



Hi everyone,

Great to see students doing 'extra' in their Learning Books to help them move along in their learning. It looks like many students will be achieving their end of term goals plus extra! There is nothing more exciting than succeeding at something you've found challenging.



This Friday we will be talking and teaching about bullying on the National Day of Action. In particular, we will be looking at Cyber bullying which has become an enormous topic at the moment.

We will talk about this at our Parent Assembly on Friday. It also ties in with our Well-being program on resilience that we are currently doing. I'm sending home some information about bullying and also on resilience. Students in Year 1 and 2 talked about a red, orange and green light for measuring emotions, while older students look at it along a thermometer- how bad is it? There is also a goal for students on bouncing back after things happen.

As well as this, we are also taking part in a Pilot program from Live Life Well- called Screen Free Day- basically Screen Free Day is a day to unplug and enjoy the pleasures of active play. The purpose is about reminding students how great screen free recreational activities are. We will be using a range of resources to do this on Thursday.

Tomorrow, we will be doing a challenge on Green Time v's Screen time, which I will send home as well. We actually have been completing a "how much time do we spend on computers at school?" over the past few weeks, just to see how we go at school. This came about when discussing what students do at home v's what we do at school. It has been interesting to monitor this. I certainly know I'm spending a lot of time on the computer doing school plans, newsletters and other departmental things today!

Upcoming Events

March 16

PARENT ASSEMBLY – 2.00pm

National Day of Action against Bullying and Violence

March 27

Stage 3 Enrichment Day – Music & Composition

March 30

GOOD FRIDAY

April 2

EASTER MONDAY

April 13

End of Term 1

TERM 2

April 30

Staff Development Day Term 2

May 1

Students Return - Term 2

May 8

SCHOOL PHOTO DAY

27th March- our school is hosting the Stage 3 enrichment day with students from our local cohort. It will be a day of composing music with Miss Jodie to do a performance at the end. It should be a great day.

Mrs Bath

Jamie Oliver's - Rainbow Wraps

Ingredients:

- 4 small raw beetroots
- 4 carrots
- 360g cabbage
- 2 firm pears
- 1 bunch mint and parsley
- 120g feta cheese
- 12 small tortillas
- Dressing: ½ cup natural yoghurt (low fat), 1 teaspoon English mustard, 6 teaspoons apple cider vinegar, 4 tablespoons olive oil



Method:

- Wash and peel beetroots and carrots
- Grate carrots and beetroot, and place into large bowl
- Coarsely grate or thickly slice cabbage. Remove stalk from pears and coarsely grate, add to bowl.
- Pick mint and parsley leaves. Tear or finely chop, add to bowl
- Add yoghurt, mustard, vinegar and olive oil to glass jar. Put on lid and shake well.
- Drizzle dressing on salad, you can add more later if needed but you can't take it out!
- Divide salad over tortillas, crumble over feta. Roll up wrap!

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