



Newsletter for Belle Vue Primary & Nursery School

# Belle Vue Valentine's Disco Thursday 8<sup>th</sup> February 2024

**Year 1-3      4pm-4:45pm      KS1 Hall**

**Year 4-6      5pm-6:00pm      KS1 Hall**

**Cost of tickets: £4.00**

**(Includes: a drink, sweets, popcorn and glowstick )**

**Please purchase tickets on School Money**

**Due to fire regulations, each disco is limited to 150 pupils, so once tickets have sold out, there will be no more available.**

**Forest School:** If you have any spare balls/bits of wool, buttons and beads, please send them into school with your child. Mrs Cradock would really appreciate it for she would like to use these items for Forest School. Thank you



**School Lunches:** All meals have to be booked in advance. The kitchen will not cater for children whose meal has not been booked by **10am**. Our online system allows you to book until midnight the night before, if you are unable to book online please ensure that you ring the school office by **9:50am**. The office staff will then book a meal for your child.

**Please do not request lunches via email. The emails are not always checked regularly enough to make sure that any orders are placed in time.**

Please be aware that if your child does not have a packed lunch or a meal booked by **10am**, the office staff will call or text parents/carers and ask them to bring a packed lunch to school.

Our whole school attendance for week beginning **22nd—26th January 2024** is **93.6%**

(National expectation is **96%**)

YEAR GROUP	PERCENTAGE	YEAR GROUP	PERCENTAGE
RRJ	<b>98.7%</b>	RT	<b>91.9%</b>
YEAR 1P	<b>96.2%</b>	1V	<b>95.7%</b>
YEAR 2W	<b>95.5%</b>	2C-S	<b>94.8%</b>
YEAR 3W	<b>93.4%</b>	3P	<b>96.5%</b>
YEAR 4CM	<b>99.2%</b>	4L	<b>91.8%</b>
YEAR 5W	<b>92%</b>	5P	<b>81.6%</b>
YEAR 6HA	<b>96.3%</b>	6HO	<b>92%</b>



### **DATES TO REMEMBER**

**Tuesday 6th February**

**Year 3 Trip—Symphony Hall**

**Thursday 8th February**

**Red Theme Valentine's Disco KS1 and KS2,**

**Monday 12th—Friday 16th February**

**Half Term—School Closed**

**Monday 19th February**

**Term Starts—School Open**

**Monday 4th—Wednesday 6th March**

**Year 4 Frank Chapman residential**

**Thursday 7th March**

**World Book Day, (info to follow)**

**Monday 11th March**

**Heights and Weights, Reception only**

**Friday 15th March**

**Comic Relief (info to follow)**

**Monday 25th March—Friday 5th April**

**Half Term— School Closed**

**Monday 8th April**

**Term Starts—School Open**

**Thursday 2nd May**

**Polling Day—School Closed to pupils**

**Monday 6th May**

**May Bank Holiday—School Closed**

**Monday 27th May—Friday 31st May**

**Half Term—School Closed**

**Monday 3rd June**

**Term Starts—School Open**

## Free course – Physical development and early years

Open University and the Association of Directors in Public Health West Midland has developed a free physical development and early years course for parents, carers and educators of babies and young children within the region.

Attendees of the course will learn how to ensure the physical and mental development of the children, while doing so in cost effective ways.

If any Parents/Carers are interested and want more information please visit below:

<https://www.open.edu/openlearn/health-sports-psychology/supporting-physical-development-early-childhood/content-section-overview?active-tab=description-tab>

## Stourbridge Library

# K'NEX CLUB

No need to book!

**Session dates January – July 2024**

<b>Saturday 6<sup>th</sup> January</b>
<b>Saturday 20<sup>th</sup> January</b>
<b>Saturday 3<sup>rd</sup> February</b>
<b>Saturday 17<sup>th</sup> February</b>
<b>Saturday 2<sup>nd</sup> March</b>
<b>Saturday 16<sup>th</sup> March</b>
<b>Saturday 30<sup>th</sup> March</b>
<b>Saturday 13<sup>th</sup> April</b>
<b>Saturday 27<sup>th</sup> April</b>

<b>Saturday 11<sup>th</sup> May</b>
<b>Saturday 25<sup>th</sup> May</b>
<b>Saturday 8<sup>th</sup> June</b>
<b>Saturday 22<sup>nd</sup> June</b>
<b>Saturday 6<sup>th</sup> July</b>
<b>Saturday 20<sup>th</sup> July</b>

All sessions at 11am in Stourbridge Children's Library.

In partnership with



 01384 812947

 [stourbridge.library@gll.org](mailto:stourbridge.library@gll.org)





## Borrow a Jigsaw from the Stourbridge Jigsaw Library to raise vital funds for The Mary Stevens Hospice



Join our Facebook group:  
Stourbridge Jigsaw Library - The Mary Stevens Hospice

### When:

Monday: 10am - 3pm

Tuesday: 10am - 3pm

Wednesday: 9:30am - 12:30pm

Thursday 9:30am - 12:30pm

Friday: 1:30pm - 4:30pm

Saturday: 9:30am - 12:30pm

Sunday: CLOSED

### Where:

Mary Stevens Hospice, 221 Hagley Road, Oldswinford, DY8 2JR.  
First building on the left as you come through the gates. Parking can be found on the bottom car park and entrance at the rear of the building.

