



KEEPING IN TOUCH

Message from Mr M

Parents consultations take place next week, if you have not been able to book your place, please log on to Arbor the deadline is Sunday 23rd at 6pm, after this time please contact the class teacher or the school office.

Year 4 have had an amazing time at Hadrian's Wall, the laughter could be heard for miles, I was lucky enough to participate this year and its safe to say we are all in need of a well deserved early night.

There has been an increase in reported cases of Slap Cheek within school, as we have a number of vulnerable children and staff please can you to notify the office if your child develops any symptoms, children are allowed to attend school once the rash has developed

Arbor Debt

31st March is the end of this financial year and I am urging parents to ensure all monies owed on Arbor are paid up and settled by the end of next week - both Mrs Long and Mrs Warriner will be busy chasing non-payers! We thank you for your support with this.

Clubs

This is the last week of extra curricular clubs.

All children will need collected as normal at the end of the school day from Monday 24th March.

Comic book club will hold one extra session on Friday 28th March

THIS WEEK



PARENT MEETINGS



25th/26th/27th March 2025



Appointment times: 3:30pm - 6:30pm



Face to face meetings take place in your child's classroom

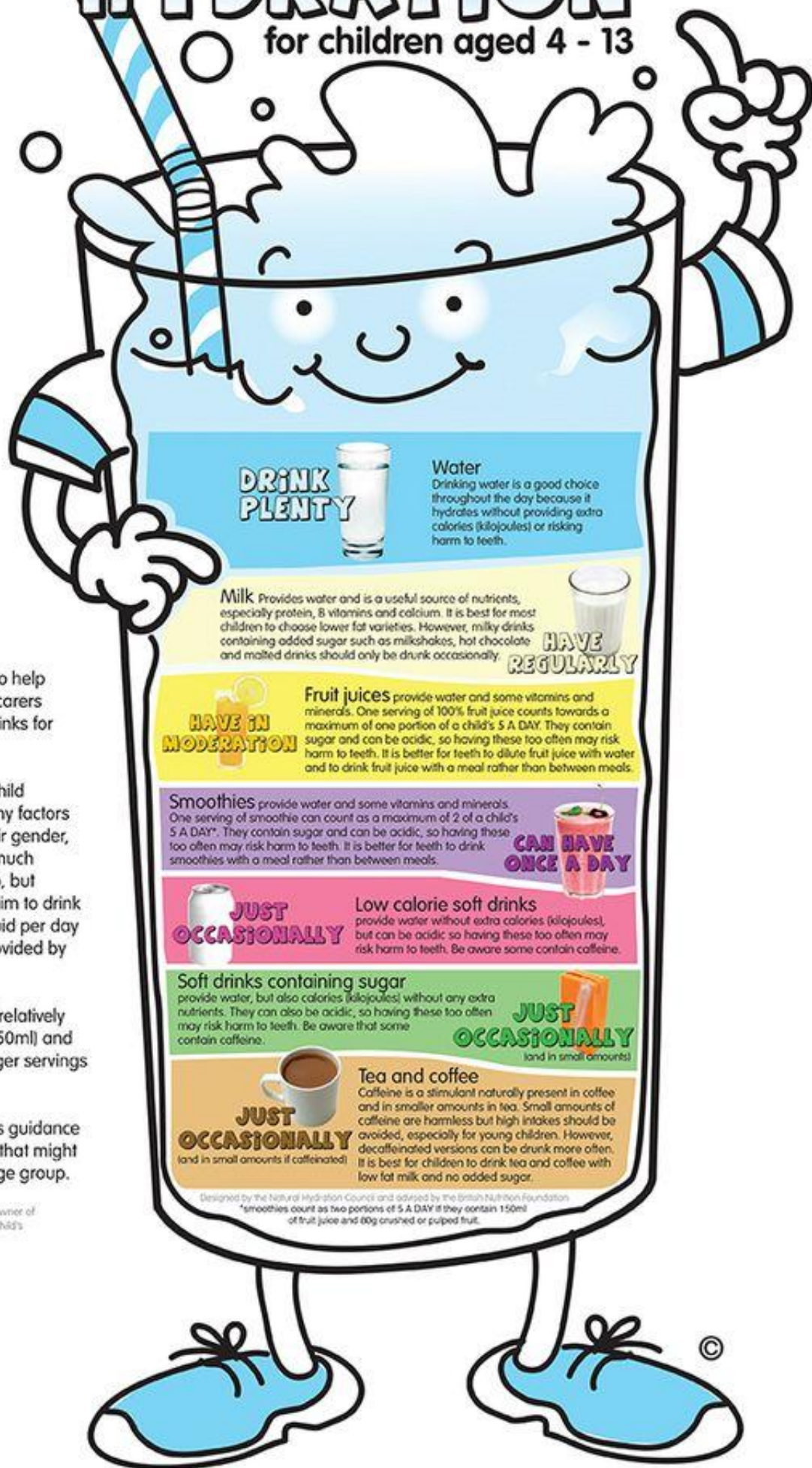
We are pleased to host face to face Parent Consultation meetings with your child's class teacher.

