

FLORA NEWS

HAVE A WONDERFUL WEEKEND

FRIDAY 9TH JUNE 2023

HEALTHY EATING WEEK

Monday 12th June is the start of Health Eating Week, which is an annual event created by the British Nutrition Foundation (BNF). It's all about celebrating healthy living and encouraging people to make positive changes to their lifestyles and promoting healthy eating, drinking and physical activity.

Each year, the BNF release a new set of health aims, and the message for this year is 'Find Your Healthier You'. What's more, each day of the week will have a different theme.

- Monday - Know the facts, information, health advice and myth-busting.
- Tuesday - Make healthier choices.
- Wednesday - Plan for success by planning meals.
- Thursday - Stay hydrated and fill up from the tap.
- Friday - Keep moving.

By trying these things and finding what we enjoy, we can make slight adjustments that work towards a significant health impact! There are lots of simple things we can all do to help support the wellbeing of our body and mind.

Eating a balanced diet with foods from every food type is a good start. Have you ever tried eating the rainbow? red = tomatoes, orange = carrots, yellow = bananas, green = peas, blue = blueberries, indigo = aubergines, violet = red grapes. Can you think of anymore? We all have different dietary requirements so you have to find the balance that works for you and it is more likely to stick.

Make time for physical activity in your daily routine. Exercise and physical activity keeps our bodies mobile and keeps us ticking over. It is no secret around school that I enjoy running and if anyone had told me this ten years ago I would not have believed them, but like our food choices our exercise choices have to work for us as well.

I am sure the children will be participating in some activities to support this event and even reading 'Carrot Club', which is a fantastic story for children during Healthy Eating Week. If you wish to read it with your children you can download a free copy via Twinkl.

Mrs Asserati looks forward to seeing you at her healthy eating assembly on Monday morning.

-Miss Elven



VALUE AWARD WINNERS

Y6- Zwe
Y5- Alaa & Hudiafa
Y4- Whole Class
Y3- Angela
Y2- Aminah
Y1- Reggie, Elidjon & Abdul
Reception - Sophia & Leila
Nursery- Alana
Music- Ebony
P.E.- Cassien, Ty, Renae & Jelisha



ATTENDANCE

Our whole school attendance for this week is 94.33%

Remember that it is vitally important to attend school every day, to ensure that we don't lose any learning time!

Do not book holidays during term time.

Whilst we can sympathise with you, not only are your children missing valuable learning or sports competitions... but the attendance is not authorised by school or borough and can result in fines or being taken to court.

'IT IS YOUR RESPONSIBILITY FOR YOUR CHILD'S ATTENDANCE.'

HOLA AMIGOS



Throughout the day on Thursday 22nd June, the whole school will be learning all about Spain and South America. The children will be putting their DT cooking and nutrition skills to the test to create some spectacular Spanish dishes for you to come along and try at 2pm. On arrival we are asking for a small donation to cover the cost of the ingredients.



GIRL POWER

Girl power was in full force on Wednesday this week when Miss Cullen took 10 girls from Year 4 and 5 to a female empowerment day at Stamford Bridge. They spent the day talking about the importance of sport among females and were lucky enough to take a step onto the world class pitch and have a game of footie.

For the next three Wednesdays, Mr Carter will be running an online safety workshop for parents and carers. The workshops will explore the digital world and how to help keep your child safe online. They will take place from 8:30am -9:00am in the Hub. Please speak to Mr Carter if you have any questions.

FLORA GARDENS PRESENTS

Thursday 15th June



EYFS : Paw Patrol
2 to 3:30pm



KS1 : Peter Pan
5 to 7pm



KS2 : Aladdin
5 to 7pm



MOVIE NIGHT

£2.50 ENTRY to pay on Pay360

Drinks, Snacks and Popcorn to purchase on the day at 50p each



FLORA GARDENS
PRIMARY SCHOOL



**DON'T FORGET TO
BRING IN A DONATION
SO WE CAN RAISE
MONEY FOR MIND**



SAPPHIRE DAY



**FRIDAY 16TH
OF JUNE 2023**



**DON'T FORGET
TO WEAR BLUE**



**THE BLEEP TEST IS BACK!
YOU CAN GET A PRIZE IF
YOU WIN FIRST PLACE.**



Designed by Nashwa (Sapphire Arts Captain)