

**IMPORTANT DATES**  
**TERM ONE 2015-16**

2nd October	European languages Day
5th October	2.15pm - Harvest Festival Service at the church. All welcome.
6th October	Tesco Education Service in school
7th October	Eagles and Class 4 (Blackboys) to the Towner Gallery
12-16th October	Bikeability, Levels 1 & 2
13th October	Puffins to Fishbourne
14th October	9.30-11.00am and 1.30-2.30pm Open Day for 2016/17
15th October	Kingfisher Class at Blackboys
19th October	3.15-5.30pm—Parent consultations
20th October	Eagles and Class 4 (Blackboys) to Glyndebourne—details to follow
22nd October	5.00-7.00pm—Parent consultations
23rd October	Last day of Term 1
2nd November	INSET Day
3rd November	First day of Term 2
13th November	Children in Need day
20th November	National Takeover day
4th December	Uckfield Late Night Shopping Singing
9th December	Eagles 'Big Sing', Eastbourne
10th December	Dress Rehearsal for school performance
11th December	Dress Rehearsal with an audience
14th/15th December	6.00pm—School Performance
18th December	9.00am—Christmas Service at church

# Framfield

## News

Week Ending

**2nd October 2015**

Dear Parents and Carers,

As a school, we would like to reinvigorate our Healthy Lifestyle programme for several reasons. Research by the British Heart Foundation and Diabetes UK indicates that children are at risk of health problems in later life because they do too little exercise, recommending that those aged between five and 18 should take moderate to vigorous physical activity for at least 60 minutes every day. Obviously we at school encourage our pupils to be as active as possible during lunch-time breaks and their PE sessions also support this.

We do try to encourage healthy eating and regularly talk to all the children about this in our classes as well as lunchtimes. As you will understand, in light of research and our Healthy Living programme, we would ask you to resist sending in any biscuits, cakes etc on children's birthdays. Please could we suggest an alternative which has been very popular in the past—a plate of sliced fresh fruit for the children to enjoy in the afternoon.

Another suggestion, if you would like to mark the day, is perhaps to purchase a new book, puzzle or game for the class. New jigsaws and puzzle books are always welcome.

We would also like to remind you that of course there is always drinking water available for children at all times, both in the playground and the hall at lunchtimes. Your child can either take their named filled water bottle to the hall or take a glass of water from the table in the hall. The three MDSA staff are always checking everyone has a drink.

### PE Kit

Autumn is now approaching! With this in mind, we feel that you may well like to provide your child with plain grey or black jogging bottoms to wear over their school PE shorts when we do PE outside. We will be encouraging as much sports activity as possible outside, and if children are wearing appropriate clothing, this can take place more often. However, children need their shorts for dance or gym lessons in the hall.

Please can I also remind you that if possible it is preferable for all children in Puffins and Eagles to have plain coloured trainers for the games skills lessons with Mark, which will take place on the recreation ground behind the school. Children can just bring these into school for the lessons on Fridays. We also need to remind parents again that

all earrings must be removed before all PE lessons or covered by the child with their own micropore tape.

### Sports News

It is great to have Mark Potter back in school every Friday, delivery quality PE lessons to each class. However, it is very disappointing that not enough children were signed up to be able to run either the early morning breakfast sports club for KS2 or the KS1 and Y3 multi skills club after school on Fridays. I hope we may be able to run these again in the future.

### Swimming—Puffins

We are aware that some parents have expressed disappointment at the arrangements for swimming lessons for Puffins Class. We know you all realise how difficult it is to arrange these and keep fees reasonable. We are very grateful for your kind offers of transport for this activity, and if there are any changes to your arrangements and you are unable to help one week, please let the office know as soon as possible. Mrs Lawday, our Bursar, and Mrs Davies are seeking alternative arrangements for transport including coach hire, but as you will appreciate this will incur extra costs, which currently school cannot afford.

The vast majority of schools in the area make a charge for these lessons to cover pool hire, life-guarding and lessons as well as transport. It is a pity that we are not in a position to be able to walk to a pool nearby.

As with any concerns, please do come and talk to Mrs Davies with any concerns you might have about anything concerning swimming.

### Cross Country Races

A small group from Eagles class took part in the annual primary schools cross country event held in the grounds of Rocks Park School. A determined group all completed the challenging course; a special 'well done' to Elmira who came 2nd in the girls race and will now go on to the regional finals.

### Football

We are extremely grateful to Mr Sullivan for running a federation football club on Mondays after school and there will be some matches played against local schools in the near future. We have some keen players in Puffins class as well as some excellent girls who are going to play in a match soon.

### Bowles

All the children had an excellent time at Bowles last week despite the heavy rain at times. They took part in a range of activities including skiing, abseiling and climbing, kayaking on the River Medway and orienteering.

Maria said 'I learnt about myself in ways that I thought I wouldn't. I found out that I am quite messy but can be well organized. I tried new things that I was afraid of. I think I showed great courage. I managed to take my mind off missing my parents and brother and occupying it with other things'.

Have you seen the blog from Bowles on the website?

## Effort Awards

11th September—2nd October 2015

### Peacocks

Tristan Hillman - for being safe in school this week

Ethan Hawkins—for being an excellent role model in class

Margot Rabson-Stark—for trying really hard with her numbers

Harriet Marchant— for always working her hardest in all that she does.

### Kingfishers

Gareth Davies—for his brilliant independent work and determined attitude

Matilda Sharples—for her fabulous efforts in improving her handwriting.

Rupert Spurrell— for his brilliant writing

Jude Wickens -for his fabulous hardwork making his 'keeping healthy' booklet.

### Puffins

Teddy Spurrell for a brilliant start to maths and being an excellent role model.

Carys Ware— for always being kind, confident and caring to others.

Harry Fenton for working so hard this week and being focused and on task.

Spencer Greenhough - for great presentation and maths skills.

### Eagles

Christian Langan—for an excellent start to literacy this week.

Freya Jeffery—for her excellent creative writing.

Alex Tidy—for excellent buzzard poem and leading an art workshop at BB.

Congratulations to our newly elected school council

### Peacocks

Harriet Marchant

### Kingfishers

Sadie Langan

Ella Denny

### Puffins

Trinity Hawkins

Oscar Rabson-Stark

### Eagles

Roman Day

Maria McQuarrie

Bobbie Ridley

We look forward to having our first school council meeting very soon to talk about fundraising events.