

Science Behind The Smile

Last week, Arnold Dental visited Year 4 to talk to them about their teeth. The children learned about how to keep teeth healthy through eating the right sorts of food and at the right time, by cleaning their teeth twice a day and visiting the dentist regularly. They also found out about the different types of teeth and what they are used for. Some of the key messages which the children took away from this session were to not rinse their mouths out with water after brushing (because this washes away the fluoride which helps to prevent tooth decay) and to not be afraid of going to the dentist.



In case you missed it this week:

- Headlice are in school. Please thoroughly check your child's hair.

Events for next week:

- Monday 1st Boys Football Match, Home, VS Willow Farm
- Tuesday 2nd PFA School Disco
- Thursday 4th Y6 Deadline for PGL Medical Forms
- Thursday 4th PFA Easter Creative Competition
- Friday 5th Inset Day

Ernehale Achievers

Congratulations to the following pupils for receiving this last weeks Ernehale Achievers award:

Olivia Amatt	Sammy Mc'philbin	Freddie Clarke
Adam Chapman	Delilah Turner	Isobel Lowry
Tom Christian	Emily Hatherley	

Ernehale Achievers Extra

Congratulations to Lyla Clarke who recently achieved her Grade 5 at the East Midlands Gymnastic Club Grades competition! Lyla has spent a lot of time practicing for this grade and it seems that all of her hard work has paid off!



We would also like to congratulate Tilly Bell who achieved her 100-metre swimming badge last week. Tilly is very proud of her achievement and cannot wait to conquer her 200 -metre badge! Well done Tilly.

PFA Mothers Day

This week we had our Mothers Day pop up shop! Once again it was a roaring success with considerably more gifts ordered than last year! A huge thanks to members from the PFA for organising the event and wrapping all of the wonderful gifts, they all looked fantastic! We hope that everyone enjoys their gifts. Remember, don't open them until Sunday!

Concentrating On Our Wellbeing

As part of our 5 ways to wellbeing we have been discussing with the children about opportunities to support mental health. There are 5 topics to focus on and this week we have been concentrating on 'Connect'.

This is about making sure you spend time building relationships with those around you through sharing your own experiences.

It could be as simple as children having a friend over to play or going to a local park. For adults it could be a chat over a cup of coffee. Building these connections will support and enrich you every day and has been shown to boost wellbeing

Research shows that the 'wellbeing framework' is the mental health equivalent of the 'five a day' nutritional advice. We are keen to support our families with this so please watch this space!

Changes To The Menu

Due to a supplier issue, on our first week back the school dinner menu will change. Please note that we will still accommodate children's dietary requirements. To help you plan, please find attached a copy of the amended menu. Please note that this change is only applicable to the first week back. (Week commencing Tuesday 23rd April). The following week will continue with the normal menu, week number 2.

Key Dates for This Term (new dates shown in green):

- 2 April School Disco
- 4 April PFA Easter Creative
- 4 April Last Day of Term
- 5 April Inset Day
- 6 – 22 April Easter Holidays
- 23 April First Day of Term
- 24 April PFA Bag to School

All Dates Are Subject to Change

To view all school holidays and inset days please click the following link:

<http://www.ernehale-jun.notts.sch.uk/calendar/>

PFA Bag To School

Bag 2 school textile recycling is taking place on the 24th of April. Please bring your textile donations on Tuesday 23rd in the afternoon or Wednesday 24th in the morning. One bag per child was sent out from school today (Friday 29th). So, if you are having a clear out over half term, please think of us. More details are attached.

E-Safety

With many of our parents telling us they are worried about the amount of time children are watching YouTube, we thought that we would share a link with you about the platform and how you can support your children when using the app.

Please see the link below:

<https://2j39y52a62gm1afygb3g1xbu-wpengine.netdna-ssl.com/wp-content/uploads/2018/09/YouTube-Parents-Guide.pdf>

St. Marks Easter Hunt

St Marks Church are holding an Easter egg hunt and an Experience Easter event on Easter Monday. This is a very popular event, as the school has a community link with the Church we thought that some of our families would like to come along, have some fun and celebrate Easter together. Please see the attached flyer.