



Newsletter 23rd November 2018 Issue 24 News, information and events from Alexandra Primary

HEALTH AND FITNESS DAY

This week years 4,5 and 6 were fortunate to have a Health and Fitness Day organised through Haringey. The morning was packed with a range of activities which included interactive stations with lots of facts and questions about our health. Do you know how much of our brain is made up of water? (answer below) Lungs are 90% water and blood 82% - two thirds of the human body weight is water!

It is so important to drink water (not juice, fizzy drinks, tea, coffee) regularly throughout the day to maintain good health. Dehydration can cause headaches, tiredness, hunger pangs and sugar cravings.

In the afternoon year 5 and 6 had a fitness workshop which included boxing, trampolines, balance boards and hurdling. It was a fantastic day, thoroughly enjoyed by staff and children. A wonderful way to promote healthy living for a healthy school.



Some of the comments made during the day included:-

When exploring sugar in drinks; 'The calories and sugar seem to be linked.' Ela.

After circuit training:- 'I liked that we did lots of different activities. My favourite was the trampoline because it was bouncy and it didn't seem like exercise.' Ruya

A big thankyou to Ms Mackey for arranging this workshop and for helping to promote good health in our school community.

ATTENDANCE

Overall attendance in the school is currently 96.7%

Best attendance since the beginning of term		
	Class	%
1	Mexico 4	98.4
2	Venezuela 5	98.3
3	Bolivia 3	97.7
4	Espana 6	97.6
5	Nicaragua 4	97.4
6	Colombia 2	97.3
7	El Salvador 6	97.1

Best attendance in the past two weeks		
	Class	%
1	Chile 2	98.8
2	Venezuela 5	98.4
3	Colombia 2	98.2
4	Bolivia 3	98.0
5	Mexico 4	97.9
=6	El Salvador 6	97.5
=6	Espana 6	97.5

Our value of the month is Tolerance

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Alexandra Primary
Western Road
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ANSWER: 85% (FIGURES MAY VARY DEPENDING ON YOUR SOURCE!)

CLASS ASSEMBLY

Last week, Bolivia class shared their work and learning from over the past term. It was a fantastic assembly with all of the children speaking with great confidence and knowledge. Well done Ms Seymour, Ms Calin and all of the children; also a big thank you to the parents and carers who attended in such large numbers.

We have two more class assemblies this term before we begin to celebrate Christmas towards the end of term—the dates for these events are on the sidebar as well as on the school website calendar.

PANTOMIME 2018

Thursday 13th December is Pantomime Day.

EYFS, year 1 & year 2 will be watching a performance of **Cinderella** in school—the cost is £3. Please check your children's bags for the letters regarding this event.

Year 3 - 6 have the opportunity to go to the Chickenshed Theatre in Southgate to watch a performance of Charles Dickens classic novel, **A Christmas Carol**. Letters regarding this event have been sent home today - the cost for this trip is £10.

SITE WORKS

You will have received a letter this week regarding drainage works which is due to start soon for a minimum of two weeks. Once we have a confirmed start date we will inform the school community. This work has been commissioned and planned by Haringey Council.

Unfortunately it will impact on the school in that part of the playground will need to be closed off during this time. We will also not have access to the double gates next to the main entrance. For the period of these works we will be opening the double gates next to year 5 & 6 in the morning to enable access to the school site.

If you have any questions regarding the nature of these works a member of the Haringey Council team will be on site from 8:30 each morning.

CHILDREN IN NEED

Many of our children and staff dressed up in spotty clothing last Friday and made a contribution to Children in Need; as a school we raised **£ 294.32**. Thank you to everyone for this contribution towards helping others.

YEAR 1 MOSQUE VISIT

Year 1 went on a trip to The London Islamic Cultural Society and Mosque to support their learning and understanding in Religious Education. It was a very enjoyable visit and helped to develop the values of tolerance and understanding within our diverse community. The children heard from the Imam of the Mosque, who told them about its history and why it is so important to Muslims in the area.

PARENTAL ENGAGEMENT

We are in the process of organising **Friends of Alexandra**; this is a group of parents who will be actively involved with life at Alexandra Primary School, such as helping to organise school community events to include all families and sharing information about school life.

We are looking for a parent representative from each class across the school. The first meeting is on **Thursday 29th November at 9:00am**; please attend if you are able to contribute to the school in this way.

Best wishes,
Manjit Dulay & John Coggin
Leadership Team

Date	Class
30.11	Mexico 4
7.12	Nicaragua 4



KEY DATES

Autumn Term 2018

**Thursday 13th
December**
Pantomime Day

**Friday 14th
December**
Christmas Jumper
Day & Christmas
dinner

**Monday 17th (PM) &
Wednesday 19th
December (PM)**
EYFS Nativity

**Tuesday 18th
December**
9:00 year 1 & 2
Nativity
2:00 years 3,4,5 & 6
Carol Concert
3:30 Winter
Celebration with staff,
children and parents

Autumn Term ends
**Friday 21st
December**
**School closes at
2:00**

Spring Term 2019
Return to school
Monday 7th January

WC 28.01
Science, Technology,
Engineering & Maths
Week (STEM)

**Wednesday 13th
February**
Parents Evening
2:00—7:00
**School closes at
1:45**

