



HALTON LODGE PRIMARY SCHOOL

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NEWSLETTER 24

18th June 2021



Coronavirus Update

In addition to the delay to the removal of national restrictions, Halton has been informed that it is now one of the 'enhanced response areas' – along with many other areas in the North West of England.

In addition to all secondary schools being instructed to cancel all planned transition days (which were scheduled to take place on Monday 5th July and Tuesday 6th July), all schools have been informed that – in order to slow the transmission of coronavirus in the community – that schools should not be planning any school trips or visits this term, or inviting parents on to the school site for events such as Sports Day.

I am aware that you may have been informed of what other schools locally were planning – and may have been, understandably, confused as to why our school had not planned for similar events to be happening at our school over the next 4 weeks. However, all schools within Halton will now be revising their plans for the remainder of the summer term; and I trust there will be great consistency in what each school is and is not able to do during the remainder of the summer term.

All educational settings have been informed that they must maintain 'the integrity of bubbles' and do all that they can to minimise the infection rate and spread of coronavirus in the local community.

While the local data shows the rate of infection in Halton almost doubled in the last week – rising from 37 per 100,000 to 67 per 100,000 – it is expected to continue to rise for some time; which is why schools have been instructed to maintain all existing Covid-secure policies and procedures.



Reggie's Snowdon Walk

It is always great to hear wonderful things that our parents and pupils are doing to support their local community – and local charities.

In recent weeks the children have been told about two of our pupils who raised money for Clare House Children's Hospice by completing a 40 day 'Fortnite Freeze'. This meant no gaming, no watching it on YouTube or even being banned from talking about Fortnite.

You can read more about it by visiting <https://www.justgiving.com/fundraising/emma-mccartney8>.

This week, we were informed about one of our pupils who – with the support of his mum and two older brothers – have walked up Snowdon to raise money for Alder Hey Children's Charity; after Alder Hey Children's Hospital saved his life.



You can find out more about Reggie's story and the amount of money that he has helped to raise by visiting:

<https://www.justgiving.com/fundraising/lianne-dickson4>



On Thursday 8th July our school will be holding a Race For Life Schools event – to raise money for Cancer Research UK. This will be planned to ensure the children remain in their bubbles! Further

details will be sent out in due course.

Road Safety



This week you may have noticed a number of brightly coloured cardboard cut outs of children outside our school.

This is part of an initiative, undertaken by the Road Safety Team, to make drivers more alert to the safety of children as they travel to and from school.

In order to cross the road safely, the children are strongly encouraged to use the school crossing patrol and to follow the Green Cross Code. This is only possible when the visibility to see up and down the road is not obstructed by parked cars.

KNOW THE '4 T'S' OF TYPE 1 DIABETES - IT COULD SAVE A CHILD'S LIFE

It's really important to be able to spot the most common symptoms of type 1 diabetes early. Unfortunately, we know that too many people – mostly children and young people – are not diagnosed until they are in diabetic ketoacidosis (DKA), a life-threatening condition that requires urgent medical attention.

Early action is important and it's good to know the '4 T's' of type 1 diabetes:

TOLLET – GOING TO THE TOILET A LOT.

THIRSTY – BEING REALLY THIRSTY AND UNABLE TO QUENCH THE THIRST.

TIRED – FEELING MORE TIRED THAN USUAL.

THINNER – LOSING WEIGHT OR LOOKING THINNER THAN USUAL.



If you notice these signs and symptoms, you should contact your doctor straight away.

IF YOU WOULD LIKE SUPPORT...

Join our 'Friends of the North' Diabetes UK Facebook group where you can find peer support and the latest information from Diabetes UK, locally and nationally: <https://www.facebook.com/groups/193410628443627>

Or use your mobile phone to scan the QR code:



Contact us:
North of England team: 01925 653281
Diabetes UK Helpline: 0345 123 2399 (Mon-Fri, 9am-6pm)

FOR MORE INFORMATION...

If you would like copies of the poster or the A5 leaflets, please contact n.west@diabetes.org.uk.

