

Ready, Steady, Go!

We had a very special Coffee Morning this morning entitled **Ready, Steady Go!** Parents gathered to learn more about a new programme beginning this year. This unique healthy lifestyles after school and weekend club for children and families is available in Lambeth.

The aim of the programme is to -
Build healthy habits
Help families get more active,
Improve children's confidence
Start eating healthies
Learn to read food labels and
Find out how to shop smarter.

The weekly 2 hour sessions are run for a 12 week period and are completely free of charge, offering nutritional advice and a parents workshop—definitely not to be missed.

Full details are available on the latest correspondence section of the school's website.



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Pedestrian Skills Training

Our Year 3 class had the pleasure of receiving a visit from **For2feet** today. The children had the opportunity to participate in this training and learn essential road safety skills that will make them much safer pedestrians. The Stop, Look, Listen lessons include
Finding a safe place to cross the road
Correct use of zebra, pedestrian crossings close to the school
How to cross at junctions and near parked cars
The dangers of cars reversing from driveways
The importance of wearing bright clothing

Healthy Packed Lunches

Dear parents if your child has packed lunch please provide a healthy and nutritionally balanced lunch box. Also, please do not send in any food products that contain **NUTS OR SESAME SEEDS**. We have children that have severe nut allergies in the school and just being near another child that eats these products could damage their health/ or even cause them to have a serious reaction.

Colds, Flus and Blues

Dear parents—with the severe cold weather we ask that you ensure your children are well prepared with hats, scarves, gloves and warm jackets.

If your child has the misfortune to be suffering from the awful vomiting and high temperature virus please do not send your children in until they are completely well but do call the school daily to inform us as how they are. We would encourage you to take your child to the Doctor if they have been off for 4 days or at least have a telephone consultation.

Please pay particular attention to the letter regarding Measles, Chicken pox and Shingles. Your **MUST NOTIFY** the school office if your child suffers from any of these illnesses as we have a child in our school currently receiving treatment for cancer which puts them at risk from these infections.



The Dino Workshop

The Nursey and Reception classes had the most exciting time on Monday 28th January when they were visited by the Freshwater Theatre Company.

They participated in a super dinosaur workshop where the children took part on an imaginary journey of discovery which included their core book this term—'Harry and the Bucket full of Dinosaurs'.

School Trips

With regards to deadlines for trips consent and payments please do adhere to deadlines. If you have not paid or given consent your child may not be able to participate. School packed lunches for trips must be ordered in advance and if you have ordered one you will be charged. Thank you for your cooperation.

Year 3 Class Assembly

Well done to our Year 3 class for putting on their latest class assembly—this time all about the Ancient Egyptians.

The audience were treated to information about the pyramids, mummification and even found out the Ancient Egyptians were clever inventors!



Science at St Martins-in-the Field

The year 4 and Year 5 classes have had the opportunity to participate in exciting Science workshops at the girls secondary school. These sessions have helped develop their scientific enquiry skills. They had a fun filled afternoon making lip balm, bath bombs checked PH levels of various solutions to determine whether acid or alkaline.

Take a closer look on the class news pages of the school's website!

Hadith of the week

It was narrated from Ilyas bin Salamah bin Akwa' that his father said: "The Messenger of Allah (ﷺ) said: 'The one who sneezes may be responded to three times; if he sneezes more than that, he has a cold.'" Sunan Ibn Majah 3714

Snowy Weather

Thank you to all our parents for helping get their children to school, even during the recent bad weather.

Always keep an eye on the ALERT on the front page of the school's website if you are in any doubt about whether school is open or not. We will aim to make this decision by 7.30am and send a text message as well, so if you don't hear anything, assume it's business as usual!