



**Long Lane Primary School**  
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 @LL\_Primary

14<sup>th</sup> March 2019

Dear Parents and Carers,

### **School Council**

Tomorrow - **Friday 15<sup>th</sup> March** - there will be **dress-down day** raising money for **Comic relief** – **50p** donation please. We would like all children to **wear something red** to mark the occasion. We would also like to hold a cake sale which will take place in the afternoon. Please bring your wonderful cake creations into school on the day along with money to purchase them back!!

*The School Council would like to remind you of what you can and cannot have as a snack at break. It is important to stay healthy and not have anything too sugary that could rot your teeth. Obviously, you can have fruit and vegetables as well as dried fruit. Oatmeal and wheat products are allowed but nothing with chocolate or icing. We had the school council tally up what snacks their class was having, most of it was good but there were a few things we noticed were a bit too sugary. If you think your snack is too sugary please leave it until lunch. Bear Yoyos are allowed as a snack, as it is dried fruit. Also, please do not litter as it is bad for the school grounds.*

*Yours sincerely,  
School Council*

### **PTA news**

Following last week's PTA meeting I have been asked to inform you all that Mrs Cowmeadow has stepped down as Chair. Ellie has served as a committee member for over four years, the last two as Chair. On behalf of everyone I would like to thank her for all the countless hours of fundraising that she has taken part in or led during this time. The committee voted to continue for the rest of the year with an interim chair. This will be Mrs Fox, who kindly put herself forward.

The next events are: the **Mother's day shop on Friday 29<sup>th</sup> March** and the **Easter egg hunt on the 3<sup>rd</sup> April**.

### **Scoot, walk or ride week**

**Thank to everyone** who made the effort to travel to school by foot, scooter or bike last week.

Public Health England (PHE) has published its [Review of interventions to improve outdoor air quality and public health](#) today (**11 March 2019**) with actions to reduce the threat of air pollution, the scale of which now sees it as 'the largest environmental risk to the public's health in the UK'.

The report recommends a **focus on children** with a range of interventions to protect future generations, including no-idling zones outside schools and behaviour change initiatives which **promote the benefits of walking and cycling**. Something I think we can all agree with.

### **Parents' forum**

On **Wednesday 13<sup>th</sup> February 2019** we discussed Fundraising, the role of the Governors and 'shared learning'. James Mortimore and Andy Neil from the **Governing Body** spoke about their roles and that of the whole body. **Fundraising ideas** that would extend beyond school were shared, such as a fireworks night and also a fun-run. Members of the **PTA committee** discussed the difficulty getting help at events. I was asked to remind all parents that the events can only take place if everyone helps. If you have any fundraising ideas we would welcome them! The **shared learning** discussion was quite passionate with some parents with older children really not liking it and others with younger children preferring it to traditional forms of homework. I agreed that the school would review shared learning with the first step a short questionnaire for parents and then also an in-school questionnaire for children and teachers! Watch this space...

### **Eat4Health: Free Service**

Eat4Health is the FREE Weight Management Service in West Berkshire commissioned by West Berkshire Council. They offer 12 week courses, supporting people to make the necessary changes to lose weight and keep it off long term.

Each session lasts 1.5 hours where the first 45 minutes focuses on having a group discussion about a specific topic (such as fat, sugar, portion sizes, energy balance, triggers and physical activity). The second 45 minutes is a light exercise class, led by a qualified instructor in nutrition and exercise. Please see poster attached.

