

# Rokeby Primary School



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## Newsletter

**We kindly ask that you wear a mask when on school site . Thank You.**

Finally we have had some slightly better weather which has meant the children have been doing more learning outside. They have enjoyed being more active outside too. A polite reminder that the weather is still changeable so please send children in with appropriate clothing and footwear.

**Mrs James**



### POLITE NOTICE



A reminder that dogs are not allowed on the school site. Please also be aware that the pavement outside the school is extremely busy, we advise that dogs stay at home during the school run. If you are tying your dog up outside the school playground, we suggest you do so further down the road where it is less likely to come into contact with adults and children passing by. We understand that some dogs are very friendly however not everyone is aware of the correct way to approach a dog. Thank you.



### COVID-19 Rokeby Primary Contact line:

0 7 3 8 8 0 5 5 3 9 6

IMPORTANT: If you have taken a COVID-19 test, please send your results to the number above. This is for both negative and positive results.



### Understanding Your Child

"Understanding your child is one of the most important things that you should learn as a parent. It is very helpful in becoming effective in guiding and nurturing your child as they grow and mature. You need to bear in mind that your child has a unique personality trait that remains consistent throughout life" - Child Development Institute.

There are many ways you can understand your child, one of these is to observe their day to day habits. Are they eating enough good food? What time are they sleeping? Have you noticed anything about their play habits? By picking up on smaller traits it might help you understand some of their behaviours.

[YouTube Video](#)

**Body Story: Brave New World**— is a great video explaining the development of a child's brain from the start. It is very useful to help you understand your child's development.

### Stay Safe

It is really important that we teach children the dangers of strangers. There are so many opportunities where strangers are able to take advantage of our children. We can help our children stay safe by;

- ensuring we teach them who their safe adults are
- setting rules regarding when they should return home from playing outside with friends
- ensuring they know not to speak or follow anyone they do not know
- being attentive to what they are doing when they are out of the house. Who are they with? Do they know how to get home?  
Can they contact you?
- talk to them about the risks that strangers can impose.

### Safe Strangers

**There are some strangers that you can talk to.  
These are people such as police officers, doctors,  
teachers, firefighters and paramedics.**





HARRIS C of E ACADEMY SSP Presents:

## **Bikeability – May Half Term Holiday Courses 2021**

### **LEVEL 1 TRAINING FOR PUPILS IN SCHOOL YEARS 2, 3, 4, 5 & 6:**

This training teaches basic cycle control skills in a safe environment away from traffic and will be run at Harris C of E Academy's Sport Centre in Rugby. Children must be able to cycle independently (no stabilisers) before coming on the course. Training takes place outside and children should be dressed appropriately in warm, weather proof clothing with gloves recommended.

Course 1: Tuesday 1st June 2021 from 1:00pm to 3:15pm **THIS COURSE IS NOW FULL**

Course 2: Wednesday 2nd June 2021 from 9:30am to 11:45am

Cost: £14 per person payable in advance.

### **LEVEL 2 TRAINING FOR PUPILS IN SCHOOL YEARS 5, 6 & 7:**

This training prepares students for cycling on the public highway for short journeys such as from home to school and will be run from Harris C of E Academy's Sports Centre in Rugby. It is strongly recommended that children complete the Level 1 course before attempting Level 2. Training takes place outside and children should be dressed appropriately in warm, weather proof clothing with gloves recommended.

Course Dates (over 2 days/ Both days must be attended):

Wednesday 2nd June 2021 & Thursday 3rd June 2021 from 1:15pm to 4:30pm

Cost: £22 per person payable in advance.

Early booking is essential as places are strictly limited and will be filled on a first come first served basis.

**\*\* Closing deadline for bookings is Friday 21st May 2021. None will be accepted after this date. \*\***

Courses will only run if minimum numbers are reached. Children will need to have their own bicycle and helmet.

Please note that refunds are not available unless the course is cancelled by Harris Sports Centre.

Due to Covid restrictions, wrap around care in the Sports Centre holiday club is not currently available.

For more information, or to book a place, please call Debbie on 01788 812549 extension 304 or email

ssp@harriscofeacademy.co.uk

<https://www.facebook.com/harrisacademyschoolsport/>

Follow us on Twitter @Harris\_SSP

Instagram @harisspp



## **Harris CofE Academy Sports Centre Multi Sport Holiday Clubs**



Summer Holidays | Autumn Half Term | Christmas Holidays | Spring Half Term | Easter Holidays | Summer Half Term

### **Holiday Club 9am - 4pm**

every weekday (excluding bank holidays)

Early drop off from 8am

Late pickup until 6pm

Discount available for early & late together

Open to ages 5 - 12 years

*Please also ask about our Bikeability courses, also running in every school holiday;  
Cycling Proficiency for the modern age!*

To book your place or for more info:

Email: [sportscentre@harriscofeacademy.co.uk](mailto:sportscentre@harriscofeacademy.co.uk)

Phone: 01788 818925

or call in to Harris Sports Centre, Mellish Road, Rugby. CV22 6BB





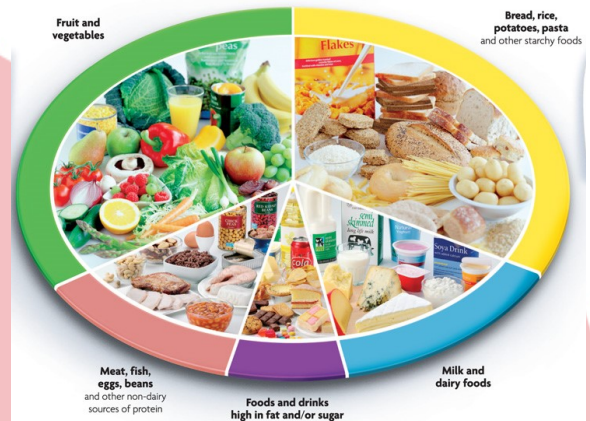
## Healthy Lunches

We would like to remind all parents the importance of a healthy packed lunch. Lunch is an important meal for children, it provides energy and nutrients to keep them going throughout the day. The easiest way to provide your child with enough nutrients in one meal is to include a lot of variety. Follow 'The eatwell plate' for the ideal proportions of different food groups per meal.

