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Newsletter



From the Head Teacher



SATs week

Next week is SATs week for Year 6. They have worked really hard and deserve success! Remember to get plenty of sleep over the weekend and to eat and drink well next week. There are special SATs breakfasts all week and all we ask is that you try your very best in the tests. Whatever happens we are very proud of you. Year 2 are also doing their SATs and began this week. Fantastic work!

Ashmolean

Year 5 had a wonderful trip to the Ashmolean Museum in Oxford last week, arriving in style by train! After a short walk to the museum they headed straight to the Ancient Greece galleries where they were amazed by the impressive statues, pots and artefacts. The children's behaviour was excellent all day.



National Child Measurement Programme

Every year children across England are measured and weighed in Reception and Year 6 and in any 'standard population' of children 10% would be considered overweight and a further 5% obese.

Over the last 3 years 10% of Reception children in our school have been overweight and a further 10% obese, making 20% in total, the same as Oxfordshire and slightly below the national average of 22%.

Over the last 3 years 15% of Year 6 children in our school have been overweight and a further 17% obese, making 32% in total, 2% above the Oxfordshire average but 2% below the national average.

Healthy Lunches

One aspect that we can support you with at school is by providing healthy food at lunchtimes. Our lunch menus are designed to be nutritionally balanced over 3 weeks and the more that children have, the healthier they should be. Next week is Year 4 Family Meals Week and we hope that many of you will see for yourself how tasty the food is.

Of course, some families choose to provide packed lunches instead, and we see some fantastic lunches which make the staff envious. Others are not so well-balanced however, and if this is every day then it becomes a concern. To guide you, and to provide ideas, there is a grid on the last page of this newsletter – why not look at it together and see which new things your child would like to try?

Mill Launch

The Mill is launching its Mill Youth Generation Offer with a free, fun creative day on Saturday, 18 May. There is lots going on including taster sessions for art, dance and drama and a performance in the afternoon, for which there is a charge.

Best wishes,
Neil Blackwell



Christian Aid Week

Next week is Christian Aid Week and this year collections are supporting families with births in Sierra Leone. We are collecting money for the charity through a Dressing Up Day on Friday, 24 May at the end of Aspirations Week. Come to school dressed in the profession of your choice – astronaut, teacher, policeman, doctor, Prime Minister!



St Leonard's Church

Find out what is happening in our church by going to their website:

<http://saintleonards.org>

The PTFA Invite You to

Family Prize Bingo

Tuesday 21st May 2019

This event will be held in the School Hall



Doors open at 6pm

Eyes Down at 6.30pm

50p per book



Aspirations Week

We are very excited to announce Aspirations Week 2019. As well as our old friends Newly Weds and Collins Aerospace, we will also be having an exciting visit from a member of the Mercedes Formula 1 team, an Oxford University professor and a solicitor. Banbury and Bicester College will be visiting too and offering some of our children workshops in catering, beauty, sport and childcare. There will be a chance for parents to find out more about the college after school in the hall on **Monday 20 May**. Your aspirations are important to us too and there is an Open Day at the College in Broughton Road on Saturday 8 June 9.30-12.30 where you can find out about courses open to students and to adults.



Dates for your diary ...

Monday 13 May	Year 6 SATs week starts
Monday 13 May	Year 4 Family Meals Week
Monday 20 May	Aspiration Week
Monday 20 May	Banbury and Bicester College in hall 3.00pm onwards
Tuesday 21 May	Year 1 Parents Assembly 2.30pm
Wednesday 22 May	Year 6 Harry Potter Warner Bros tour
Friday 24 May	Aspirations Dressing Up Day (for Christian Aid)



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Friday 24 May	Year 3&4 Kingswood residential departs
W/c Monday 27	May Half Term week
Monday 3 June	INSET day – school closed for children
Wednesday 19 June	Nursery and Reception Sports Day
Friday 28 June	School Summer Fete
Friday 12 July	Sports Day Years 1 to 6



Lunch Box Ideas

We are a healthy eating school and we want to encourage our children to make good choices in terms of what they choose to eat. It is vitally important to both their physical and mental health for them to have a healthy, balanced lunch which will sustain their energy levels throughout the school day and beyond.

This means they need meals that consist of carbohydrates and protein for energy, fruit and vegetables to go towards their 5-a-day, plenty of water or squash to drink, and even a sugary treat to keep them going.

	Carbohydrates & Protein	5-a-Day	Treat	Snack	Drink
Monday	Pasta with Tuna, Mayo & Sweetcorn.	Veg sticks (carrot, celery, peppers) Orange	Breakfast bar	Apple	Water
Tuesday	Cheese and Lettuce Sandwich.	Tomatoes Grapes	Yoghurt Oreos	Pear	Squash
Wednesday	Cheese and crackers with pickle.	Cucumber sticks Banana Grapes	Biscuit Bar	Blueberries and Strawberries.	Water or Apple Juice
Thursday	Ham pasta/rice salad with tomatoes, mayo and cheese.	Fruit Salad pot	Cheese snack Granola Bar	Banana	Water or Orange juice
Friday	Pitta bread and hummus (or any dip)	Veg sticks (can be dipped too!) Satsuma	Breakfast bar Croissant	Apple	Water or Capri-sun

Other mains suggestions:

Chicken Salad Wrap	Bagel with cream cheese (or any meat)	Samosas	Falafel	Cheese and Veg Skewers	Egg and Ham Salad
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