



# The Caton Chronicle



## Wonderful worker

**Class 1:** George

**Class 2:** Dylan

## Super Citizen

**Class 1:** Bithiah

**Class 2:** Adam

## Golden Pen Award

**Class 1:** Lucie

**Class 2:** Charlie

## Word Hunters of the Week Class 1

Well done children!

### Class 1's word of the week:

Personification - 'the tree waved its leaves' applying human characteristics to an inanimate object..

### Class 2's word of the week:

Auspicious - a sign of future success. The signs for Class 2 winning the competition were auspicious.

## TEAM POINTS

1st - Blue - 142

2nd - Green - 104

3rd - Yellow - 87

4th - Red - 86

## THIS HALF TERM'S WINNING TEAM

This half term's winning team is the **BLUE** team. They will have a non uniform day on **Wednesday**.

## Shoebox appeal - Mufti day - Friday 18th October

On Friday, we are asking everyone to come in non uniform in exchange for items for the Christmas Shoebox

## October's value of the month: FRIENDSHIP

*'Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.'* Oprah Winfrey.

## BREAKFAST

We know that sometimes when we're in a rush, it's difficult to make time for breakfast but the impact of coming to school on an empty stomach cannot be underestimated.

Research demonstrates that a healthy breakfast:

- ✓ Boosts pupils' academic performance
- ✓ Increases concentration, alertness, comprehension and memory
- ✓ Improves classroom behaviour



Skipping breakfast can make children feel tired, restless, or irritable. In the morning, their bodies need to refuel for the day ahead after going without food during the night.

Breakfast also can help keep children's weight in check. Breakfast kick-starts the body's metabolism, the process by which the body converts the fuel in food to energy. And when the metabolism gets moving, the body starts burning calories. Also, people who don't eat breakfast often consume more calories throughout the day and are more likely to be overweight. That's because someone who skips breakfast is likely to get famished before lunchtime and snack on high-calorie foods or overeat at lunch.

So, it's important for children to have breakfast every day, but *what* they eat in the morning is crucial too. Choosing breakfast foods that are rich in whole grains, fibre and protein while low in added sugar will boost attention span, concentration, and memory — which they need to learn in school. Remember, our children have already had an hour and a half of learning before toast time!

## AUTUMN BINGO

*Don't forget our Autumn Bingo event this Thursday, Food served from 5:30pm and eyes down at 6pm. It's not too late to donate raffle prizes - thank you in advance.*

## EXTREME READING FAMILY CHALLENGE

Following our extremely successful 'extreme reading' challenge last year we would like to set you another for the half term holiday. This time we are looking for a family picture. It could be all or some of the family reading their own book or sharing a book together. Setting the example of reading, whether it be novels or newspapers, magazines or maps is so important in encouraging a love of reading. Please email photographs to [ekeen@caton.lancs.sch.uk](mailto:ekeen@caton.lancs.sch.uk) by Monday, 28th October; there will be a prize for the most creative, imaginative and unusual picture.

## MATHS MEGATHON

It's not long until Children in Need when we will be holding our annual Maths Megathon so get learning those number bonds and times tables. Sponsorship forms will be sent out before half term to allow time to find sponsors over the half term holiday.



appeal. Please select items from the following:  
small toys, flannels, soap, combs, brushes, stationery, gloves, hat, ball, toy cars, dolls etc. No toothpaste, liquids or sweets. If you would like to make up your own shoebox leaflets can be obtained from the school office.

We are also holding a **CAKE SALE on the 18th** to raise money for the postage of the shoeboxes. Cake donations would be greatly appreciated and the cakes will be on sale in the sports hall entrance at the end of the school day.

### Did you know...?

**Mufti** is of Arabic origin, it's a legal advisor in Islamic law. In the Music Hall era, people would dress up as Mufti, in traditional garb, which because of the Ottoman empire was a fez with a tassel and a dressing gown. This was then picked up as not being in uniform, which is what it means now in English.

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## WORLD MENTAL HEALTH DAY



We had a wonderful whole school yoga session last Thursday as part of world mental health. Thank you to Caroline Whittingham for giving so generously of her time.

## SPORTS UPDATE



Well done to our athletics team who came 4th in the Carnforth small schools Year 3/4 athletics tournament last week.

## CLASS 1 NEWS

The world of nativity will be arriving in Class 1 after half term - any volunteers to help with costumes or scenery will be gladly received.



## CLASS 2 NEWS

Class 2 had a marvellous trip to the Imperial War Museum on Friday where they learnt more about World War 2 and remembrance. Their behaviour was exemplary too. Well done Class 2!

Times Tables Rockstars: Yr 3 - Alice; Yr 4 - Dylan; Yr 5 - Isaac; Yr 6 - Jack

Congratulations to Ezekiel, Alice, Dylan, Adam, Henry for gaining full marks in their spellings.

## DINNER MONEY

Please could any outstanding dinner money be paid before we finish for half term on Friday. Many thanks.



**DIARY OF EVENTS - 2019/2020**

Date	Event	Action	Who
16/10	Childsafe talk by Lancashire Fire Brigade		Y2
16/10	Non-uniform day for BLUE team	Come in your own clothes	Blue team
17/10	Autumn Bingo - 5:30pm food, 6pm eyes down	Donations of raffle prizes welcome	All
17/10	School Council forum at Arkholme	Permission letters sent out	SC
18/10	Mufti day in exchange for gifts for the Shoe Box appeal Cake sale to raise money to send shoeboxes	Come in your own clothes Cake donations very welcome	All
18/10	Break up for half term		All
28/10	School re-opens		All
31/10	Closing date for secondary school applications		Y6
4/11	Flu vaccinations	Return consent forms	All
4/11	Online safety day		All
15/11	Children in Need	Information to follow	All
29/11	The elves' visit!!		
4/12	Nativity dress rehearsal for school		Class 1
5/12	Nativity performance - 1:30pm and 6pm	Save the date!	Class 1
5/12	Community Christmas lunch	Save the date!	All
12/12	Progress reports out		All
13/12	Christmas fair - straight after school	Save the date!	All
16/12	Pantomime trip	Letters out soon and payment before half term break	All
17/12	Class 1 and Class 2 Christmas party		All
18/12	School Christmas lunch		All
19/12	Christmas service at Caton Baptist Church - 9:30am	Save the date	All
19/12	Break up at 1:30pm		All
7/1	School re-opens		All
7/1	Health week		All
10/1	Whole school walk in the Lake District		All



15/1	Deadline for primary school applications for Sept 2020		
10/2	Parents' evening	Save the date	All
14/2	Break up at 3:15pm		
24/2	School re-opens		All
5/3	World Book Day	Information to follow	All
13/3	Sports relief	Information to follow	All
3/4	Break up at 1:30pm		All
20/4	School re-opens		All
8/5	Bank Holiday		All
21/5	Break up at 3:15pm		All
1/6	School re-opens		All
16/6	Sports day	Save the date and pray for good weather!	All
23/6	Backup sports day	Save the date	All
10/7	Summer production - 1:30pm and 6pm	Save the date	All
17/7	Break up at 1:30pm		All