Book your appointment via the ARBOR app.



HEALTHY HYDRATION

for children aged 4 - 13



This guide is intended to help parents, teachers and carers choose a balance of drinks for children aged 4-13.

The amount of fluid a child needs depends on many factors including their age, their gender, the weather and how much physical activity they do, but generally they should aim to drink about 6-8 glasses of fluid per day (on top of the water provided by food in their diet).

Younger children need relatively smaller servings (e.g. 150ml) and older children need larger servings (e.g. 250-300ml).

This illustration provides guidance on the variety of drinks that might be consumed by this age group.

DRINK PLENTY



Water

Drinking water is a good choice throughout the day because it hydrates without providing extra calories (kilojoules) or risking harm to teeth.

Milk Provides water and is a useful source of nutrients, especially protein, B vitamins and calcium. It is best for most children to choose lower fat varieties. However, milky drinks containing added sugar such as milkshakes, hot chocolate and malted drinks should only be drunk occasionally.



HAVE REGULARLY

HAVE IN MODERATION

Fruit juices provide water and some vitamins and minerals. One serving of 100% fruit juice counts towards a maximum of one portion of a child's 5 A DAY. They contain sugar and can be acidic, so having these too often may risk harm to teeth. It is better for teeth to dilute fruit juice with water and to drink fruit juice with a meal rather than between meals.

Smoothies provide water and some vitamins and minerals. One serving of smoothie can count as a maximum of 2 of a child's 5 A DAY*. They contain sugar and can be acidic, so having these too often may risk harm to teeth. It is better for teeth to drink smoothies with a meal rather than between meals.



CAN HAVE ONCE A DAY



JUST OCCASIONALLY

Low calorie soft drinks

provide water without extra calories (kilojoules), but can be acidic so having these too often may risk harm to teeth. Be aware some contain caffeine.

Soft drinks containing sugar

provide water, but also calories (kilojoules) without any extra nutrients. They can also be acidic, so having these too often may risk harm to teeth. Be aware that some contain caffeine.



JUST OCCASIONALLY

(and in small amounts)



JUST OCCASIONALLY

(and in small amounts if caffeinated)

Tea and coffee

Caffeine is a stimulant naturally present in coffee and in smaller amounts in tea. Small amounts of caffeine are harmless but high intakes should be avoided, especially for young children. However, decaffeinated versions can be drunk more often. It is best for children to drink tea and coffee with low fat milk and no added sugar.

Designed by the Natural Hydration Council and advised by the British Nutrition Foundation. *smoothies count as two portions of 5 A DAY if they contain 150ml of fruit juice and 80g crushed or pulped fruit.



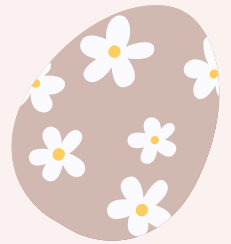
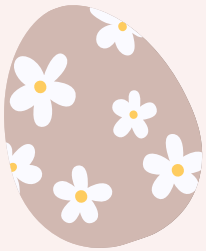
Easter Disco

