



Dear Parents and Carers

### **Newsletter June 2016**

I write at the start of this half-term with the outcome of our uniform consultation, information about the Governors' ongoing exploration of academy status and advanced notice of a fundraising event with a wellbeing angle. Parents who attended our information exchange about our wellbeing project with Nuffield Health said that they would appreciate more advice relating to wellbeing and parenting. Mr Austin, Head of Wellbeing has contributed a Wellbeing item for parents to this newsletter.

#### **Uniform and PE Kit – important announcement**

Following the recent consultation a new uniform is being introduced from September 2016. The response showed that almost 80% of parents were in favour of the new uniform. The uniform will be phased in as follows (the year group applies to your child's year in September 2016):

- Year 7: all students will wear the new uniform
- Years 8 and 9: will wear a shirt and the new school tie, but can choose to wear the school sweatshirt for one more year or the new black v-neck jumper
- Years 10 and 11: can wear the existing uniform or the new uniform

The new uniform will be sold via SWi Schoolwear using the link from our website and the availability date will be posted on our website and in the weekly bulletin. Items of the existing uniform are now available from the school via ParentPay.

A new PE kit will be phased in over time. All students (including year 7) in September 2016 will be allowed to wear the existing kit or the new kit. The new kit will be available from SWi and the school will hold a limited stock of the existing kit while supplies last.

Full details of the new uniform and arrangements will be on our website from Monday 13<sup>th</sup> June.

#### **Academy Status**

As you may know, the Governing Body fully investigated becoming an academy two years ago and following a wide consultation, concluded that pursuing academy status was in the best interests of the school. Since then, the school has been considering suitable partners that would support the future development of the school, enable us to provide the very best education for our students and achieve our core purpose of 'Excellence for All'. We believe that the best opportunities for our students will arise from collaborating with schools who share our ethos and values. We are seeking to form a Multi-Academy Trust that will allow us to retain our identity as a school and facilitates our growth.

The Governors would like to consult with parents and the community about this proposal. Full information will be sent out on Friday June 17<sup>th</sup>, and the consultation period will run from Monday June 20<sup>th</sup> to Friday 8<sup>th</sup> July. We will also be holding an information exchange about this proposal and school priorities for next year at **6pm on Wednesday 29th June 2016**. Further details to follow.

#### **Sponsored Walk**

We are planning to reintroduce the Wood Green Sponsored Walk on 8th July this year. This is a great way to promote wellbeing, with students and staff walking or even running a course around the area and to raise funds for school. Money raised will go towards housing some fantastic equipment donated by Nuffield Health for PE, and to developing IT equipment so all students will benefit. The event is being organised by Mr Austin, our Head of Wellbeing, and more details and sponsorship forms will be sent out early next week.

## **Art Exhibition**

The annual Summer A Level Art Exhibition will take place in the Main Hall at Wood Green School on Friday 24<sup>th</sup> June 2016 from 6.00pm – 8.00pm.

The exhibition will feature work by A Level and AS Art and Design Students, this year the project themes have included: "Decay Transformation" and "Truth, Fantasy and Fiction". A variety of work will be on display including painting, photography and 3-D work.

For more information and to attend the exhibition please email [office@wgswitney.org.uk](mailto:office@wgswitney.org.uk) f.a.o Ms E D'Arcy, Head of Art.

## **Wellbeing News**

As you are aware, we are working with Nuffield Health to promote wellbeing in school, to investigate the impact this has on young people's learning and general health. Each newsletter, Mr Austin, Head of Wellbeing, will update parents on an aspect of wellbeing and offer advice on how school and home can work together. Mr Austin carried out a food survey at school recently and the findings were significant, so this term the focus is on nutrition:

*A recent nutrition survey carried out amongst our students found that:*

- *some students are not consuming a balanced meal for lunch, while consuming too much sugar.*
- *over a third of students (36%) are not having breakfast,*
- *almost half of students (46%) are only having 1 or 2, or even zero portions of fruit & vegetables each day.*

*This could well affect concentration levels, energy and performance at school.*

*With this in mind, and to adhere to The Children's Food Trust and the Government's School Food Plan, we will be making some sustainable changes to the restaurant next year, and trialling these this term. These include removing high sugar drinks and snacks at lunchtime and promoting more balanced foods. Please support us and your children's health in promoting these changes:*

- *Ensure your children are having a healthy breakfast each morning*
- *Engage with your children about their choices at school to understand what they are eating*
- *Dissuade from choosing sugary snacks such as cookies as part of a normal, daily diet*
- *Encourage variety and choosing a proper school meal at lunchtime which includes protein, carbohydrate and vegetables*
- *Be a good role model!*

*Having breakfast, a healthy snack at break-time, followed by a balanced meal for lunch is crucial in maintaining a stable blood sugar level, hormones, metabolism and promoting a healthy body image and self-confidence. A balanced meal should consist of some form of carbohydrates (pasta, rice, bread, potatoes), protein (beans, poultry, meat, fish, pulses, eggs, milk) along with vital nutrients from vegetables and fruit. Freedom of choice is important but sometimes peer pressure or image can lead to unhealthy snacking when young people are left to their own devices, so it is important we monitor these habits. A balanced meal would not be for example, a slice of pizza or pot of pasta by itself, or indeed an energy drink or cookies. A copy of the week's menu, with a variety of meals, can easily be viewed on the School website*

Yours sincerely



Mr R W Shadbolt  
Headteacher