice cream cone} = 11$   
 $\text{Ice cream cone} + \text{Ice cream cone} + \text{Ice cream cone} = 15$

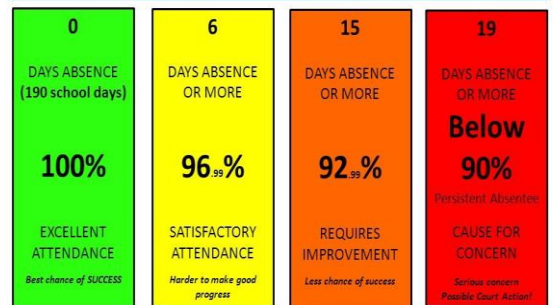
$\text{Ice cream cone} = ?$   
 $\text{Ice cream cone} = ?$   
 $\text{Ice cream cone} = ?$

## School Attendance

**Days off school add up to lost learning**

**175 NON SCHOOL DAYS A YEAR**

175 days to spend on family time, visits, holidays, shopping, household jobs and other appointments



**\*\* Remember the importance of DAILY home reading with your child \*\* Thank you for your support \*\***



Don't forget we will be closed on Monday 6<sup>th</sup> May for May Day Bank Holiday.

Year 6 SATs are 13<sup>th</sup>- 16<sup>th</sup> May.

Year 2 SATs are 20<sup>th</sup> -24<sup>th</sup> May

We break up for Whit on Friday 24<sup>th</sup> May.

## BIG BATTERY HUNT

We are on the look out for batteries!

OUR SCHOOL IS TRYING TO SEE HOW MANY BATTERIES WE CAN RECYCLE BY JOINING THE BIG BATTERY HUNT.

PLEASE SEND IN ALL YOUR UNWANTED BATTERIES TO THE SCHOOL. EACH CLASS WILL HAVE A CONTAINER TO PLACE THEM IN.

WE WILL BE COLLECTING THE BATTERIES UNTIL JUNE 10<sup>TH</sup> 2024!



Ms Wigelsworth hosts our next Family Wellbeing Coffee morning next week on Thursday 25<sup>th</sup> April.

Come along between 9.00-11.00am for a cuppa, cake and conversation with other families and gain advice and support too.

Local Councillor, Billy Marrat will be here to discuss any problems you may be having along with representatives from Housing, We know that many families are struggling to get dental treatment and access a GP so we have people from the Health Team to support with this. Paul from St Columba's Food pantry will be there, along with support for training, getting back into work and addiction. MSB Solicitors are on hand to offer free legal advice along with other agencies.

We look forward to seeing you there.

## Summer 1 Enrichment Clubs and Activities

### Monday

Years 5 & 6 Chess Club 3.30 - 4.15 (Mr Francis & Mr Farrell)  
Year 4 TTRS Club 3.30 - 4.15 (Miss McBride)

CHECKMATE



### Tuesday

Year 3 Multi-Sports 3.30 - 4.15 (Coach Lois)  
Year 2 Basketball 3.30 - 4.15 (Mr Cain)  
Year 6 Reading Booster 3.30 - 4.15 (Miss Fry)  
Year 3,4 & 5 STEM Club 3.30 - 4.15 (LFC & Miss Monaghan) (23/4, 7/5, 14,5, 21/5 & 4/6)



### Wednesday

Cookery & Spanish in school  
Staff Meeting



### Thursday

Spanish in school pm  
Year 6 Swimming pm at Alsop  
Years 3-6 Eco-Club 3.30 - 4.15 (Miss Leary)  
Year 6 GPS Booster 3.30 - 4.15 (Mrs Rimmer)



### Friday

Year 6 Maths Booster 3.30 - 4.15 (Mr Farrell)

