

Stoke Hill Federation



Newsletter



Friday 22nd June 2018

Balancing Our Mental Health

Two of our Early Help for Mental Health '10-a-Day' strategies are to **Eat Well** and **Stay Hydrated**.

You can support your child in these by making sure they bring a suitable snack for breaktime (fruit, vegetables or cheese), and if they are having a packed lunch that it meets the nutritional guidelines. You can find some advice about these guidelines here:

<https://www.nutrition.org.uk/healthyliving/helpingyoueatwell/healthypackedlunches.html>

Please also make sure that your child brings a drink to school with their packed lunch. You'd be surprised how many children don't think about getting a drink unless they are reminded. Without a midday drink a child can get extremely hot and feel thirsty.

Water is everyone's friend!

Balancing the Budget

Both schools are brilliantly supported by our PTFA's, but did you know that significant sums of money also come into the Federation through grant funding?

This academic year we have received an inspirational

£26,334

in additional monies from a range of benefactors. Key to making much of this happen is Mrs Carol Finning our super Federation Business Manager.

Funds also have come into school from parents working for organizations who have a charitable commitment to their community. If your workplace has a scheme that might support our schools and the many things we want for the children please, please let us know.

Extra £'s are so well spent to improve children's education and wellbeing.

It's all becoming more inspiring!

As a result of our recent RLP Partnership Training (in newsletter 8.6.18), the curriculum is being further enriched by our fabulous teachers - quickly putting new ideas into practice.

Nursery children enjoyed not just a (slightly boring) marshmallow on a stick, but cooked 'vegetable balls' over their campfire. Whilst this week Y1 built shelters for great squeezing up in - for a story and other such fun.

Making sure each day is interesting and varied is what we try to achieve across the Federation each day.

Wish you were back at school?

Governor Extra

A mention for our Governors who, behind the scenes, are very busy on behalf of the Federation.

Our Chair of Governors Vanessa Newcombe attended three meetings in one day this week! Other governors attend many and various meetings throughout the term to ensure our Federation is led strategically and authentically reflects our vision and values.

Why do Governors meet so regularly?

In order for every child to have very best experience of school.

Exeter Swimming Gala

On Tuesday evening, 19 children from years 4-6 attended a very hot swimming gala at the Pyramids swimming pool. All of the children swam really well, with 9 of them making the finals.

A special well done goes to Holly Ware for coming 3rd in the year 6 Butterfly, Melina Davoudzadeh for coming 3rd in Year 5 Backstroke, Mimi Ryan for coming 2nd in the year 4 Backstroke and Olivia Steer for coming 1st in the year 4 Breaststroke.

Overall, Stoke Hill came 7th, which is a great result considering many of the schools have their own pool. The children should all be really proud of themselves.

Thank you to all the parents who supported during the event.

Don't forget the

Junior School Summer Fair

Friday 22nd
June –
TODAY!

4.30pm-6.00pm

*Please come along
and join in the fun*

P.S. The Infant and Nursery School Summer Fair is NEXT Friday 29th 5.00-6.30pm