



**Parklands Community
Primary & Nursery School**



Butterfly Club
 Breakfast from 7:45am £3
 After School until 4:30pm £4
 After School until 5:30pm £6

***Nurturing Potential
Delivering Excellence***

Headteacher: Mrs Kim Cairns BSc NPQH
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 admin@parklands.cheshire.sch.uk
 www.parklands.cheshire.sch.uk
 Parklands CP Little Sutton

Parklands Bulletin –Autumn - Week 7

Gold Award Winners

- Nursery – Eva
- Reception – Evan, Carson & Lilly H
- Year 1 – Ruby G
- Year 2 – Bailey & Inaya
- Year 3 – Aria
- Year 4 – Kiki
- Year 5 – Anabelle & Ollie
- Year 6 – Sky

**YOU ARE INVITED TO JOIN OUR
POETRY
RECITAL**

When: Wednesday 23rd
October 2024
 Time: 1:45pm - 3:15pm
 Location: Parklands
Community Primary & Nursery
School
 Year groups: Nursery - Year 6

We hope you can join us to
listen to fantastic poetry,
performed by the children.

**Tickets £3.50 on School Spider (no cash on the night)
includes hot dog, drink and sweets
Fancy dress optional (no masks)**

**Years 1 to 6
Tuesday 22nd October
3:45pm - 5:45pm**

Book on School Spider
→ Bookings and Payments → Lunches

School Photos

Individual school photos for all children will be on Friday 25th October. Children will also be photographed with their siblings. For families with younger than school- age children who want a family photo, please come to the school office from 8:20am. If your Nursery child does not attend on a Friday, you may come at 8:30am.



Ellesmere Port Cultural Learning Exchange is researching what people in Ellesmere Port would like to make the town a better place to live for families and young people so as to develop a new plan for arts, culture and creativity. By answering this survey, you are helping to make the case for **more investment in Ellesmere Port**. When you are answering the questions, you can think specifically about culture and creativity activity, or you can think more widely about issues in the towns that culture and creativity might address.

Survey link:

<https://www.surveyhero.com/c/mysmbdnz>

After completing this survey, you'll have the option of being entered into a prize draw for 2 x £50 Argos vouchers.

Nut Aware School

Nuts and nut products are not permitted in school. This is to keep children with severe nut allergies safe. Do not send in any products which have nuts in them including Nutella sandwiches or snacks.

Packed Lunches

We want to encourage children to have a healthy approach to their diet. Therefore, in school we recommend parents provide a balanced selection of food in their child's lunchbox including fruit.

We know that children can be fussy eaters and will support families with this. We do not allow sugary and/or fizzy drinks. Children can of course continue to enjoy child-size portion of crisps, chocolate and one or two biscuits.

Children should be able to access their lunch independently which means wherever possible they should be able to open food items without adult help. For our youngest children, adults will always assist if possible. However, children cannot typically open the tubes of yoghurts (like 'Frubes'), and often these explode all over them if they try. Therefore, please do not send them in.

Lunchbox tips



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[See more healthier swap ideas](#)



Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.

More information and inspiration can be found at <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Poppy Appeal



We are selling poppies and stationery items:
erasers – 50p; reflector keyring – 50p; pencil sharpener – 50p; pencil – 50p; ruler – 50p

No Clubs on 6th November

All after school clubs are cancelled including the Butterfly Club on 6th November due to whole staff training.



ALL CHILDREN WELCOME PARKLANDS DODGEBALL & SPORTS CAMP

Parklands Community Primary & Nursery School, Parklands
Little Surton, CH66 3RL



ABOUT US

Our number one priority at Vara Sports is to positively influence the next generation through enjoyment, engagement and creativity, ensuring that sport, exercise and healthy living is a child's number one priority for life. We achieve this by offering equal and fun opportunities for every child that attends our camps. This will educate and inspire children by unleashing the power of sport!

OUR SERVICES

- ✔ Fun high quality sport sessions
- ✔ Fully trained DBS sport specialist staff
- ✔ All children welcome

DATE & TIME

- ✔ 28th, 29th, 30th, 31st October
1st November
- ✔ 9am - 3pm
- ✔ Only £15 per day or £70 for five days

Quote the code 'RUW325' at checkout to receive 20% OFF
limited time only* early bird offer ends 1st October

SAFE. EXCITING. FUN.



CONTACT US
07389 739176

<https://vara-sports.class4kids.io>

Dates for your Diary

- Fridays 2:35pm – Celebration Assembly
- 22nd October – Halloween Movie Night
- 23rd October – Poetry Recital & Coffee Afternoon
- 25th October – Individual School Photos
- 28th October – 1st November – Half Term
- 4th November – Autumn 2 Starts
- 4th November – Y5/6 Visit to Safety Central
- 5th November – Flu Spray
- 6th November – Year 1 'Stay & Learn'
- 6th November – No clubs including Butterfly Club
- 10th November – Remembrance Parade
- 17th December – Christmas Movie Night
- 18th December – Whole School Christmas Play

Football with Coach Clyne

PE Kit on these days:

Friday 25th October – Reception

FREE ENTRY

Passion for Learning

CHRISTMAS SHOPPING EVENT

27TH NOVEMBER | 6-9PM
AT THE HOLIDAY INN, ELLESMERE PORT, CH65 2AL

AN EVENT FOR ALL THE FAMILY.
WE HAVE A FESTIVE CHOIR, A FANTASTIC RAFFLE, EVERYONE'S A WINNER TOMBOLA, REFRESHMENTS, CHRISTMAS STALLS AND....

SANTA'S GROTTTO!!!

JOIN US FOR A MAGICAL FESTIVE EVENING!!!

GROCERY BOXES

THURSDAYS 2:50PM
ON THE SCHOOL CAR PARK

£10 PER BOX
CONTAINS OVER £30 WORTH OF PRODUCE INCLUDING
FRUIT, VEGETABLES, CAKES, CRISPS AND JUICES

FOOD SOURCED FROM M&S, TESCO, ALDI,
LIDL, GREGGS, KFC, NANDO'S, COSTCO,
BOOKERS, TO NAME JUST A FEW.

STARTING 17TH OCTOBER

PE Days

- Monday – Year 1, Year 3, Year 4, Year 5
- Tuesday – Year 3, Year 4 and Year 6
- Wednesday – Reception, Year 1, Year 2 and Year 5
- Thursday – Year 2 and Year 6

Guided Self-Help for Better Behaviour Group

The Mental Health Support Team (MHST) in Ellesmere Port is pleased to offer this 7 week evidence based intervention group for parents & carers who want to encourage better behaviour at home.

9.30am -
11.30am

Kingsley Resource Centre
Coronation Road,
Ellesmere Port
CH65 9AA



Session 1 Goals and Play/Special Time - Tuesday 5th November
Enhancing the relationship with children through play

Session 2 Praise and Rewards - Tuesday 12th November
Promoting positive behaviours and routines with praise and rewards

Session 3 Selective Ignoring - Tuesday 19th November
Reducing undesirable behaviour through selective ignoring

Session 4 Effective Instructions - Tuesday 26th November
Increasing compliance with clear calm commands

Session 5 Consequences - Monday 2nd December
Promoting boundaries with consequences

Session 6 Time Out and Family Rules - Tuesday 10th December
Creating clear expectations with family rules and time out to calm down

Session 7 Ending and Trouble Shooting - Tuesday 17th December

Please note you must book a triage appointment with us before starting the group. These will be held on Tuesday 29th and Wednesday 30th October. Please email cwp.cheshiremhstadmin@nhs.net to book an appointment

