



Dear Parents and Carers,

## Healthy Life-styles

Spring is here! Let's ignore those reports of a white Easter for the moment and remind us ourselves that the warmer days and lighter evenings are coming. So, it's time to get out into the great outdoors and get active!

I am very passionate about living a healthy life-style. I am one of the lucky ones who 'enjoys' exercise and take part in the occasional triathlon over the course of a season. I am not very fast but enjoy the challenge of the three sports and the sense of achievement from completing an event. I also enjoy being out in the fresh air and the sense of joy that follows a good workout. These are all things that help me to wash away the challenges of the day or week and feel refreshed for the next. An active lifestyle is something I would like to champion – as I am sure many of our families would like to, too.

It goes without saying that leading an active and healthy lifestyle is so important for so many reasons, including general health and well-being. I was watching yet another BBC news story this morning on the rising levels of obesity and the direct impact this has on health. There is an obesity epidemic out there and we need to be really conscious that we all champion a healthy life-style for our children. We all have to do something as an unhealthy balance can soon creep up on us.

If you are looking for advice I would recommend the NHS's Change 4 Life campaign as they offer a great set of resources and ideas on their website and The National Trust's '50 Things to do before you are 11½' will provide good ideas to do outside. (see links below)

<https://www.nhs.uk/change4life>  
<https://goo.gl/geZQah> or <https://goo.gl/4vLxFH>

So, what are you doing this weekend? How about a walk in the forest, a family bike-ride an afternoon at your local swimming pool?



## Why not come to our school Car Boot Sale

Remember that tomorrow is our car boot sale! Our PTA have done an excellent job and given much of their time to ensure that this event has been organised to raise some funds for our school. Please come along to see what bargains are on offer.

I would like to add here a huge thank you to our PTA members who are relatively new to the role but have really taken on the responsibility to run some fun events and make a difference to our school. Thank you!

## Attendance

After a dip in attendance at the start of this term we are now seeing a real improvement. I am aware that there quite a bit of illness in the first half of the Spring term but thank for making a conscious effort to get your children to school. This improved attendance has (and will continue to) make a difference to the achievement of your children.

As you would expect, we are noticing a stark correlation between attendance and achievement at Rownhams. Those children with good attendance are achieving higher than those with poorer attendance, and especially where this falls below 95%, and especially 90%, where achievement and progress can really start to fall behind.

Our aim is for children to attend for **at least** 96.5% of the school year, which is the equivalent of seven days absent per school year. However, for a child whose attendance is 90% they will have taken 20 days absent from school. That is **4 weeks** of schooling - potentially several whole units of learning in mathematics, an entire curriculum topic, lots of learning around a class novel and many, many writing opportunities. It is understandable then that children with attendance less than 90% find it very difficult, and are unlikely, to achieve the age related outcomes for their year group in mathematics, reading and writing.

I appreciate there are some circumstances where absence is unavoidable but thank you for doing everything you can to ensure your children get a full education.

Have a lovely weekend,

Mr Woodford

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## Forgiveness

Matthew 18:21-22 (NEW TESTAMENT: GOSPELS)

*Peter asked: 'Lord, how many times shall I forgive someone who sins against me? Up to seven times?' Jesus replied, 'I tell you, not seven times, but seventy times seven.'*

Love, Joy & Responsibility

# The WIZARD of OZ

Well done to all of our amazing pupils for last Saturday's performances.

Thank you to everyone who supported this event. We have raised approximately £1100 for Naomi House.



### Emails/Texts/Letters Home

Copies are available in the office and on the website

<http://www.rownhams.hants.sch.uk/adults/letters/>

Day	Letter Type	Year Group	Description
Mon 19 Mar	Email	3/4	P Buzz Concert
Mon 19 Mar	Email	Specific Pupils	Cross Stitch Cxd
Mon 19 Mar	Email	Whole School	Cake Donations for PTA Car Boot Sale
Mon 19 Mar	Email	Specific Pupils	Netball Cxd
Tues 20 Mar	Text	5/6	Winchester Science Centre Trip
Weds 21 Mar	Letter	Whole School	Easter Service
Thurs 22 Mar	Email	Specific Pupils	Change of Keyboard Lesson

### ATTENDANCE MATTERS



Registration Group	Class % Attendance
Donaldson	99.3%
Swan	97.2%
Berners Lee	97.0%
Rowling	96.9%
Farah	96.9%
Captain Cook	96.4%
Nightingale	96.1%
Brownlees	95.9%
Rosen	95.3%
Tim Peake	91.3%
Peacock	91.0%



### CLUB REMINDERS

PLEASE BE AWARE THAT ALL CLUBS FINISH THIS WEEK FOR THE EASTER HOLIDAYS. THIS INCLUDES CLUBS RUN BY PB EDUCATION.

## Love, Joy & Responsibility

### Calendar - **\*\*NEW DATES\*\***

**May we politely remind parents that amendments and new dates are added to the calendar throughout the term so please always check the calendar regularly and ensure your home diary is correct. Thank you.**

