



January 2019 Newsletter

1. Did you know....?

With **Healthy Start** (a government initiative), you get free vouchers every week to spend on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins.



Pregnant or have children under the age of four? You could qualify if you are on benefits, or if you are pregnant and under 18. Check the website or ask for more information in the school office.

<https://www.healthystart.nhs.uk/>



2. Magic breakfast

We are so pleased to be able to offer **free bagels** to the pupils every morning before school. We still need more volunteers, so if you can help out, please give your name to the school offices. We need people from 8.30am – 8.55am every day.....

3. Friends of Valence

We consider all parents/carers to be part of the **Friends of Valence** group as we know how supportive you are of the school.



This group of parents and carers works with the Headteacher and staff to organise exciting events that the children, their family and their friends can enjoy. We believe these events will contribute greatly to the community of our children's school. The very successful Winter disco was supported greatly by several parents and we were able to raise over £1000! How about a quiz night for parents soon?

If you would like to know more about the **Friends of Valence**, please come along to one of the tea and cake meetings.

Bonham site:	Monday 21 st January	2.15pm	Bonham house
St. George's site:	Thursday 24 th January	2.15pm	Performing Arts hall





4. Come and improve your English with us

We are running FREE English courses at each site for parents. This is a great opportunity to learn in a safe and friendly atmosphere. Talk to the offices for more information.



5. Need some advice?

Come and talk to a medical professional for all health-related concerns. Just drop-in...no appointment necessary. Monthly meetings...for the exact date, see the office.



School Nurse



6. Lost property

We have an increasing mountain of lost uniform, the majority of which is unlabelled, so we are not able to return it to the correct owner. From now, **coats** will be placed in the lost property boxes situated near the offices on both sites, whilst other items of clothing will be placed in the boxes in the playgrounds, as before. Please, please, please label all items of clothing.

7. January Science competition: Re-think your drink. Sugary drinks top ten.

Make a list of at least 10 popular drinks in order of most sugary, in grams, to least sugary. Bring your list or collection of labels to the Science Team. Last entries 31st January.



8. Donations needed

In science, pupils are studying about INSULATION. We welcome any donations of bubble wrap, corrugated card and cotton wool.

9. Litter

Both outside school and in grounds...please be encouraged to place litter in bins or take it home. B & D made national news at Christmas as the *highest* fly tipping local authority in London, double all other boroughs. The council are filming residents and putting the images on Facebook. Love where you live.



Key events:

- week beginning 21st January
- week beginning 11th February

Tea & cake with the *Friends of Valence*
Parent/carer meetings with class teachers

