



## Welcome to the latest edition of our school newsletter

What a wonderful week we had before we broke up for the May Half Term Holiday. Bathed in glorious sunshine we celebrated Healthy Schools Week and May Day. With end of key stage assessments completed, the children enjoyed some well-earned outdoor activities. Inside you will find some great pictures of our events.

*Kate Cleaver*

Principal

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16 June

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12/13 July

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21 June

**TRANSITION DAY**

10 July

**HEDGEHOGS TRIP**

Info to follow

**TERM DATES**

LAST DAY: 21 July

FIRST DAY: 5 Sept

# Pupils of the Week



**Each week the class teachers will nominate a:**

- Super Squirrel
- Happy Hedgehog
- Brilliant Badger
- Outstanding Owl

The children are chosen for consistently demonstrating the Ecton values of Resilience, Kindness, Co-operation and Engagement. They are recognised for their excellent attitude in all areas of school life. As a reward, they have lunch with Mrs Cleaver. We have our own special table and receive waitress service.

We will let you know which children have been truly amazing in our fortnightly news.



"I look forward to my lunches very much each week - it is a lovely opportunity to chat to the children more informally and hear what they have to say." *Kate Cleaver*

## Squirrels

Keziah

Jacob

Ethan

## Hedgehogs

Shamihari

Charlotte

Elsie

## Badgers

Scarlet

Leigha

Marcus

## Owls

Maddison

Ashlee

Callum

# Healthy Schools Week

The last week of term saw all of our children focusing on being healthy. While we always encourage our children to eat only fruit at break time and bring a healthy packed lunch, it was lovely to see them really focus on what makes us healthy.

Mrs Mackenzie, with the help of Callum and Phadell, measured our field and calculated that if we ran around it 17 times we would have run a mile. The children were then given the challenge of running a mile over the course of the week. They certainly took up that challenge! Almost all of our children ran at least one mile and a few ran many more! Our top runners were Kian, Ava and Libby, who clocked up over 15 miles between them!



The staff vs Year 6 Dodgeball match was a huge amount of fun – Mrs Brown and Miss Miley were the star players and led the staff team to a 3-1 victory!

As well as keeping physically active, the children explored healthy eating and on Tuesday they brought in their favourite fruit to share with their friends.

A healthy mind is just as important as a healthy body and the children also spent some time exploring emotional wellbeing in an age appropriate way.





A regular teeth-cleaning routine is essential for good dental health. Follow these tips and you can help keep your kids' teeth decay-free:

## Toothpaste tips

- There's no need to buy special "children's toothpaste" brands. In fact, some of them don't have enough fluoride in them to help prevent tooth decay.
- Children from the age of seven can use family toothpaste, as long as it contains 1,350-1,500 parts per million (ppm) fluoride. Check the toothpaste packet if you're not sure, or ask your dentist.
- Children up to the age of six who don't have tooth decay can use a lower-strength toothpaste, but make sure it contains at least 1,000ppm fluoride.
- Make sure children don't eat or lick toothpaste from the tube.
- Below the age of three years, children should use just a smear of toothpaste.
- Children aged three to six should use a pea-sized blob of toothpaste.

## Toothbrushing tips

- Brush your child's teeth for about two minutes twice a day: once just before bedtime and at least one other time during the day.
- Encourage them to spit out excess toothpaste, but not to rinse with lots of water. Rinsing with water after tooth brushing will wash away the fluoride and make it less effective.
- Supervise tooth brushing until your child is seven or eight years old, either by brushing their teeth yourself or, if they brush their own teeth, by watching how they do it. From the age of seven or eight, they should be able to brush their own teeth, but it's still a good idea to watch them now and again to make sure they brush properly and for about two minutes.

## How to help children brush their teeth properly

- Guide your child's hand so they can feel the correct movement.
- Use a mirror to help your child see exactly where the brush is cleaning their teeth.
- Make tooth brushing as fun as possible by using an egg timer to time it for about two minutes.
- Don't let children run around with a toothbrush in their mouth, as they may have an accident and hurt themselves.

