

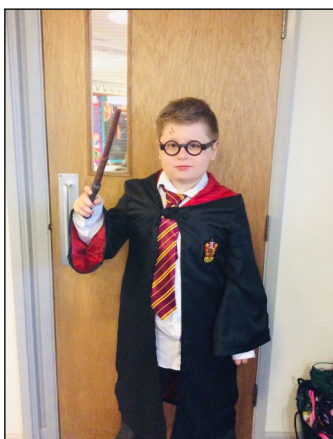
News Update

Dates for the Diary

Book Club Upper KS2	Friday 6th March
Science Week & Sport Relief Week	Monday 9th—Friday 13th March
Danceathon for Sport Relief	Friday 13th March
Book Club Lower KS2	Friday 13th March
Easter Celebration Egg Roll	Friday 3rd April
End of Term 4 for pupils	Friday 3rd April

World Book Day 2020

Well done to so many of you with amazing outfits. World Book Day started off with sharing a story with our parents and carers. Colin Brush, who works for Penguin Publishers, gave a great assembly telling us all about how a book starts with an idea and the process to publish it. The academy then had an exciting day carrying on with fun reading and writing activities. Prizes were given to best dressed and to the home learning winners. An amazing day celebrating books!



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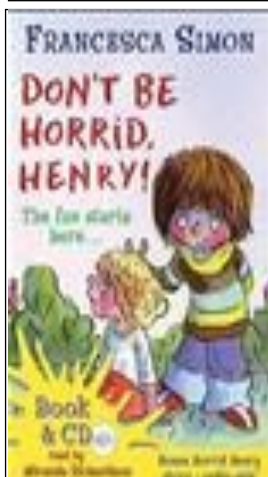
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Winter coughs and colds

There are general principles anyone can follow to help prevent the spread of respiratory viruses, including:

- washing your hands often - with soap and water, or use alcohol sanitiser if handwashing facilities are not available. This is particularly important after taking public transport
- covering your cough or sneeze with a tissue, then throwing the tissue in a bin. See [Catch it, Bin it, Kill it](#) if a child has a fever and a cough, they should stay at home
- Pupils, staff and visitors should wash their hands:
 - before leaving home
 - on arrival at school
 - after using the toilet
 - after breaks and sporting activities
 - before food preparation
 - before eating any food, including snacks
 - before leaving school
- use an alcohol-based hand sanitiser that contains at least 60% alcohol if soap and water are not available
- avoid touching your eyes, nose, and mouth with unwashed hands
- avoid close contact with people who are unwell
- clean and disinfect frequently touched objects and surfaces

if you are worried about your symptoms or those of a child or colleague, please call NHS 111. Do not go directly to your GP or other healthcare environment



Book of the week: Don't be Horrid Henry by Francesca Simon.

It's a dreadful shock for Horrid Henry when Perfect Peter is born, and despite his best - or worst - efforts, he can't manage to get rid of him. As Peter gets bigger, Henry gets crosser and crosser, but the day comes when Henry inadvertently finds himself saving Peter and discovers that it's rather nice to be a hero.

Spelling strategy of the week:

Make a word search puzzle using your spelling words.

Use the Discovery School's online Puzzle Maker <http://www.puzzlemaker.com>.

Then find your words.

Well done to everyone that took part in our Count Me In attendance campaign! Results were:

Winners for week 1: Willow with 100%!
 Winners for week 2: Walnut with 98%!
 Winners for week 3: Woodpeckers with 100%!

Overall winners: Walnut with 98%!

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Link between Gut Health & a Child's Mental Health and Well-being



Speaker: Kate Arnold, Nutrition Consultant

Learn about the importance of gut health and how what we eat can impact our child's mental health and well-being.

Learning Outcomes:



- How diet affects mental health?
- What is the gut microbiome and how does this impact our immune system and well-being?
- What kind of diet supports mental health and well-being?
- What can we do about fussy eaters?
- Do food allergies play a part in anxiety?
- What's the best diet for growing children?

Over the years she has not only worked with one to one clients, but celebrities, charities and local governments

Kate covers a vast array of health problems but specialises in gastrointestinal disorders and fatigue issues. She has a special interest in the gut microbiome and its impact on all areas of health.

Kate has been the spokesperson for an award winning campaign for Dulcolax to help raise awareness of bowel issues around the UK. She is also the resident nutrition consultant for Well-being Magazine.

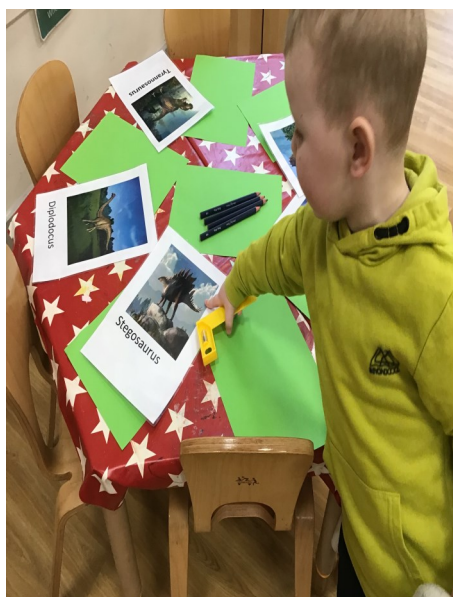
16th March, 6pm – 8pm, Lansdowne Hotel, Eastbourne
 Book: <http://childtherapyservicecic.eventbrite.com/>

Sponsored by Best Western, Lansdowne Hotel

Pupils who attended sessions at Mallydams were presented with their AQA certificates last week. They had taken part in courses such as fire lighting, animal welfare awareness and meeting a police officer.



Nursery pupils have been learning all about dinosaurs.



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Book Club

Pupils, Parents/Carers and staff all invited!

**Come along to our new
After School Book Club
starting on Friday 6th March.**

Robsack Wood are launching a brand new after school book club from **Friday 6th March** and taking place fortnightly.

For Years 3 and 4—Book Club will be from 3.15pm to 3.45pm starting Friday 13th March

For Years 5 and 6—Book Club will be from 3.15 to 3.45pm starting Friday 6th March

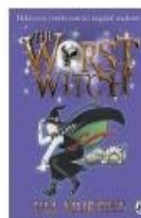
Led by Ms Pascoe-Hale, pupils, parents and teachers will be asked to read a designated book to discuss in Book Club and engage in a love of books and reading together in a relaxed and fun way.

There will be refreshments and cheese and nibbles available.

The first book to be discussed is:

Years 3 and 4—The Worst Witch

Years 5 and 6—Can You See Me?



Years 3 & 4



Years 5 & 6

Robsack Wood Primary Academy can supply a few, limited number of the above books to pupils but if you can purchase your own to keep, that would be fantastic.

We look forward to welcoming pupils and teachers alike to join in!

