

# Weekly Newsletter

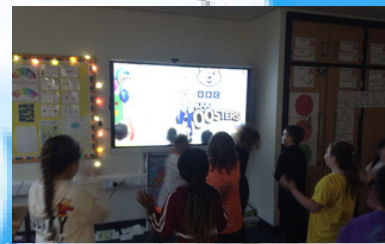
25th November 2022



## Children in Need

We had a SPOTacular BBC Children in Need day! We discussed the importance of this day and how much our donations mean to children and families around the country. We watched a recording of a live session – Mood Boosters! We joined the presenters and Pudsey in the physical activity session and smiled the whole time! Even Joe Wicks made his appearance! He inspired us to move even more in order to stay happy and healthy!

We know that exercise is one of the strategies we can use to help our mental health and wellbeing.



## Healthy Cooking Club

We are very excited about having a Healthy Cooking club at Four Oaks Primary. Children and parents/carers come and join a very skilled chef from the Apple of My Eye company in our community room every Wednesday and learn how to cook a cheap and healthy meal. So far we cooked and tasted some antipasto kebabs and some pear and berry crisps. They were easy to make and very delicious! Well done everybody! Keep cooking!



Why not try and do the recipe attached



## Recipe for:

**PEAR AND BERRY CRISP**  
Preparation time: 20 minutes  
Cooking time: Approx 35-40 minutes  
Makes: 4 Portions

## Ingredients

2 medium pears peeled and sliced  
1 cup fresh or frozen blackberries  
 $\frac{3}{4}$  cup sugar  
 $\frac{3}{4}$  cup all-purpose flour

### TOPPING:

1 cup all-purpose flour  
1 cup quick-cooking oats  
 $\frac{1}{2}$  cup packed brown sugar  
1 teaspoon ground cinnamon  
 $\frac{1}{2}$  cup cold butter, cubed

## Equipment

Mixing Bowl  
Mixing Spoon  
Measuring Cups  
Chopping Board  
Peeler  
Vegetable Knife or Safety Knife  
Oven Proof Dish

## Description



## Instructions

1. Peel and chop pears removing the core.
2. Add mixed berries in a large bowl. Mix sugar and flour; toss with fruit. Transfer to a greased. baking dish.
3. In a bowl, mix first five topping ingredients; rub in butter until crumbly.
4. Sprinkle over filling.
5. Bake until filling is bubbly and topping is golden brown, 45-50 minutes.
6. Serve with ice cream, crème fraiche, cream, Greek yoghurt or custard



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## EYFS AT FOUR OAKS PRIMARY SCHOOL SPACES AVAILABLE IN OUR 2 YEAR OLD PROVISION



Strong partnerships with parents and carers enable staff to work closely with children and their families. Parents speak very highly of the nursery and comment on how well staff care for their children.  
 Ofsted (2019)



### An immersive 4D room

**What our parents say:**  
 "Very happy with how my child has settled into Little Acorns and a big thank you to staff for how well they have looked after her. Really like the daily sheets as it tells me what she did so I can use it as a communication point"  
 "I am happy with my child coming to this Nursery. All the staff are amazing and my child loves it!"

### Fantastic facilities

100% of parents would recommend Little Acorns at Four Oaks!

Please speak to a member of the Little Acorns team or the office team for an application form.



### Wonderful outdoor environment

Staff provide a variety of interesting resources and activities which engage children, enabling them to be curious and enjoy their learning. A well-equipped outdoor area enables children to develop their physical skills while they enjoy fresh air on a daily basis.  
 Ofsted (2019)



### 2 year funded places available



### Smoothie Bike

Last week, we explored how a 'Smoothie Bike' works. We peddled very enthusiastically in order to make the bike's blender work. We tasted two different smoothie types – banana and raspberry. We also discussed how much tastier and healthier homemade products are as they contain significantly less sugar and more vitamins. After a short exercise on the bike, there was a smoothie treat for us to try! We loved it! Thank you!

Please contact us for more information  
 email: [office@fouroaksprimary.com](mailto:office@fouroaksprimary.com)

Absence: It is your responsibility to phone the school office by 9am each day your child is absent. Please leave a voicemail if there is no answer.  
 TERM TIME HOLIDAYS WILL RESULT IN FINES.

	Rec	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
100% Very best chance of success	86%	84%	96%	93%	94%	94%	99%
99-97% Off to a flying start							
96-93% Less chance of success							
92-90% At risk of becoming a Persistent Absentee							
Less than 90% Persistent Absentee							

The school target for this academic year is 97%  
 Well done to year 6, this week's winners.