

GARSTANG ST THOMAS

CHURCH OF ENGLAND SCHOOL

NEWSLETTER

30th April 2021



HEALTHY BODY, HEALTHY MIND

RUNNING TRACK: After four weeks of drought, we've finally had the downpour we needed for our running track to be ready. The children (and staff!) have started using the track this week and are racking up their steps. According to Daily Mile guidance, most children will run a mile in the 15 minutes they are on the track. Many children are running more than a mile (3 ½ laps). Some of our Year 6s are measuring their steps on their pedometer watches – they are reaching over 2000 extra steps a day with the run. ☺

HEALTHY TEETH: In assembly this week, we had Dr Nikki Wright join us to share tips on how to look after our teeth (see page 3 of the newsletter). Here is what some of our Year 5 class found out:

- Ashlyn: Every time you brush your teeth, play a song that's 2 minutes long so that you make sure you brush for 2 minutes.
- Jasmine: Don't eat sweets throughout the day. Try to eat sweets and chocolates at mealtimes.
- Seb: Drink water instead of juice throughout the day. Only drink juice at mealtimes.
- Marwen: If your teeth feel "fuzzy" give them a really good brush.
- Kukena: Four or more acid attacks are bad for your teeth.
- Lily R: Fluoride is the ingredient in toothpaste that actually cleans your teeth.
- Eliza: If you want to have a snack throughout the day, don't have chocolate or sweets. Only have those after meals.
- Ethan: Only drink milk or water between meals.
- Connie: Don't rinse after brushing your teeth.
- Millie: If you're six or under, use children's toothpaste. If you are over 6, you can use adult toothpaste.
- Isabella: Your teeth make a quicker recovery with the sugar in fruit than sugar in sweets and chocolate.
- Lily W: You can use disclosure tablets to see how well you are brushing.

COLD, FLU OR CORONAVIRUS

Please note that we are under the same restrictions and guidance as we were in the autumn term. If your child has any of the three recognised COVID symptoms, please do not send your child to school. Please arrange to get a COVID test. In the guidance, lateral flow tests are for asymptomatic testing. If your child has symptoms, please arrange to get a [PCR test](#). If you have any questions, please contact the school office.

Christian Focus this half term: **TRUST**

SUMMER TERM FOCUS: HEALTHY BODY, HEALTHY MIND

REMINDERS DROP OFF & COLLECTION TIMES

School day:

8:40am-9am and 3pm-3:20pm

Breakfast club and after school club:

7:30am-8am and 4:30pm-5:45pm

DIARY DATES

Mon 3rd May: Bank Holiday Monday

Wed 5th May: Parent Governor ballot deadline – 12 noon

Mon 10th May: Tempest class photographs

Mon 31st May: – Mon 7th June: Half Term break

Tue 8th June: Return to school

Fri 18th June: Year 6 Tower Wood and sleepover at school.

Fri 16th July: Last day of term

Full term dates are available from our website:

<https://www.garstangstthomas.com/>

STAR OF THE WEEK AWARDS

Charlotte Porter

Tillie-Mae Thornton

Joel Dyer

Amelia-Rose Martin

Evie Owens

Logan Robinson

Leo Sloan

Luke Thomas

Holly Baker

Flossie Beresford

Ewan Livingstone

Eliza Gradwell

Lily Walker

Lola Kemp

Jessica Wareing

Ruby Baker



A GLIMPSE INSIDE...YEAR 3 SCIENCE



COVID

If your child has symptoms, please do not send them to school. Please book a test and keep us informed. Please send test results as soon as possible to: head@garstang-st-thomas.lancs.sch.uk.

Please note: lateral flow tests are in use for asymptomatic testing. For children/ adults with symptoms, you are asked to get a PCR test: <https://www.gov.uk/get-coronavirus-test>

REMINDER OF COVID SYMPTOMS

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

**BOOK A [COVID TEST](#)
GUIDANCE ON [ISOLATION](#)**



**CORONAVIRUS
STAY ALERT TO
THE SYMPTOMS**

**HIGH TEMPERATURE OR
NEW CONTINUOUS COUGH OR
LOSS OF TASTE OR SMELL?**

Find out how to get a test, and how long to isolate, at nhs.uk/coronavirus

**STAY ALERT
CONTROL
THE VIRUS
SAVE LIVES**



HEALTHY BODY HEALTHY MIND



TOP TOOTH TIPS - By Dr Nikki Wright

- Brush for 2 minutes TWICE a day – try brushing along to your favourite song 
- Try to brush from RIGHT to LEFT
- SPIT don't RINSE! – leave that lovely toothpaste to work on your teeth
- Eat your sweets straight after a meal – NOT inbetween
- Save juice drinks to mealtimes only – MILK and WATER are the only tooth friendly drinks for inbetween meals

TOOTH FRIENDLY SNACKS For inbetween meals

- Any Fresh Fruit – not dried fruit
- Cheese
- Toast / Crumpets with butter
- Vegetable sticks



Big Moments of summer fun!



Garstang Cricket Club

- Boys & Girls - Reception to Year 3
- 8 Weeks starting Fri 7 May
- £40 including bat, ball, bag, personalised shirt & cap
- Sign up at www.allstarscricket.co.uk

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