For more information about Diabetes UK visit www.diabetes.org.uk/The4Ts

We have resources to help you support pupils who have type 1 diabetes Make the Grade school pack at www.diabetes.org.uk/school-resources

This prestigious award is open to both primary and secondary schools. It is the only such honour that Diabetes UK offers and is a fantastic way to demonstrate the great care provided to children with diabetes in schools. Visit our website: www.diabetes.org.uk/what-you-need-to-know/primary/primary-1-diabetes-make-the-grade/what-diabetes-care-in-school.aspx

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

THE FUN
MARTIAL ARTS
TRAINING SYSTEM
FOR CHILDREN 3-5
YEARS OLD



- Learn Through Play
- Have Fun
- Improve Balance & Co-ordination
- Develop Flexibility
- Learn Respect
- Increase Self Confidence
- Learn Basic Self Defence

CHESTER
Holy Trinity Church, Blacon
Saturday 9.00am-9.45am

ELLESMERE PORT
Great Sutton Village Hall
Friday 4.00pm-4.45pm

FRODSHAM
Frodsham Community Hall
Thursday 4.00pm-4.45pm

HELSEBY
Helsby Community Sports Club
Thursday 6.15pm-7.00pm

RUNCORN
Castlefields Community Centre
Friday 6.30pm-7.15pm

Palace Fields Community Hall
Saturday 11.30am-12.15pm

WIDNES
St John's Church
Thursday 4.30pm-5.15pm

All Instructors are fully qualified and insured to teach and have also completed an Enhanced Disclosure/DBS check.



Limited spaces available. Book your FREE TRIAL LESSON online now at

WWW.UKTC.CO.UK

or phone 01786 845060

FREE TRIAL LESSON

TAEKWON-DO CLASSES FOR ALL AGES (5 YEARS+) OVERLEAF

UNITED KINGDOM TAEKWON-DO COUNCIL

FITNESS & SELF DEFENCE CLASSES

TAEKWON-DO

FOR KIDS (5YRS+), YOUTHS & ADULTS



TAEKWON-DO - the worlds most popular martial art taught by the UK's leading Taekwon-Do organisation. Ideal for all ages (9 years+).



ACTIVE TIGERS for boys and girls aged 5-8 years is the fun and safe Martial Arts training programme that will help improve their fitness, self confidence, self discipline, coordination, flexibility, and teach them effective self defence skills.

CHESTER
Holy Trinity Church, Blacon
Saturday 9.45am-10.45am

ELLESMERE PORT
Great Sutton Village Hall
Friday 4.45pm-5.45pm

FRODSHAM
Frodsham Community Hall
Thursday 4.45pm-5.45pm

HELSEBY
Helsby Community Sports Club
Thursday 7.00pm-8.00pm

RUNCORN
Castlefields Community Centre
Friday 7.15pm-8.15pm

Palace Fields Community Hall
Saturday 12.15pm-1.15pm

WIDNES
St John's Church
Thursday 5.15pm-6.15pm

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FREE TRIAL LESSON



LITTLE TIGER CUBS CLASSES FOR 3-5 YEAR OLDS OVERLEAF

For Families

HALTON HEALTH IMPROVEMENT

Fit 4 Life
Bite Size Sessions



START WELL

To book a place on online sessions email HIT@halton.gov.uk

Fussy Eating and Snacking	Thurs 17 th June Weds 21 st July	10-10.45am 6- 6.45pm
Sleep and Screens	Weds 23 rd June Tues 20 th July	6-6.45pm 10am – 10.45am
Mental Health and Emotional Wellbeing	Monday 21 st June Wednesday 14 th July	6pm 10am

Don't Forget the 5 ways to wellbeing and supporting good mental health



Keep learning and try something new. Learn to play an instrument or cook your favourite food. Learning new things will boost your confidence and is fun to do



Take notice of the world around you as well as your thoughts and feelings. Some people call this awareness mindfulness



Doing something nice for someone else makes us feel good. Simple things like giving a smile or a thank you can make someone's day.



Connect with the people around you at home, school or in your community. Spending time with friends and family makes you feel good.



Be active any way you want. Walk, run, cycle, play or dance but most of all just get moving. Being active makes you feel good so find one you enjoy.

YOUTUBE CLIPS FOR FAMILIES

Now its warmer weather you may want to get active using our family ideas. Have a look at these fun video clips for families. The aim of these is to give families fresh ideas of ways to keep active and have fun, and manage some of the difficulties they may be experiencing with diet, new meal and snack ideas, activity, routines and lifestyle in general. All videos can be found on Halton Borough Council's YouTube channel: <https://www.youtube.com/user/HaltonCouncil>

Check out our Start Well videos for families:

Family Fit Bingo: <https://www.youtube.com/watch?v=5IAR3T89sU>

High Score Walking Challenge: <https://www.youtube.com/watch?v=moil249vAA4>

Mini Pizza recipe: <https://www.youtube.com/watch?v=eg45KF4YX-KQ>

Family Fit Bingo: <https://www.youtube.com/watch?v=5c3JkK5VU3E>

Extra Steps (Washing): <https://www.youtube.com/watch?v=8DWWFEH5U>

Managing Kids' Snacking <https://www.youtube.com/watch?v=mo7a8614Y3U>

