



Westfield
Community
School
Newsletter

Issue 2
12th Sept

All of 1F

For an amazing start to the year

Emelia 1W

For settling in seamlessly to the routines and expectations of year 1, trying her best and doing it with a smile

All of 2F

For being fantastic this week, settling into the new classroom and learning new routines

All of 2W

For a fantastic start to the new year and for settling in seamlessly

All of 3F

For settling in brilliantly and working incredibly hard

Reagen 3W

For always being well mannered and kind towards others and for thoroughly enjoying the class activities



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Archie 4F

For his mature attitude settling in year 4, helping his friends when needed and for making an excellent start to the year

Nikita 4W

For impressing all her teachers in class and for a wonderful, stand out week in year 4

Tymon 5F

For a perfect first week in year 5

Summer 5W

For showing fantastic confidence and reasoning skills when explaining how roman numerals work

Sophia 6F

For displaying the highest standards of behaviour and for showing an excellent attitude towards her learning

All of 6W

For making the best start possible



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The children in POD 1 have enjoyed exploring the different areas of the classroom and having their morning snack together.



Polite Notice

Can we please remind you that it is illegal to park on the pavement or grassed areas at the entrance or exit to the school and doing this is putting our parents and children at danger.



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It's easy to get involved:

Download the Asda Rewards app, register and opt-in to Cashpot for Schools (please make sure you have the latest version of the app installed).

To opt in, please click onto the Asda Rewards app and follow the following steps:

- Click on cashpots
- Click 'Join Cashpot for Schools'
- Click 'Great count me in'
- Click 'I have a school I want to choose'
- Search for Westfield Community School using our postcode WN5 9XN
- Select our school and continue and then finally submit

INTRODUCING CASHPOT FOR SCHOOLS

Download and opt-in with Asda Rewards
and we will donate **££s** to schools.



With
Parentkind

HERE'S HOW:

- 1** Download the Asda Rewards app and opt-in to Cashpot for Schools.
- 2** Choose your primary school
- 3** Shop in-store across Asda & George, and scan your Asda Rewards app at the checkout.
- 4** Shopping online?
Simply log in to Asda.com using the same details as your Asda Rewards account.
- 5** We'll do the rest!
We donate ££s to your chosen school every time you shop, so they can spend it on exactly what they need.



Selected stores. Minimum spend £2+. Excludes apply including Asda Express & George.com. Subject to availability. UK 18+. App & Opt in required.
0.5% of the value of a customer's eligible shop is donated. Publicly funded primary schools must register with Parentkind charity 5072611.
Full T&Cs at [asda.com/cashpotforschools](https://www.asda.com/cashpotforschools) Rewards T&Cs at [asda.com/rewards/terms](https://www.asda.com/rewards/terms) Code 301134



Newsletter

This week, Key Stage 2 children were listening to the Healthy Schools Team talking to us about healthy breakfast choices during assembly - here is some further information that you can share with your child.



Why breakfast matters

A breakfast factsheet for parents/carers of primary school aged children



A healthy breakfast for my child

Mornings can be a stressful time as a parent or carer, and it's not always easy to get children to eat breakfast. So, why does your child need a healthy breakfast?

Why is a healthy breakfast important?

Healthy breakfasts provide important nutrients for children's health and development. If children skip breakfast regularly this can make it harder for them to get all the nutrients they need.

Studies suggest that having breakfast can benefit children's health, body weight and learning.

What do healthy breakfasts provide?

Healthy breakfasts can provide important nutrients for children including:

- ✓ **Carbohydrate** for energy to support growth, activity and learning.
- ✓ **Protein** for healthy muscles and for bone development
- ✓ **Fibre** for gut health
- ✓ **Calcium** for healthy bones
- ✓ **Iron** for brain development

Ideas for healthy breakfasts

A healthy breakfast doesn't have to be complicated or take a long time to prepare. It's a good idea to include starchy foods like wholegrain breads or breakfast cereals, some fruit or vegetables, some dairy or protein foods and a drink – water and milk are best.

If time is tight to have breakfast at home, then breakfast clubs at school are a good option – talk to your school for more information.

Find out more

If you'd like to find out more about healthy breakfasts, take a look at the **Good Breakfast Guide** on our website: <https://bit.ly/NSchoolBreakfastWeek>

Breakfast ideas to try at home:

- ✓ Wholemeal bagel with reduced fat soft cheese and sliced fruit
- ✓ Wholegrain cereal with sliced banana, raisins and milk
- ✓ Wholemeal toast with baked beans and sliced pepper
- ✓ Wholemeal roll with sliced boiled egg, cherry tomatoes and orange segments
- ✓ Porridge or overnight oats with frozen berries or dried fruit



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SPACES TO GROW CIC SESSION TIMETABLE

Monday
10:30-12:00
Craft 'n' Play
1:00-3:00
Help Around the Garden
3:15-4:00
After School Play 'n' Craft

Tuesday
10:00-12:00
Home Education (£4)
1:00-3:00
Help Around the Garden
3:15-4:00
After School Play 'n' Craft

Wednesday
10:30-12:00
Adult's Nature Craft Session
1:00-3:00
Help Around the Garden
3:15-4:00
After School Play 'n' Craft

Thursday
10:30-12:00
Permaculture for Beginners
Design With Nature
1:00-3:00
Help Around the Garden
3:15-4:00
After School Play 'n' Craft

Friday
10:30-12:00
Nature's Healing for Beginners
Useful Plants and Herbs
1:00-3:00
Help Around the Garden
3:15-4:00
After School Play 'n' Craft

- Starting Monday 16th Sept 2024
- ALL SESSIONS FREE (except Home Ed)
- Wheelchair/Pran accessible
- Refreshments at all sessions
- Children welcome at all sessions
- MUST BE SUPERVISED AT ALL TIMES
- Toilets and shop on site
- Cafe on site Tues-Fri, 10 til 2

FIND US AT:
FUR CLEMT - 84 MONTROSE AVE, WIGAN WNS 9XN



Thank you for not smoking or vaping whilst on school premises