



Parents' Weekly Newsletter

'Thriving to achieve our best - together'

20th November 2020

Message from Dr Craddock

Dear Parents and Carers,

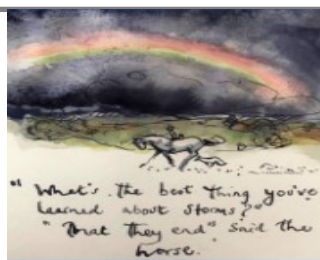
In the midst of our second national lockdown, we are taking each day at a time and are so proud of everyone in our school community. Thank you to all parents/ carers for your continued support and appreciation of our efforts. We hope that you found our virtual parents' evenings informative- our teachers really enjoyed the opportunity to talk to you about your children's engagement and attitudes to learning at school.

For some families during lockdown who may be already struggling financially the current situation will be a source of anxiety and concern. However, we want to do all that we can to ensure that our school families are supported. We are ready and able to support those in need. If you are concerned about your family circumstances, please take a moment to find out if you are now eligible for free school meals [here](#).

As always, if you know of any families who are struggling but might not have seen or feel able to respond to this communication, please contact us. Your referral will remain completely confidential, but we will be able to help, support and make a tangible difference. Thank you for ensuring that we are successful in our aim that no one in our school community should suffer unnecessarily.

In the meantime, please rest assured that the staff team at West Moors Middle School remain, as always, wholly committed to their role and are determined to be an anchor in the lives of our children and their families in these uncertain and difficult times.

We are all a team, even when we are apart.
Dr Craddock



Eco-Schools



has been given this award to recognise their achievement in working towards a sustainable lifestyle.



Congratulations to our Eco Warriors!

Having completed an Environmental Review and then used it to write our school's Eco Action Plan, West Moors Middle School now have an **Eco Schools Bronze Award!**

The Y5 team, working alongside Miss Willis, will now be starting to implement their Action Plan, looking at the following areas: Litter, Water & Transport. We aim to recycle more of our waste and will continue to make our environment litter free; we will start to collect and use more of our rain water and we will begin to organise regular Walk to School days.

The team are looking forward to getting creative and getting everyone involved. Amazing news Miss Willis!



West Moors Middle School, Heathfield Way, West Moors, Ferndown, Dorset. BH22 0DA

Phone: 01202 872474 Email: office@westmoorsmid.dorset.sch.uk

Head Teacher: Dr Deborah Craddock Deputy Head Teacher: Deborah East



Healthy Lunch Boxes

We all know that children love crisps and chocolate, but if you use the following charts you'll find it easy to create healthy, tasty lunches for your children. Each day choose ONE item from each section for a balanced lunch. Vitamins C and D, as well as probiotic foods are also considered important to boost our immune systems.

Free School Meals

During these difficult times, some families may have found their circumstances have changed, if you feel you may now be eligible for certain benefits, you may also be entitled to Benefit Related Free School Meals for your child. If you believe you may qualify for this support in school, please complete the form online at: <https://www.dorsetcouncil.gov.uk/education-and-training/schools-and-learning/at-school/free-school-meals.aspx>

<u>Carbohydrates</u> (For Energy)	<u>Protein</u> (To Help Growth)	<u>Calcium</u> (For Strong Bones and Teeth)	<u>Vegetables</u> (Vitamins for Health)	<u>Fruit</u> (Vitamins to Fight Disease)
Cheddar biscuits	Grilled bacon	Greek yogurt and honey	Salad leaves	Apple Wedges
Corn tortillas	Bean salad	Smoked cheese	Roasted aubergine	Banana
Digestive biscuits	Chicken slices	Cheese triangles	Carrot sticks	Packet of dried fruit
Potato salad	Chicken tikka slices	Cheddar cheese	Celery sticks	Seedless grapes
Flapjack	Chipolata sausages	Custard in a pot	Ribbons of cucumber	Fruit juice
Chapatti, pitta or naan bread	Oily fish-sardine/tuna	Cottage cheese	Shredded lettuce	Kiwi Fruit
Submarine roll	Egg Mayonnaise	Fromage Frais	Raw mangetout	Wedges of melon or mango
Sliced malt loaf	Chorizo sausage	Edam Cheese	Radishes	Nectarine
Oatcakes	Houmous	Fruit smoothie	Red pepper sticks	Orange segments
Noodle salad	Quiche	Milk shake	Sweet corn	Pear
Pasta salad	Roast meats with tomato salsa or chutney	Yogurt	Cherry Tomatoes	Plum
Rye bread	Sliced ham	Rice pudding	Watercress	Raspberries
Brown roll	Smoked mackerel			Strawberries
Muesli bars	Turkey slices with mango chutney			
Tortilla wrap				
Couscous salad	<u>NO SWEETS, NO CHOCOLATE, NO NUTS OR NUT PRODUCTS (INCLUDING PEANUT BUTTER OR NUTELLA)</u>			



