



The Orchard School

Weekly Bulletin

Week commencing: Monday 11th December 2023

Dates for your diary

Tuesday 12th December	Christmas Activity morning for parents/carers
Wednesday 13th December	Christmas Carol Service (for selected pupils)
Thursday 14th December	Christmas Disco – 6:00 – 8:00pm
Wednesday 20th and Thursday 21st December	Santa's Grotto
Friday 22nd December	End of term
Monday 8th January 2023	We welcome all children back after the Christmas break

Update from Liz

Well, what a start to the Christmas celebrations with a fantastic day on Tuesday with a Groovy UV performance for every pupil. There was lots of colour around school on that day, with pupils really getting into the mood with their colourful clothes and outfits.

On Wednesday I definitely felt in the festive spirit with all of those wonderful Christmas jumpers! Christmas dinner was also enjoyed whilst Christmas songs were played around school.

I look forward to getting more into the festive spirit over the next couple of weeks as we continue to enjoy the festivities at The Orchard. I am hoping to be able to share a selection of photographs from all of the activities at the end of term.

Activity morning

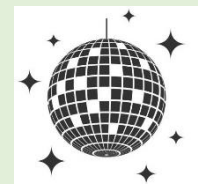
We are looking forward to welcoming you all on Tuesday for our Christmas activity morning from 9:30 – 11:00am.

There will be an opportunity to participate in a Christmas activity in class followed by a mince pie and chat.



Christmas Disco

REMINDER: if you would like to attend the Christmas Disco with your child on Thursday please return your reply slip by Monday so we are able to set up the parent pay link and issue your ticket.



Reading for Pleasure

As you will be aware, developing a love of reading both in and out of school is a real priority for us.

We will be issuing your child with a book for you to share with them at home. A reading contract was sent home last week, can I ask that these are returned to school so we can start to issue books to the children.

If you have any questions around this scheme, please speak to your child's class teacher in the first instance.

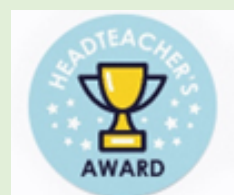


Headteacher Award

This week the Headteacher award has been presented to:

- Gabriel – Class 4 - for creating his own Groovy UV outfit using UV paint, you really lit up the room!
- Thomas – Class 6 - for recognising the end of the day routine and independently getting his coat and for fantastic interactions all week.

Well done to you both!



Winter Walking and Wheeling Challenge

Attached to this letter you will find information about a winter walking and wheeling app. This is an initiative which is being run across the West Midlands.

There is a competition running until 7th January 2024 where you can record walks you have been on and submit this to westmidlands@sustrans.org.uk to be in with a chance of winning a £50 shopping voucher.

To go alongside this the 'Go Jauntly' app gives you walks you can find across Sandwell, there may be a new walk you haven't come across yet.



Choking

Below is some information which has come into school regarding choking which I want to share with you to ensure we are all keeping our children safe when eating.

- **STAY:** Stay with children when they're eating – it's the biggest thing you can do for them.
- **STILL:** Get children to sit still – it can be a battle but it's much safer.
- **Cut up foods that are round, hard, chunky, doughy, or stodgy.**
 - **Sausages or hot dogs** – cut into short, narrow strips lengthways as thin as possible. Removing the skin makes them easier to swallow.
 - **Meat** – cut into strips and remove any bones, skin, or fat.
 - **Fruit** – check for pips or stones and remove them.
 - **Round fruit** (grapes, blueberries, cherries, strawberries, and cherry tomatoes)– cut lengthways and then into quarters.
 - **Vegetables and larger fruit** (melon, apple, mango, carrot and cucumber) – cut into thin strips, grate or mash, steam, or simmer.
 - **Legumes** (chickpeas and butter beans) – mash or steam to soften them.
 - **Nuts and seeds** – chop or flake (Whole nuts should not be given to under 5's).
 - **Cheese** – cut into narrow batons or strips.
 - **Bread** - Cut all types of bread into narrow strips. White bread can form a doughy ball, so brown or toasted bread is a good option.
 - **Remove skin** from fruits or vegetables to make them easier to swallow.
- **AVOID these foods** – for babies and young children
 - Popcorn
 - Marshmallows
 - Round Hard Sweets – including lollipops
 - Mini-Eggs
 - Jelly cubes
 - Peanut butter (but ok to use as a spread)
 - Whole grapes
- **Links:**
 - [Safe from choking | How to prevent choking in children \(capt.org.uk\)](https://www.capt.org.uk/parents/child-safety/child-choking)
 - [Why are grapes so dangerous? | Child Accident Prevention Trust \(capt.org.uk\)](https://www.capt.org.uk/parents/child-safety/child-choking/why-are-grapes-so-dangerous/)
 - CAPT fact sheet: [Breathe-Easy-Fact-Sheet-2023.pdf \(capt.org.uk\)](https://www.capt.org.uk/parents/child-safety/child-choking/breathe-easy-fact-sheet-2023.pdf)
 - [Child Choking - Paediatric First Aid | St John Ambulance \(sja.org.uk\)](https://www.sja.org.uk/child-choking-paediatric-first-aid/)