

CAM WOODFIELD INFANT SCHOOL

GROW – EXPLORE – DISCOVER

Newsletter 8

13th January 2026



Happy New Year to all our families!

We hope you enjoyed the festive break. It's been wonderful welcoming the children back to school this term– their excitement and enthusiasm has been infectious and we're looking forward to a fantastic spring term ahead.

Healthy Lunchboxes

We want to support all our children to stay healthy, energised and ready to learn throughout the school day. A nutritious lunchbox (if your child is not having a cooked school lunch) and proper hydration play a vital role in this.

What makes a healthy lunchbox?

A balanced lunchbox should include:

- ✓ **Starchy foods** - such as bread, wraps, pasta, rice or potatoes for energy
- ✓ **Protein** - such as meat, fish, eggs, beans, or cheese to help children grow
- ✓ **Dairy** - such as cheese, yoghurt or milk to support strong bones and teeth
- ✓ **Fruit and vegetables** - at least one portion of each for vitamins and fibre
- ✓ **A drink** - water is best (see below)



Try to limit or avoid:

- Sugary drinks, sweets and chocolate bars
- Crisps and salty snacks
- Cakes and biscuits as the main item
- Foods high in saturated fat, salt and sugar

Water Bottles

Why water, not squash?

We ask that children bring **plain water only** in their water bottles for school.

Here's why:

- Water is the healthiest choice for hydration and has no sugar or additives
- Sugary drinks (including squash, juice and flavoured water) can damage children's teeth and contribute to tooth decay
- Water helps children concentrate better in lessons
- It's better for the environment (no packaging waste)
- Water doesn't cause spillages that stain or attract insects

Children have access to water throughout the day and we encourage them to drink regularly.



Head Lice Reminder

We have recently had a few cases of head lice reported in school. Head lice are a common problem in schools and can affect anyone, regardless of hair length or cleanliness. They spread through direct head-to-head contact, which is why they are so common among children.

Head lice cause itching and scratching, which can be uncomfortable and distracting for children in class.

We would be grateful if all parents and carers could check their child's hair regularly and treat any cases promptly.

Treatment products are available from pharmacies, and the NHS website has helpful guidance on detection and treatment: <https://www.nhs.uk/conditions/head-lice-and-nits/>

Regular checking and prompt treatment will help us keep head lice under control. Thank you for your cooperation.



This term our value is INDEPENDENCE. We hope to add lots of leaves on our Values Tree celebrating children being independent in school this term. Please encourage your child's independence at home too and share any successes on Tapestry.

LOOK WHO'S TALKING! 2026

An Oracy Competition for Gloucestershire's Infant, Junior and Primary Schools

We have signed up to the Look Who's Talking competition again this year. The Year One and Year Two class heats will take place on Wednesday 14th January. Please encourage your child to have a go, they can talk about anything they choose to, for up to two minutes. They can use props if they would like to but no technology is to be used. Please encourage your child to rehearse their speech and remind them to speak clearly with a big voice so that everyone can hear what they are saying. We are looking forward to some fabulous entries!

Dates

Monday 19 th Jan 2.15pm	Year 1 Family Activity Afternoon relating to the children's current topic
Tuesday 20 th Jan 2.15pm	Reception Family Activity Afternoon relating to the children's current topic
Wednesday 21 st Jan	Year 2 Family Activity Afternoon relating to the children's current topic
Wednesday 4 th Feb 3.40pm-6.30pm	Parents' Evenings – parents will be able to sign up to a slot at a time that is convenient
Thursday 5 th Feb 3.40pm-6.30pm	Parents' Evenings – parents will be able to sign up to a slot at a time that is convenient
Tuesday 10 th Feb	Year 1 Bake Sale at the end of the school day. Any donations gratefully received.
Thursday 12 th Feb 5pm-6pm	Valentine's Disco in the school hall
Mon 16 th Feb – Fri 20 th Feb	Half Term Holiday – School Closed
Monday 23 rd Feb	Inset Day – staff training. NO SCHOOL FOR CHILDREN
Tuesday 24 th Feb	Back to School - Start of Spring Term 2
Monday 2 nd Mar 2.45pm-3.25pm	Reception Reading Cafe Afternoon with Families
Tuesday 3 rd Mar 2.45pm-3.25pm	Year 2 Reading Cafe Afternoon with Families
Wednesday 4 th Mar 2.45pm-3.25pm	Year 1 Reading Cafe Afternoon with Families
Thursday 5 th Mar	World Book Day – wear comfy clothes or pyjamas for a story themed day of activities.
Friday 27 th Mar 9.10am-9.40am	Year 1 and Year 2 Easter Celebration to parents
Friday 27 th Mar 1.20pm-1.50pm	Reception Easter Celebration to parents
Friday 27 th Mar 2pm	Early Finish at 2pm for the last day of term
Mon 30 th Mar – Fri 10 th Apr	Easter Holiday – School Closed
Monday 13 th Apr	Back to School - Start of Summer Term 1
Thursday 16 th April	Reception Bake Sale at the end of the school day. Any donations gratefully received.
Wednesday 22 nd Apr 2.15pm-3.25pm	Year 2 Family Activity Afternoon relating to the children's current topic
Thursday 23 rd Apr 2.15pm-3.25pm	Reception Family Activity Afternoon relating to the children's current topic
Friday 24 th Apr 2.15pm-3.25pm	Year 1 Family Activity Afternoon relating to the children's current topic
Monday 4 th May	BANK HOLIDAY – no school
Friday 22 nd May am	Sports Day – parents invited to watch
Mon 25 th May – Fri 29 th May	Half Term Holiday – School Closed
Monday 1 st Jun	Back to School - Start of Summer Term 2
Wednesday 17 th Jun	Parents are invited to join us for a whole school booknic
Wednesday 8 th Jul 3.40pm – 5pm	Meet the teacher drop-in meetings
Wednesday 15 th Jul pm	Year 2 Leavers Performance to parents
Friday 17 th Jul 2pm	Last day of the academic year - Early Finish at 2pm.