### **News in brief (more on Twitter)**

#### **February**

- 12<sup>th</sup> Year 5/6 Primary Sports at Denefield , (mixed netball and girls football 1<sup>st</sup> place, boys football 2<sup>nd</sup> place)
- 13<sup>th</sup> Year 3 Class assembly for parents
- 13<sup>th</sup> Parents' forum
- 15<sup>th</sup> Y5/6 Futsal competition, Arborfield
- 26<sup>th</sup> Netball match vs Downsway (W 16-5)
- 27<sup>th</sup> Year 5 and 6 visit to Milestones, Basingstoke

#### **March**

- 1<sup>st</sup> Drama4all workshops – Infants
- 1<sup>st</sup> PTA cinema night
- 4<sup>th</sup> Y6 book club and reading ambassadors to St Andrew's author visit
- 6<sup>th</sup> Infant 'Stay and read' afternoon
- 8<sup>th</sup> Dress up for World Book Day
- 8<sup>th</sup> Y6 mixed football festival at Arbour Park, Slough
- 13<sup>th</sup> SCL Easter Club assembly
- 14<sup>th</sup> 'Next Thing Education' STEM assembly

**Dogs on site**

Please can I remind you that for several reasons dogs **must not** be brought on to the school site. Thank in advance for your support in this matter.

School finishes for the Easter holidays on **Friday 5<sup>th</sup> April at 1.30pm.**

The summer term for pupils starts on **Wednesday 24<sup>th</sup> April** with Parents' meetings on Tuesday 23<sup>rd</sup> April.

Yours sincerely,

Mr. P. Thorne,  
Headteacher

# FREE

Eat 4 Health are offering a variety of free nutrition and healthy lifestyle sessions, some with light exercise to help you lose weight, control diabetes & get fitter.

If you are 16+ and have a BMI of >25 committed to losing weight then please contact us!

**Courses at: Northcroft Leisure Centre, Newbury**  
Wednesdays 3/4/19 - 19/6/19 13:00-14:00

**John O'Gaunt School, Hungerford**  
Wednesdays 3/4/19 - 19/6/19 18:30 - 19:30

**Nuffield Health, Fitness & Wellbeing Gym, Newbury**  
Thursdays 4/4/19 - 20/6/19 19:20 - 20:50

**Frank Hutchings Community Hall, Thatcham**  
Thursdays 11/4/19 - 27/06/19 19:15 - 20:45

**Kennet Valley Free Church, Calcot**  
Tuesdays 16/4/19 - 2/7/19



Eat4Health

0118 449 2036  
www.eat-4-health.co.uk  
info@eat-4-health.co.uk

Eat4Health Berkshire  
@Eat4HealthWB  
@eat4healthberks

 Solutions4Health

 West Berkshire Council

 WOKINGHAM BOROUGH COUNCIL

 Slough Borough Council

Week 1 Getting started  
Week 2 Getting the balance right  
Week 3 Eating well and portion size  
Week 4 Goals and rewards  
Week 5 Food labels made easy  
Week 6 Getting more active

Week 7 Triggers and solutions  
Week 8 Fatty facts  
Week 9 Making sense of sugar  
Week 10 Change your life for good  
Week 11 Eating out and alcohol  
Week 12 Staying successful



## **IMPORTANT DATES** **2018-19**



### Welcome time (3.15pm – 3.45pm)

- Summer Term – Thursday 6<sup>th</sup> June 2019

### Parents' Meetings

- Spring Term – Tuesday 23<sup>rd</sup> April 2019 (All day – please note this is an INSET day)

### Parents' Forum

- Summer Term – Thursday 9<sup>th</sup> May 2019 7.30pm

### 'Class assembly' to Parents

- Year 4 - w/b 18<sup>th</sup> March 2019
- Year 5 - w/b 8<sup>th</sup> July 2019

### Scout, walk or ride weeks –10<sup>th</sup> June 2019

Sports Day -Wednesday 26<sup>th</sup> June 2018, Infants am, Juniors pm (Reserve day Friday 28<sup>th</sup> June)

'Meet the teacher' evening – Wednesday 19<sup>th</sup> June 2019

Transition week/Class swap - week beginning 1<sup>st</sup> July 2019 (For Year 6 moving to Year 7 and all classes in school)

Leavers' Assembly and BBQ- Tuesday 23<sup>rd</sup> July 2019 6.30pm