Thursday 3rd April

EYFS 4-5pm

Y1/2/3 5:15-6:15pm

Y4/5/6 6:30-7:30pm



Tickets £3

includes unlimited juice + small gift

These will be sold from the FOLC hub on

Tuesday 25th March 3:15pm - 3:45pm

Wednesday 26th March 3:15pm - 4pm

Thursday 27th March 8:45am - 9:15am

Monday 31st March 3:15pm - 3:45pm

Tuesday 1st April 8:45am - 9:15am

Tickets can also be purchased at the school office



**LE CATEAU COMMUNITY
PRIMARY SCHOOL**



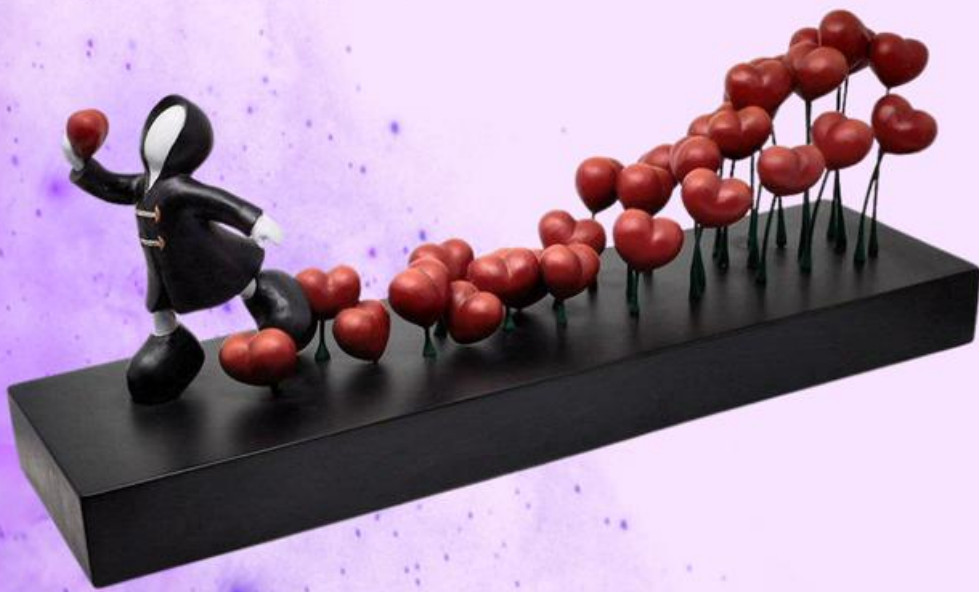
**YEAR 6
VS
PARENTS
ROUNDERS MATCH**

**FUNDRAISING FOR OUR PLAYGROUND
PROJECT**

**REFRESHMENTS AVAILABLE
TO BUY
£2 TO PARTAKE
£1 TO SPECTATE**

**WEDNESDAY 2ND APRIL
2PM - 3PM
WEATHER PERMITTING**

Seeds of Love Art Day 2025



Open to children from KS2/KS3
Tuesday 8th April
Risedale School

Mackenzie Thorpe



ONLINE SESSIONS For Parents/ Carers

UNDERSTANDING YOUR CHILD'S NEEDS

For parents/carers of neurodiverse children
(with a diagnosis or awaiting assessment)

Presented by
NYC Children and
Families Service:
Early Help



Tuesday 25TH February , 18:00 –19:00
Supporting you to support your child through
shutdown, meltdown and crisis

[Click here to join the session](#)

Tuesday 25TH March , 18:00 –19:00
Supporting you and your child with their
emotional and sensory regulation

[Click here to join the session](#)

Tuesday 29TH April , 18:00 –19:00
Supporting you and your child with sleep

[Click here to join the session](#)

For more information contact
candfhubhambleton@northyorks.gov.uk or
candfhubrichmond@northyorks.gov.uk

FACE delivers online support via zoom for parents across the UK
Talks are 90 minutes long, £24 each - Book Online at facefamilyadvice.co.uk



Schools can now buy a
FACE School Annual Membership
which means **ALL parents** and **ALL staff**
get unlimited **FREE access** to **ALL** 16 parent talks

Thursday
24th April

19:00 - 20:00

FREE



Responding to Angry Behaviour

What can we do in the moment?

Tuesday
18th March

10:00 - 11:30

£24



Anxiety Explained

Anxiety, especially in our young is rising.
This session explains what it is, why it
happens and how you can help.

Thursday
3rd April

10:00 - 11:30

£24



Supporting a Child with ADHD

Challenging the stereotypes and giving
practical interventions. Clear explanation
of the condition in all its forms and
extremely useful advice.

Tuesday
3rd April

19:00 - 20:30

£24



Improving Family Communication

How to reduce the shouting and
arguing and start the talking.



Spring Timetable

all sessions delivered live online via zoom £24 each 90 minutes long
book online at facefamilyadvice.co.uk

| | |
|---------------------------------|-------------|
| Anxiety Explained | 18 MAR 7pm |
| What is ACT? | 20 Mar 7pm |
| Understanding the Teenage Brain | 24 MAR 10am |
| Supporting Healthy Sleep | 24 MAR 7pm |
| Decreasing Depression | 25 MAR 10am |
| Raising Self-Esteem | 25 MAR 7pm |
| AUTISM: Improving Communication | 2 APR 10am |
| Supporting a Child with ADHD | 3 APR 10am |
| Improving Family Communication | 3 APR 7pm |
| Supporting Healthy Screen Use | 7 APR 10am |
| Facing Defiance | 7 APR 7pm |
| Anxiety-Based School Avoidance | 8 APR 10AM |
| Understanding Anger | 8 APR 7pm |
| Anxiety Explained | 14 APR 10am |
| Cannabis & Ketamine Awareness | 14 APR 7pm |

FS1 & 2 Year Olds

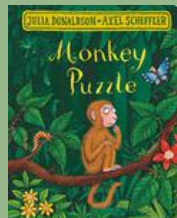


This week in FS1 we will be reading 'Little Red Riding Hood'. Look out for the NELI@Home sheet for activities to do at home. The vocabulary we will be focussing on are smell, chase, delicious, help.



Check out the story here

In the Caterpillars room they will be reading 'Monkey Puzzle' by Julia Donaldson. The children will be creating butterfly prints using their hands and painting monkeys.



