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# Monken Hadley CE Primary School

Seek what is good, treasure what is true, do what is right.



Dear Parents and Carers

It is lovely that we can start off the year with one of our core Christian values – helping those who are less fortunate. Thank you for your generosity in bringing in boxes of produce for Harvest which we took to church yesterday for our service. If you would like to attend the Harvest Festival church service, it is taking place on Sunday 24<sup>th</sup> at 10.30am at St Mary the Virgin Church and having visited the church at lunchtime today, it really does look lovely with beautiful flower displays on the theme of harvest. Jeans for Genes today was also a success and again thank you for your kind giving to this worthwhile cause.

We've been focussing on healthy eating this week and Mrs Parker, along with other teachers, has organised an array of activities. On two mornings the whole school carried out a walk around the Common followed by Collective Worship under one of the trees. On Monday, some Year 6 children promoted healthy eating by giving a talk to the rest of the school about what constitutes a healthy diet. This was endorsed on Wednesday when George, from Alive N Kicking, got children thinking about how much sugar there is in certain foodstuffs. Alive N Kicking is commissioned by the London Borough of Barnet Council to deliver healthy lifestyles programmes to children aged 4-12 years and if you would like more information, visit their website: <http://www.ank.uk.com>

Oak class also tuned into the BBC programme 'Terrific Scientific' where they found out about the benefits of living a healthy lifestyle. On Thursday we had yoga in the school to help concentrate the mind and core body strength. Finally today, the children were treated to a hands-on session looking at the Eat Well Plate. Mary brought in foods for the children to categorise in each of the good groups. Finally, this afternoon Nicky Barnes took the classes for a circuit training session.

*Miss Froud*

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## Orchestra

Orchestra is on **Tuesday 26<sup>th</sup>** next week not Monday.

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## Class Reps

Beech and Cedar classes are in need of class reps. If you would be willing to take on this role, please let the School Office know or speak to Miss Froud.

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## Contact

Please remember to pass on any email or phone number changes to the School Office so that we can update our systems. We also request that you give us an emergency contact in addition to your own details.

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## Welcome Drinks

New parents to the school are welcome to join a 'Welcome Drinks Evening' at Church House (behind St Mary's Church), Camlet Way, Monken Hadley, EN4 0NJ on Friday 29<sup>th</sup> September from 8pm-11.00pm. RSVP to [sofiatryfonides@hotmail.com](mailto:sofiatryfonides@hotmail.com)

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## Year 5 Tolmers Trip

A reminder that Year 5s should be dropped off at Tolmers, Cuffley on Wednesday at 10.30am and picked up on Friday at 2.30pm.



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## Star Pupils

Willow - Joshua  
Chestnut - Mateo  
Beech - Poppy  
Cedar - Ruben  
Oak - Luca