**Please refrain from packing unhealthy snacks in your child's lunch box.**

### The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



### Packed Lunch Idea

Try out our ideas for your children's packed lunch at home and send us pictures of your success!

#### Super Salad Wraps (V)

Ingredients;

- \* Tortilla Wraps
- \* Hummus
- \* Grated Cheddar
- \* Variety of salad (carrots, cucumber, lettuce)

**Step 1:** Lay out your tortilla wrap and spread around 2 table-spoons of hummus on the bottom third of the wrap.

**Step 2:** Pile on all your tasty salad items.

**If you would like to add meat to your wrap, pop it on top of the salad! We recommend ham or chicken!**

**Step 3:** Starting from the bottom fold the wrap over the top of the filling, fold in the two sides and continue rolling your wrap up. You can cut your wrap into smaller pinwheels or leave as a whole.

### Healthy Snacks

It is important that children have a healthy snack in their lunch box to give them an extra boost of energy. Sugary snacks will give children a sugar crash once the initial boost has worn off. This sugar crash will make children tired and unable to concentrate fully. Here are some healthy and cost effective snack ideas you can pack in their lunch box;

- Greek Yogurt with Oats or Granola—You can buy reusable, small plastic tubs from Amazon and buy bigger pots of yogurt and oats from the super market and make your own snack size treats. Tip: Grate a small piece of chocolate over the top of the granola for an extra treat!
- Fruit Salad— You can make a big bowl of fruit salad and split it down over the week. Perfect for those who feel like they are in a rush in the mornings!





## Screen Time

<b>Are there screens at meal time?</b>	<b>Yes</b>	Set ground rules and let everyone know the boundaries. Meal times should focus on family bonding and eating. It is important to encourage good manners at the table, maybe you can use screen time as a reward for good behaviour at the dinner table.
	<b>NO</b>	Good! Meal times are for families to sit and talk, it is important bonding time and using screens at the dinner table will effect their eating habits too.
<b>Do they use screens before bedtime?</b>	<b>YES</b>	Reports show that using screens before bed will physically effect how your child sleeps. It is also difficult to manage what your child is doing on these screens before they are sleeping. Screens should be put away no less than half an hour before they go to sleep. Swap out the screens for a book or a relaxing activity such as colouring.
	<b>NO</b>	Good! It is important that they get a good nights sleep especially in the week days.
<b>Do you know what your children are playing and who with?</b>	<b>NO</b>	Oh no! You should always be aware of what your children are doing online. If they are playing on games that are not appropriate for their age it can have a serious impact on their behaviour as they may be influenced by the game play. It is also important to know who they are playing with, not everyone is who they say they are.
	<b>YES</b>	That's great! Keeping an eye on who your children are playing with is so important especially online as anyone can pretend to be someone they are not



## Family Link App

This useful app gives parents control of screen time remotely from their own device. You can download it for iPhone and Android and is a really helpful app for helping resolve bedtime issues.

[Visit the app or play store and search for 'Google Family Link'](#)

<https://www.techadvisor.com/feature/digital-home/how-much-screen-time-for-kids-3520917/>

There is a link to the above on our website. Please check out this website for lots of useful information surrounding screen time, the dangers screens can place on our children and advice on how to parent with screens in the house.

## GOAL POWER HOLIDAY CLUB

**1 - 4 JUNE 2021**

Let Goal Power keep your football fanatics entertained with football and multi-sports skills and most importantly, lots of fun and games!

- Fun is the focus of every session with challenges & prizes to be won
- Football, multi-sports and games, co-ordination & ball-mastery
- Led by ex-professional player with UEFA B licenced football coach
- Suitable for girls & boys of all abilities, ages 6+

**When:** 9am - 3pm\* Tues - Friday 1st - 4th June  
\*Early drop-off & late pick-up available

**Where:** @ Kilsby Lane, Rugby, CV21 4PN  
in collaboration with Rugby Borough Women & Girls FC

4-day special price!

**BOOK ONLINE**  
[goal-power.co.uk/club](http://goal-power.co.uk/club)

## GIRLS FOOTBALL COACHING

Ages 7yrs+

**FREE TRIAL SESSION**

Football coaching programme for girls, to develop their footballing skills and build confidence in their abilities. Ideal for girls who play for a grass roots or RTC team and want to develop their game further!

- UEFA B qualified female coach
- Structured, technical programme
- Fun, friendly group environment
- Focus on individual development
- Ball mastery
- Player mentoring

“ I would recommend Goal Power to any child looking to improve their skills in the game. Cheryl's energy and passion as a professional footballer and coach inspires my daughter! ”

Goal Power Squad sessions run every Wednesday 6-7pm @ Kilsby Lane, Rugby, CV21 4PN

**Free trial sign up**  
[goal-power.co.uk/trial](http://goal-power.co.uk/trial)

Rokeby Primary is part of the Stowe Valley Multi Academy Trust.  
Tel: 01788 814399 Email: [rokebyprimary@stowevalley.com](mailto:rokebyprimary@stowevalley.com)



Rokeby Primary School is committed to safeguarding and promoting the welfare of children and young people and expects everyone to share this commitment.

PART OF STOWE VALLEY MULTI ACADEMY TRUST