You can see the story here

This week new bikes have been arriving in the Nursery. Keep an eye out for changes to the outside area as more new resources are expected.



Please can we remind parents not to send in snacks from home. Snacks are provided in school and home snacks are a risk to children with allergies.



FS2 Bear, Cheetahs & Hippos

Next week, we will be exploring more complex patterns in very practical, purposeful ways, such as making cards that include patterns. The children will be introduced to the story of Supertato and The Great Eggescape.



They will create Easter nests, weighing out the ingredients. We will also write the insides of our special cards (wait and see what the children bring home....!!).



PE will happen as normal on Tuesday - please send the children in wearing their PE kit.

Forest school will be on Friday - waterproofs and wellies please.

News from the Nest

The children in The Nest will be continuing to read 'Supertato'. This week they will be mashing potatoes and trying potato waffles. They will be trying to catch the evil pea and using tweezers to pick him up.





Year 1/2 Ewes, Chameleons, Rainbow & Bluebirds

Next week in English we will be using all of our writing skills to plan a space story. We will be developing characters, a setting and a sequence of events. We will be orally rehearsing our story through the use of drama to help us when we write our story.

In Maths Year 1 will continue to focus on numbers to 50. We will be looking at 2 digit numbers and identifying what each digit means. We will be using the base ten materials to make these numbers and compare them.

In Maths Year 2 will be moving on to our next topic which is 'Length'. We will be looking at measuring in metres and centimetres and comparing the length of objects.

Special Shout Outs for Y1/Y2

1/2 B - Ella, Liam and Layla

1/2 C - Bishesh, Rome, Rhys

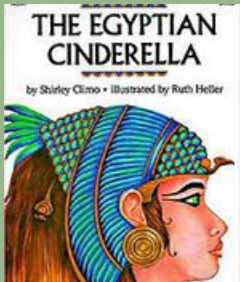
1/2 E Ethan and Lacey J for great interest and involvement during STEM week.

1/2 R - Hetty, Jenique, Skyla

Year 3 Hedgehogs & Impressive Llamas



This week we have been exploring the Egyptian Cinderella book and comparing it to familiar fairy tales. The children have enjoyed writing character and scene descriptions as well as predicting the ending. In maths we have moved onto the topic of length and will be measuring and comparing many household items. In geography the children will be looking at physical and human features of the UK and will be comparing them to features in Egypt.



Celebration of the week - Well done to Noah, Tristan, Amber, Daisy, Jale, Teddy S, Beuden, Elijah, Dottie and Lucas B who represented Le Cateau in a recent tag rugby competition.

Don't forget:

Outdoor PE - Wednesdays pm

Swimming - Thursday am

Reading books and records to be in school everyday.

Healthy snacks for playtime and refillable water bottle in school.

Next Friday 28th March is our exciting trip to the theatre. We will be leaving and returning in the school day.

All children are required to have a packed lunch from home

If you have any questions about this please ask your child's teacher.

Equally Important



Year 4 Butterflies & Tigers



Hadrian's Wall



Well done!

Congratulations...

All of the children for making our residential so much fun.

They all behaved impeccably and truly immersed themselves in the experience.

Equally Different



Year 5 Adventurers & Wolves



Key dates

Visit to Beamish - Friday 28th March

Year 5 have been busy learning more about life in the past, the impact of inventions and trains in preparation for our visit to BEAMISH on FRIDAY 28th March.



We are getting further into our class novel - Kensuke's Kingdom and have created some amazing writing linked to the story. Particular shout outs to 5A - Erika and Layton - 5W- William and Freddie.

Road Trip!!

We have also been very creative this week, showing life cycles using clay and painting Japanese Blossom Trees.

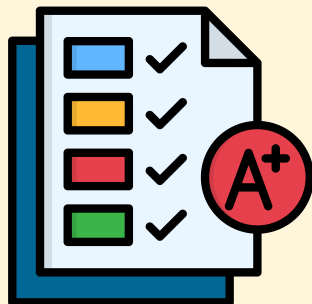


Year 6 Stars, Hawks & Heroes



Thank you to everyone you gave up their time to create Dioramas (Titanic cabins) last week - they all look amazing!

We have been busy completing assessments this week, ready to share some scores with you at parent consultations.



Shout outs

All of Year 6 for their mature attitude towards assessments.

PE:

Monday afternoon (outdoor)

Thursday Morning (Indoor)

Parent consultations next week

Tuesday 25th March

Wednesday 26th March

Thursday 27th Match

Have you booked yours?

Wednesday 2nd April (PM) - Parents V Pupils rounders match -raising money for playground equipment

Fri 4th April - Last day of term

**SATs week wb 12th May (Mon - Thurs) - please no holidays during this week.
Friday 16th May - End of SATs celebration day.**