



# Eagle CP School Newsletter

**Term 1 Week 5**

Friday 7<sup>th</sup> October 2016

Dear Parents

## Individual School Photos

The photographer will be in school on **Tuesday 11<sup>th</sup> October** to take individual and family pictures. If you would like your child to have their picture taken with siblings who are not at school, please come to the school foyer from 8.30am and this can be done. All other sibling pictures will be taken during the day along with individual shots.



## Parent Consultations

Please look out for the parent consultation email being that has been sent home for Monday 17<sup>th</sup> & Tuesday 18<sup>th</sup> October, you can either reply by email requesting a date and time or a booking slip will be available in the 'whirly gig'. We do our best to book a time as close as possible to, but as I'm sure you will appreciate, this is not always possible.

## Years 1, 2 & 3 Influenza Programme

Letters have been sent out to all children in the above year groups offering the Influenza nasal vaccine, please return all permission forms and refusal to the school office by Monday morning for collection by the school nurse next week.

## Drinks at School

We see lots of benefits for keeping ourselves hydrated and so encourage water bottles in school. To clarify our policy on drinks, children with hot school meals have access to water with their meal (but can bring a separate drink) and children with packed lunches can bring a drink of choice (but nothing fizzy). During the day, all children have access to the water fountain if required or can bring a water bottle if preferred. The request for water is two-fold. Firstly for practicality, if there are any spills in the working environment these will not create sticky areas or stains. Secondly, research highlights that as the brain is 85% water, effective function depends on access to water to provide energy more effectively than any other substance; in fact, when your brain is functioning on a full reserve of water, research states that you will be able to think faster, be more focused, and experience greater clarity and creativity. Thank you for your understanding and support. Bottles are available from the school office should they be required.



## Ladies Quiz Night

Don't forget to get a couple of friends together and get your tickets for the Ladies Quiz Night on **Wednesday 19<sup>th</sup> October**. This is always an evening filled with lots of laughter and fun and a great way to get friends together. Who will raise the trophy this year ???



Kind regards,

Hayley Adams



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