## Taking your child to the dentist

- NHS dental care for children is free.
- Take your child to the dentist when their first milk teeth appear. This is so they become familiar with the environment and get to know the dentist. The dentist can help prevent decay and identify any oral health problems at an early stage. Just opening up the child's mouth for the dentist to take a look at is useful practise for the future.
- When you visit the dentist, be positive about it and make the trip fun. This will stop your child worrying about future visits.
- Take your child for regular dental check-ups as advised by the dentist.

# Squirrels Class Trip

## West Lodge Farm

Mrs Bugg, Mrs Scott and Ute took our Squirrel class (FS1 and FS2) to West Lodge Rural Centre where the children enjoyed learning about the farm animals, nature trails and tractor rides. They came back full of smiles and tales of furry creatures!



# May Day

Thank you to all of our families who supported our May Day celebration; I am sure you will agree that it was a splendid day. Our May Queen Macy, May King Phadell and their attendants Keziah and Bennie all looked stunning as they sat proudly on the stage.

The sound system, so kindly funded by one of our families, made a huge difference to the quality of the day, ensuring that you could hear the songs, poems and readings that our children shared.

A special thanks must go Alistair McCarter (Grandad to Erica in year 2) for all his hard work in preparing and decorating the stage – it really did look beautiful.





## What is cyberbullying?

Cyberbullying is when someone bullies others using electronic means, this might involve social media and messaging services on the internet, accessed on a mobile phone, tablet or gaming platform. The behaviour is usually repeated.

Like any form of bullying, cyberbullying can be horrible for the children involved and hard for them to talk about.

Cyberbullying can happen via text, email and on social networks and gaming platforms. It can consist of:

- Threats and intimidation
- Harassment and stalking
- Defamation
- Rejection and exclusion
- Identify theft, hacking into social media accounts and impersonation
- Publically posting or sending on personal information about another person
- Manipulation

## Protect Your Child - Get Involved

The best way to keep your child safe online is to take an active interest right from the start. They need your love and protection online as much as they do in the real world. What your child is exposed to will depend on how they're using the internet – social network users are more likely to experience cyberbullying, see sexual or violent images, or have contact with strangers.

## Meaningful conversations

The earlier you can talk to your child about making positive choices online, the better. Here are some conversation starters:

### What do they want to be online?

The choices we make online say something about who we. Talk to your child about how the things they do online paint a picture of themselves, so they shouldn't post things without thinking about it.

### How much should they share about themselves?

Talk to your child about the risks of sharing, identifying where they live or go to school, and what people online might do with that information. Talk about what the risks might be of sharing personal thoughts and feelings.

### How much time should they spend online?

Talk about the possible impact of spending too much time online and agree sensible 'bed-times' and breaks during the day. Create opportunities as a family to get 'off-line' and have fun together.

# New School Uniform



As many of you will have seen in the front office area of the school, we have a new uniform for September. We have changed the colour and logo on jumpers and cardigans and introduced shirts and ties for those children in the Owl class (years 5 and 6 only). These should be worn with grey trousers or skirts.



We have also updated our PE kit and ask that you send your child to school with black shorts, plimsoles and the new school PE t-shirt. PE kit should be kept in school, on the child's peg and taken home only at the end of term for washing.

You may wish to take your child to try on the uniform at the **Uniform Shop, 8 Olympic Way, Wellingborough NN8 3QE** or you can order online by [clicking here](#).

Please note – no uniform stock will be held in school.

When buying new shoes for September that they should be black and leather or leather look – trainers, canvas or coloured shoes are not appropriate footwear for school.





## Notices & Upcoming Events

### School Refurbishment

We would like to thank Wickes Northampton for the donation of a kitchen to update our upstairs area. Kindly organised by Mr Mackenzie (Dad to Olivia in year 2) we were able to collect the units, tiles, sink and work top during the half term holiday – we will share the ‘before and after’ pictures when we have had it fitted!

We plan to undertake some renovation work over the course of the summer holiday and if you, or anyone you know, has connections that may help us in this, please do let me know.

### Den Day - June 16

On June 16 our children will spend the day building dens and learning about the importance of shelter. We ask that children come to school in their own clothes, appropriate for den building adventures, and that they each bring £1.00 to be donated to Save the Children and help give more children a safe place to shelter and the things they need to grow up happy and healthy.

We are also seeking donations to help build our dens. If you able to donate any of the following we would be very grateful:

- Old sheets
- Rope
- Tarpaulin
- Large pieces of cardboard

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