West Moors Middle School, Heathfield Way, West Moors, Ferndown, Dorset. BH22 0DA

Phone: 01202 872474 Email: office@westmoorsmid.dorset.sch.uk

Head Teacher: Dr Deborah Craddock Deputy Head Teacher: Deborah East





Exciting Times in Year Five

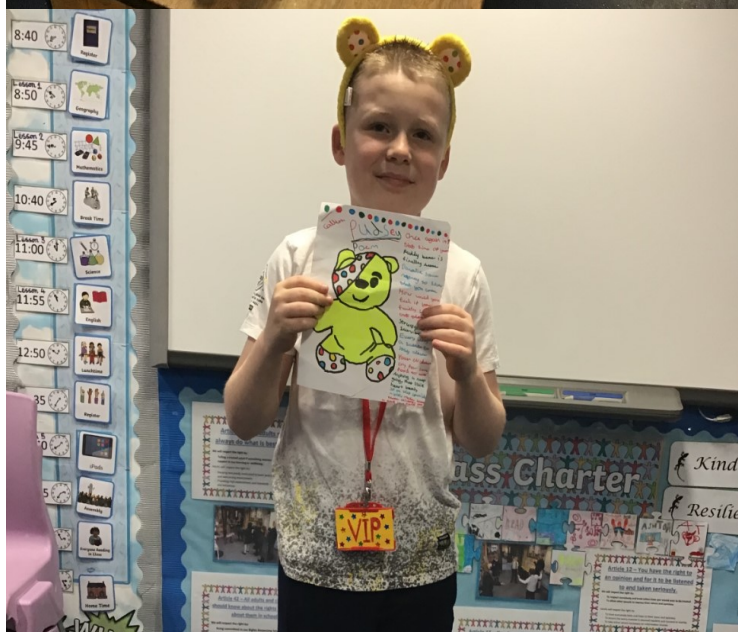
Here are some of the photographs showing some of Year 5 analysing their 'kalimbos' in DT, Callum with his lovely poem on Children in Need Day and some of year 5 enjoying 'odd socks' day to promote 'Kindness Week' here at West Moors Middle School.

Attendance Trophies



To further improve levels of punctuality and attendance at West Moors Middle School, this weeks' winners of the attendance trophies' go to 6CW in Key Stage 2 with 97 % attendance. In Key Stage 3, the winners are 7AD achieving an impressive 99% attendance. A super effort and many congratulations to both classes.

The festive events begin!





Save the Date:
11th December

Join thousands across the Country
for the
School Games Virtual

SANTA DASH



#santasmiles

#YourSchoolGames

Contact your School Games Organiser for details



West Moors Middle School, Heathfield Way, West Moors, Ferndown, Dorset. BH22 0DA

Phone: 01202 872474 Email: office@westmoorsmid.dorset.sch.uk

Head Teacher: Dr Deborah Craddock Deputy Head Teacher: Deborah East





Science at West Moors

This week in Science the children are continuing their journey with acids and alkalis. They are now beginning to make the most incredible revision guides for themselves, before we move on to the next stage where we will be conducting an experiment to create beautiful blue crystals from copper oxide and sulphuric acid. Exciting times ahead!

ICT and E-Safety Rules

Further to our emails regarding online learning, all children have been made aware of the relevant ICT and E-Safety Rules and reminded they have a copy in their homework planner. Please do take time with your child at home to talk about safe and respectful behaviour online and what to do if they are worried about anything that they encounter online.



Finally.....For the latest news and updates and to see more photos of our children learning, please follow us on twitter at: [@westmoors](https://twitter.com/@westmoors)

School Year: Term Dates & Holidays 2020/21

Autumn Term 2020:

Term starts for students on Monday 2nd November

Term ends on Friday 18th December

Spring Term 2021:

Term starts for students on Tuesday 5th January

Term ends on Friday 12th February

Term starts for students on Tuesday 23rd February

Term ends on Thursday 1st April

Summer Term 2021:

Term starts for students on Monday 19th April

Bank Holiday: Monday 3rd May school closed

Term ends on Friday 28th May

Term starts for students on Tuesday 8th June

Term ends on Friday 23rd July

Inset Days:

Monday 4th January 2021

Monday 22nd February 2021

Monday 7th June 2021



West Moors Middle School, Heathfield Way, West Moors, Ferndown, Dorset. BH22 0DA

Phone: 01202 872474 Email: office@westmoorsmid.dorset.sch.uk

Head Teacher: Dr Deborah Craddock Deputy Head Teacher: Deborah East

