



We will be communicating any child's achievements on either their Tapestry or Marvellous Me Accounts.



### Attendance Heroes

Each week we will announce the class with the highest attendance for the week!

- 1<sup>st</sup> Place is Year 2 with 100%
- 2<sup>nd</sup> Place is Year 1 with 99.2%
- 3<sup>rd</sup> Place is Year 5 with 99.0%
- 4<sup>th</sup> Place is Year 3 with 96.8%
- 5<sup>th</sup> Place is Year 4 with 95.4%
- 6<sup>th</sup> Place is Year 6 with 94.1%
- 7<sup>th</sup> Place is Reception with 91.1%

## Lime Walk School Weekly Bulletin 23rd October 2020

### Tree Tops and Breakfast Club

Sessions are now available for booking right up until 18<sup>th</sup> December.  
Please ensure that all children that need to attend either club are booked in advance.

### Some Information from Hertfordshire Community Services NHS Trust

#### Light Bite 2

#### Physical activity

There is lots of evidence, which shows exercise is an important factor to reducing the risk of a major illness such as heart disease, diabetes or stroke. Research also shows that regular physical activity can boost your child's self-esteem, mood and sleep quality, ensuring they have the best start to life.

To maintain a basic level of health, children and young people aged 5 to 18 need to do:

- At least 60 minutes of physical activity every day - this should range from moderate activity, such as cycling and playground activities, to vigorous activity, such as running and tennis

- on 3 days a week, these activities should involve exercises for strong muscles and bones, such as swinging on playground equipment, hopping and skipping, and sports such as gymnastics or tennis

Children and young people should also reduce the time they spend sitting for extended periods, including watching TV, playing computer games and travelling by car when they could walk or cycle.

For more information and handy tips, see the websites below -

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>

<https://www.healthforkids.co.uk/grownups/healthy-bodies/how-help-children-become-active/>

### Year 6 Secondary School Applications

A reminder that the deadline for applications is 31<sup>st</sup> October!!



Happy Birthday to the following children this week

Scarlett, Oliver, Nevaeh, & Haniva.

Lime Walk Primary School, Lime Walk, HP3 9LN  
Tel: 01442 262 341 Email: [admin@limewalk.herts.sch.uk](mailto:admin@limewalk.herts.sch.uk)  
[www.limewalkprimaryschool.co.uk](http://www.limewalkprimaryschool.co.uk)

## Diary Dates

### 2020 Dates

- 23<sup>rd</sup> Oct - Break up for Half Term 3.15pm
- 2<sup>nd</sup> Nov - Children return to school
- 9<sup>th</sup> Nov - Flu Vaccinations
- 27<sup>th</sup> Nov - Occasional Day - School Closed
- 2<sup>nd</sup> Dec - Flu Vaccinations
- 18<sup>th</sup> Dec - Break up for Christmas 1.30pm

### 2021 Dates

- 4<sup>th</sup> Jan - INSET Day - School Closed
- 5<sup>th</sup> Jan - Children return to School
- 12<sup>th</sup> Feb - Break up for Half Term 3.15pm
- 22<sup>nd</sup> Feb - Children return to School
- 26<sup>th</sup> March - Break up for Easter 1.30pm



## School Dinners

### Price Increase

From the start of September, HCL have increased the prices of their school dinners.

Y3-Y6 Daily - £2.60 (Nursery £2.50)

Weekly - £13 (Nursery £12.50)

Online payments can be made on the school gateway [www.schoolgateway.com](http://www.schoolgateway.com) or by downloading the schoolgateway app on a smartphone.