

## Health for life at Our Lady of Fatima School

### Newsletter 2- May 2015



### Raised beds



As you enter the school grounds there are many signs of new life in the raised beds. Each class is working on a daily basis to water their crops and observe changes in the plants as they grow. Mrs Hayden and Mrs Murgatroyd have joined in with the school planting; Mrs Hayden can be seen in



the picture above showing some children how to plant the potato seeds. Do remember to look over at Classes 3's and 4's raised beds, these are situated near to their classrooms.

### Sainsbury's vouchers



Thank you for supporting our Sainsbury's voucher collection appeal; **some** of these vouchers will be used to purchase utensils for cooking later in the year. Miss O'Connell and Class 2 have taken on the job of counting the vouchers regularly. These vouchers are no longer being issued but if you find a few around your home please bring them into school as soon as possible. Please ask friends and family to donate any vouchers they may have.

### Composting

The School Council members of Classes 1 & 2 are continuing to be responsible for filling the composter each day (situated at the top of the path from the Word Hill entrance) with the cores and peelings from their fruit. We are hoping to purchase at least one more composter.



### Water Butt



A water butt with a lid has been assembled in the Reception playground. We are hoping to catch as much rain water as possible from the shed roof, then use this to water the plants. We plan to install a second water butt near to Class 3 to make watering on that side of the school easier.

## Plastic recycling



We have just introduced recycling plastic drink cartons in school. There are designated tubs for children to dispose of their juice cartons and water bottles. Each day Mr Rollason empties these and adds them to the industrial bins which are emptied on a weekly basis. Please be aware that bottled water is a very expensive. We have water stations in the Key Stage 1 and 2 corridors which are freely available to all staff and children throughout the day. It is more economical and environmentally friendly to bring a drink bottle from home then refill it as necessary throughout the day, then wash it at home each night. Please note that staff do not have cups to provide water for children and we do not have hot water in class to wash cups. Please provide a water bottle for your child, particularly as the weather gets warmer.

## Sugar Swaps



Be aware that flavoured water contains high amounts of sugar e.g. 1.5 litre bottle of Volvic Touch of fruit, strawberry water contains a staggering 13% sugar. Plain water is best!

## Rolymole Wormery



Our 'Rolymole' wormery arrived, but was damaged in transit so had to be returned. The suppliers are experiencing high amounts of 'damaged in transit' cases and are currently looking for a new courier service. We hope Rolymole will be with us soon.

## Kitchen Herb Garden



On 12<sup>th</sup> May volunteers from *Mandalez International* will work to clear and prepare the area by Hannah's Way for our kitchen herb garden. Mrs Khatun has herb seeds and is working with the children in *Before and After School Club* to plant the seeds indoors ready to transfer to our herb garden. They have made their own newspaper plant pots and some of the seeds have just started to germinate. We are also working with *Citiserve* to develop our herb garden; they are currently looking into how they can support our work. More details on this will be available soon.

**Please do remember that all children must to be kept off all planting areas before and after school each day. Some areas might look like they have nothing growing but there is a lot of growth happening underground.**

The volunteers will also be digging over the bed in the Reception playground and making 14 holes near the blossom trees where each class will be planting 2 dwarf fruit trees. They will also dig over the long strip of soil from the Word Hill entrance to the playground. When this is prepared we will be inviting families to plant a few sunflower seeds and sweet pea seeds all the way up to the playground. This will be a whole school community area which will hopefully provide an eye catching display of sunflowers and sweet peas. **Thompson and Morgan** have provided a leaflet on edible flowers which will be distributed to all families.

### Play Time Equipment



A good selection of small equipment is taken out with the children onto the playgrounds and field during playtimes each day. Children have free access to the equipment along with the larger apparatus on our grounds.

New netball posts have been erected on the Key Stage 2 playground which provides opportunities for all Key Stage 2 children to join in informal netball games during playtimes and lunchtime. We are awaiting delivery of the table tennis tables!

### Appeal for a Plumber



Mr Rollason replied to our appeal for a plumber, and during the Easter holiday he worked his magic! We now have a fully functional outdoor tap outside Class 2. The 100ft long flexi hose (and attachments) which we ordered arrived in school but was faulty! We have returned it to the supplier and are awaiting a replacement. The tap and hose make watering the plants much easier. We have ten, 3 litre watering cans, which should be left near the planters. If you do notice any that have blown away, please return them to the planting area.

Thank you.

### Special K



Special K has introduced a **free growing kit initiative**. Simply buy 3 special Kellogs promotional packs and log onto [www.kellogs.co.uk/grow](http://www.kellogs.co.uk/grow) to claim your free kit. I have sent off for a kit and would encourage you to send off for these free kits to use at home with your child.

### Cooking Equipment



Mrs Workman and Mrs Levack are working together to purchase small items of cookery equipment including slow cookers, an oven and hob unit along with other basics such as bowls and chopping boards. In the Summer Term we are hoping that the crops we grow in school will be used to give the children a chance to learn some cookery skills and understand the 'seed to fork' process.

## Competition Time



Classes 1 and 3 have entered a national '**Grow your own Potatoes**' competition. The competitions entries are currently in black grow bags near the respective class raised beds. On **16<sup>th</sup> June** we will be harvesting our crops. We then have to weigh them and send off the data. The school with the heaviest crops and heaviest individual potato will win prizes for their school grounds.

As with all the crops that have been grown around the school grounds, please do have a look at them with your child/ren and share your child's learning and enthusiasm. However, please do not allow anybody to touch the crops; sadly we have had some strawberry plants ruined already. 😞

## Walk to school week 18<sup>th</sup> May-22<sup>nd</sup> May



Very shortly you will receive information about an informal 'Walking School Bus' which will start on 18<sup>th</sup> May. We will meet at the Toby Carvery on the Hagley Road at 8.15 a.m. From there we will walk to school each day. It is important to understand this is a 'walking bus' where parents will accompany their children along the route. Mrs Levack will be accompanying the 'walking bus' each day. We are hoping

that this will help children to enjoy walking more and have time with friends before school while learning more about road safety and healthy lifestyles.

During Walk to School Week we will also be holding a Happy Shoesday- watch out for the information about this! Mrs Levack and Miss O'Connell will lead an assembly on 13<sup>th</sup> May to promote Walk to School Week. Your children should then be able to tell you what their class will be doing during the week. There will be an opportunity to enter a competition to win £50 of vouchers!