Date	Time	Year Group	Description
Mon 26 Mar	4-5pm	1-6	Cross Country Mountbatten School
Tues 27 Mar		Whole School	Easter Service - Parents welcome.
Thurs 29 Mar		Whole School	LAST DAY OF TERM—EASTER HOLIDAY
Mon 2 to Fri 13 Apr	All day	Whole School	EASTER HOLIDAYS
Mon 16 Apr		Whole School	FIRST DAY OF TERM
<b>Fri 20 Apr</b>	<b>All day</b>	<b>Year 5 &amp; 6</b>	<b>Winchester Science Centre Trip</b>
<b>Fri 20 Apr</b>		<b>Yr 6</b>	<b>DEADLINE for Mountbatten Forms</b>
Mon 23 Apr	4-5pm	1-6	Cross Country Mountbatten School
W/c 30 April		Whole School	Book Fair - RESCHEDULED
Fri 4 May		Year 3/4	Football Festival Mountbatten
Mon 7 May— Fri 11 May		Whole School	Bike to School Week
Mon 14 May		Year 6	SATS Week
Mon 14 May—Fri 18 May		Whole School	Walk to school week
Fri 18 May		Years 3/4	Tennis Qualifier at Mountbatten
Mon 21 May—Fri 25 May		Whole School	Multi Cultural Week
Thurs 24 May		Year 1/2	Change4life Festival
Thurs 24 May		Whole School	Last day of term—HALF TERM
Fri 25 May		Year 3—6	Tri Golf Festival—Mountbatten
Fri 25 May		Whole School	INSET DAY
Mon 28 May—Fri		Whole School	HALF TERM HOLIDAY
Mon 4 June		Whole School	First day of term
Thurs 7 June	12-3pm		Quad Kids Festival—Mountbatten
Mon 11 June		Whole School	Biathlon
Fri 15 June		Whole School	Sports Day and Picnic
Fri 15 June	12.30—3pm	Year 3 / 4	High Fives Festival—Mountbatten
Weds 20 June		Whole School	Library Bus
Fri 22 June	11-3pm	Year 5 / 6	Cricket Festival - Mountbatten
11 & 12 July		Yr 6	Transition Days to Mountbatten
Fri 13 July	12.30—15.00	Year 5/6	Rounder's Festival
Mon 16 July		Year 6	Year 6 Leavers Day
Mon 23 July		Whole School	INSET DAY
Tues 24 July		Whole School	First day of Summer Holiday

**RASCALS AFTER SCHOOL CLUB**

May we politely remind all parents and carers to inform Rascals if your child will not be attending after school club. This avoids confusion looking for children who are not in school. Thank you very much for your cooperation.

**RASCALS HOLIDAY CLUB**

OPEN FOR THE EASTER HOLIDAYS 3<sup>rd</sup> – 13<sup>th</sup> April 2018

Situated in our own green building on the Rownhams school grounds

From 8.30 am to a 6pm finish for children aged 4 to 11

Full day £22, half a day £11 with discounts for siblings

Organised, fun filled indoor and outdoor activities, crafts, cooking and much more

More information available from [www.hornsdrove.uk](http://www.hornsdrove.uk)

Pop in or call us on 02380 737207 email [hornspre-school@btconnect.com](mailto:hornspre-school@btconnect.com)



**CAR BOOT SALE**

Saturday 24<sup>th</sup> March  
10-12  
Rownhams St Johns Primary

£5 per Car, book in advance

Second hand goods & home-made crafts welcome

PTA supplying refreshments & used uniform table  
50p entry (Children free)

**Book your spot early to avoid disappointment!**  
Pop into the school office or phone 023 8073 6417



SAVE THE DATE  
**29<sup>TH</sup> MARCH**  
#Hattastic

Brain tumours kill more children and adults under the age of 40 than any other cancer

**WEAR A HAT DAY 2018**

GET EVERYONE TOGETHER & JOIN IN THE FUN

Help raise funds for vital brain tumour research  
Together we will find a cure

REGISTER HERE

[www.wearahatday.org](http://www.wearahatday.org)

Brain Tumour Research

Catering Assistant -  
Rownhams St Johns Primary School  
HC3S 1291



**Hourly Rate:** £7.78 per hour

**Work Location:** Rownhams St Johns Primary School, Southampton

**Hours per week:** 10

**Contract Type:** Permanent, Term Time Only

**Closing Date:** 28 March 2018

HC3S is Hampshire County Council's in house catering service. As a Catering Assistant working in a busy primary school kitchen, you'll need to be able to work at pace and as part of a team. Duties will include preparing/cooking and serving lunchtime meals to primary school pupils together with other general kitchen tasks which include cleaning duties. You'll also be required to setup/clear the school hall of tables and chairs on a daily basis and must be physically able to lift tables and chairs and kitchen equipment.

To find out more about HC3S please [click here](#).

Under the direction of the Line Manager, help prepare, cook, serve and pack (where required) food and drink as appropriate, and deliver/ serve to customers at the correct time. In addition, carry out general cleaning duties.

**Role Responsibilities:**

**Food preparation and cooking of meals:** Help prepare, as directed by the line manager, the required number of food products, following specified menu/special dietary requirements.

**Serving/customer liaison:** Under supervision and direction serve food and drink where appropriate, speedily, courteously and following specified portion control guidelines and special dietary requirements. Positively encourage children to try a variety of food. Handle cash, where necessary, following strict guidelines

**Kitchen cleaning rota and general washing up:** Manually wash up all eating utensils and equipment, sterilising where required, following set guidelines, or use dishwasher where appropriate. Complete cleaning duties, following daily and weekly rotas, to ensure health and safety and hygiene standards are maintained.

**Stock control/receipt of deliveries:** Put away deliveries as instructed, ensuring correct stock rotation and quality control guidelines. Receive deliveries, when directed by unit supervisor, carrying out quantity, temperature and quality checks.

**Corporate and statutory initiatives – equalities / health and safety / e-government/ sustainability:** Ensure adherence to health and safety, food safety and hygiene procedures.

**Vetting Requirements:**

This post is subject to a Criminal Records Check.

**Contact details for an informal discussion:**

Julie Moody, District Manager, on 07532 239112