

Dear Parents and Carers,

Welcome back to the second part of the autumn term. We have many exciting activities planned and look forward to sharing these with the children. This term will undoubtedly continue to have challenges, as we have entered another lockdown in London.

The children have settled in well and seem very happy to be back. They continue to work hard and try their best. Teachers will be phoning you next week for the Parent and Carer consultations (please see below for further information).

Thank you for your generous contributions to our Harvest festival and Remembrance Day this year. If you would still like to donate money for Remembrance Day you can do so until **Wednesday, 11th November** on ParentPay.

Thank you for your continued support.

Best wishes,
Mrs Sternberg

How to continue keeping everyone safe at Beecholme

The Senior Leadership Team having been reviewing the arrival and departure from school this week. In order for it to be even smoother, could you please do the following from **Monday, 9th November 2020**.

We will review again later in the term.

- ◆ **Walk on the left**
- ◆ **No riding of scooters/bikes to the classrooms, please get off and get on at the gate**
- ◆ **Social distance and use the spots**
- ◆ **Masks to be worn by adults**



Parent Consultations

Parent Consultations will take place during the week beginning:
Monday, 9th November between **3.30 p.m.-5.45 p.m.**

The consultations will last approximately **10 minutes** over the phone.

The conversation will include how your child has settled in this year, discuss their targets and answer any questions.

Your phone consultation will take place on one of two evenings:

Day	Year group
Monday 9th Nov	Nursery, Y2, Y4, Y5,
Tuesday 10th Nov	Nursery, Y2, Y4, Y5,
Wednesday 11th Nov	Reception, Y1, Y3, Y6
Thursday 12th Nov	Reception, Y1, Y3, Y6

Wellbeing at Beecholme

Be Sugar Smart!

On Wellbeing Friday, we focused on learning how to choose healthy foods and drinks by being more 'sugar smart'. Creating an awareness of the amount of sugar in our food and drink empowers children to help themselves and their families make healthier choices. This could have a big impact on their health for the rest of their lives. By making simple swaps each day, children can have healthier versions of everyday foods and drinks, while significantly reducing their sugar intake.

The link below gives good ideas on cutting the amount of sugar in our children's diet and suggests healthy snack options.

<https://www.nhs.uk/change4life/food-facts/sugar>

