



The Caton Chronicle

Spring Term Newsletter: 2nd February 2024

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Wonderful worker

Class 1: Jaxson
Class 2: Finley
Class 3: Millie
Class 4: Mackenna

Super citizen

Class 1: India
Class 2: Aila
Class 3: Pippa / Charlie
Class 4: Thea

Golden pen

Class 2: Loki
Class 3: Koen
Class 4: Hlib

Team points

1st Place: Green 124
2nd Place: Red 119
3rd Place: Blue 112
4th Place: Yellow 83

The winning team this half term is **Blue Team**
Their non uniform day will be next Thursday, 8th February.

Class 2 and 3 Water Workshops

On Thursday, Class 2 and 3 took part in two excellent workshops led by Louise from the Lake District National Park Authority. The sessions focused on teaching the children about where their water comes from; how to use it responsibly; how they can reduce their water wastage; and what the human water cycle looks like. The children came up with some fantastic ideas and Louise was really impressed by their enthusiasm and concentration.



Class 3 Computing

Class 3 children are learning how to edit photos in their computing lessons. This week, they learnt how to edit the colour, brightness and contrast of a range of landscape photos in order to alter the effect that they have on an audience. They were very proud of themselves!



Jewellery

Just a polite reminder that jewellery is not allowed in school. This includes earrings, necklaces and ankle bracelets.

PTA Pancake Fun

Don't miss out on our family pancake event straight after school on Thursday! There will be fun competitions for all the family and of course lots of delicious pancakes to eat!

Healthy Breakfasts



Which of these has the greatest sugar? The answer might surprise you! An individual Twix bar contains 12g sugar which is the same as a nutri-grain bar, and less than a bowl of Kellogg's Frosties which contains 13g sugar per portion.

The negative effects of a high sugar diet on children's learning are well documented. These include inattention, hyperactivity, increased aggression. It can also reduce memory and ability to learn.

We all want the best for our children and that includes giving them a healthy start to the day. Breakfast, like other meals should contain a balance of protein, fibre and carbohydrate. Why not try replacing high sugar cereal with one of the following healthy breakfast ideas:

- Eggs - scrambled, boiled or an omelette
- Fresh fruit and natural yogurt
- Oaty porridge with fruit topping
- A simple slice of wholemeal toast with butter

Whilst too much sugar is unhealthy, no breakfast at all can be just as bad for learning, so make sure your children are getting time to eat before they go out to school. If you are having trouble fitting in time for breakfast, why not consider booking them into our breakfast club. It runs from 7.45 each day and gives the children the opportunity to share a healthy breakfast and play some relaxed games to get them in the mood for a day of learning.

Parking Reminder

We have had an increasing number of parents parking right outside school and on pavements, forcing parents with prams into the road. Could we please remind you all of the following relevant sections of the Highway Code:

Rule 243

DO NOT stop or park:

- *near a school entrance*
- *Anywhere you would prevent access for Emergency Services*
- *Opposite or within 10 metres (32 feet) of a junction, except in an authorised parking space*
- *Where the kerb has been lowered to help wheelchair users and powered mobility vehicles*
- *In front of an entrance to a property*

Rule 244

You should not park partially or wholly on the pavement unless signs permit it. Parking on the pavement can obstruct and seriously inconvenience pedestrians, people in wheelchairs or with visual impairments and people with prams or pushchairs.

To facilitate following these rules and to prevent a serious accident we suggest that parents should park no further towards school than Broadacre Place and preferably park on Fell View and walk round to school. Thank you for your cooperation



DIARY OF EVENTS - 2023/2024

Date	Event	Action	Who
08/02/24	PTA Pancake fun - straight after school	Information to follow	All
08/02/24	Non uniform day for Blue team		Blue team
09/02/24	Mental wellbeing day	Non uniform. Come dressed in your comfiest clothes	All
09/02/24	School closes at 3:15pm		All
19/02/24	School reopens		All
22/02/24	PTA meeting - The Station Hotel 8pm	All welcome	All
04/03/24	Borwick Hall residential information meeting 6-7pm in Class 3	Save the date!	Class 3 parents
05/03/24	Class 4 trip to the Bridgewater Hall in Manchester	Information to follow	Class 4
08/03/24	PTA Parents' breakfast from 8.30am	Information to follow	All
13/03/24	KS2 Football at Arkholme	Information to follow	3/4/5/6
15/03/23	PTA bags to school	Save donations of clothes, bedding, bags etc. please	All
15/03/24	Red Nose Day - Caton's Got Talent	Get practising! Entry forms will be sent out after half term.	All
26/03/24	Class 1 trip to Blackpool Zoo	Information to follow	Rec
27/03/24	KS2 Acro-Gymnastics at Bay Leadership Academy	Information to follow	KS2
28/03/24	School closes		All
15/04/24	School reopens		All
15/04/24 - 16/04/24	Class 3 residential to Borwick Hall	Letter has gone out	Years 3 and 4
23/04/24	Whole school first aid training		All
25/04/24	PTA family games night 6pm-8pm	Save the date	All
13/5-16/5	KS2 SATs week	Please avoid booking medical appointments / holidays in this week - attendance is essential.	Year 6
07/06/24	PTA Outdoor Family film night		All