### What:


Over 1,000 puzzles available to borrow

£2 a puzzle and all proceeds go to Mary Stevens Hospice

All major brands: Ravensburger, Gibsons, Wasgij, WHSmith, Falcon + over 100 XL format puzzles



## for children and families in Dudley



### PHASES


FREE gym-based physical activity programme\*

- For young people aged 11 - 16 in Dudley
- 12-week programme
- Saturday mornings at Action Heart Gym, Russell's Hall Hospital
- Sessions led by qualified instructors
- Free of charge

**How to book a place**  
Ask your GP or school nurse to make a referral. Alternatively, contact Phases at [action.heart@nhs.net](mailto:action.heart@nhs.net)

*\*the following eligibility criteria applies*

- must live in Dudley, attend an education setting in Dudley, or be registered with a Dudley GP surgery
- must be inactive (undertaking less than 30 minutes of activity a day) or be overweight



### Free healthy lifestyle support for your family



Arrange a free one-to-one appointment with a Dudley Family Wellness Coach, who will help you and your kids create healthier diet and physical activity habits you can all stick to

To make an appointment with the Family Healthy Lifestyle Service contact [yourhealth.dudley@nhs.net](mailto:yourhealth.dudley@nhs.net) or call **01384 732402**



### Lunchbox Ideas

Top tips & ideas for a yummy, healthy lunchbox



Includes EASY RECIPES & WEEKLY PLANNER

Includes TOOTH FRIENDLY FOOD SWAPS THROUGHOUT

Parents and carers can take advantage of a new **online resource** to help them create healthy and tooth-friendly children's lunchboxes.



SCAN ME



## NEW recipe book for young people

With support from Dudley Council, a group of Young Commissioners have produced their own recipe book full of quick and easy meal ideas for young people living on their own.

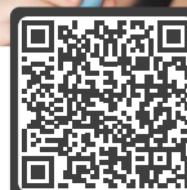
[Download the recipe book here](#)



## Youth Vaping

To help respond to growing concerns about the number of young people choosing to vape, Dudley Council has produced a set of Frequently Asked Questions to support parents and carers to have a conversation about vaping with their children.

[Download the FAQ's here](#)



SCAN ME



**Dudley iZONE [www.izone.org.uk](http://www.izone.org.uk)**

A new website has been launched for children and young people living in Dudley. The website provides information and links to services and resources on important health and wellbeing topics, such as mental wellbeing and sexual health.

## A great start in life

# Do you have a child under 5?

### Would you like to:

- feel more confident as a parent?
- reduce mealtime stress?
- enjoy being active as a family more often?
- encourage your child away from screens and TV?
- see your child eat more fruit and vegetables?
- gain ideas to help with family routines?

*"I will be recommending this course to everyone. Thank you for this life changing opportunity."*

### Free HENRY programme starting soon:

If you are interested in joining a group, please email Dudley's Parenting Team [cypsteam@dudley.gov.uk](mailto:cypsteam@dudley.gov.uk) for more information



**henry**  
Healthy Start, Brighter Future

[www.henry.org.uk](http://www.henry.org.uk)

Pick up a leaflet for more information

Children & Young People's Public Health Team, Health & Wellbeing, Dudley Council

## Recipe of the term

This term's recipe has been taken from the new recipe book for young people.

# Chicken fajitas

### Equipment

- Measuring spoon
- Chopping board
- Sharp Knife
- Frying pan

### Ingredients

- 1 chicken breast or 1 large handful of quorn pieces or other meat substitute
- 1/2 onion, sliced
- 1 pepper, sliced
- 5 mushrooms, sliced
- 2 teaspoons of fajita seasoning
- Vegetable oil
- 2 tortilla wraps

### Method

- STEP 1** Cut the chicken breast and vegetables into strips
- STEP 2** Heat a tablespoon of oil in a frying pan on a high heat. As soon as the oil begins to smoke add the chicken or meat substitute to the pan
- STEP 3** Let the chicken cook undisturbed for 2 to 3 minutes, then turn it over and cook for another 2 to 3 minutes until the outside is cooked well
- STEP 4** Add the vegetables and fajita seasoning and cook for another 15 minutes, stirring well. Check the chicken is cooked through - cut through a piece and check the meat is not pink
- STEP 5** Add some fajita chicken mix to a wrap and fold following the steps on page 40

## Expecting a baby?

Having a baby can be an amazing and joyful time, but at the same time, it might feel overwhelming and perhaps even scary. It can also be a confusing time, with contradictory advice from family members, friends and online. To support you on your parenthood journey Dudley Council has produced a Guide for Expectant Parents. From conception until your baby's second birthday, this can be your go-to source of information. It provides lots of practical advice, hints, and tips to help support you. It should be used together with the [NHS Choices website](#).

Download the guide by visiting the [Dudley Parenting website](#) or scanning the QR code.



**A guide for expectant parents**

Our first 1001 days together



## The health-related behaviour questionnaire

Every two years this survey is offered to primary and secondary schools for certain year groups to complete. In 2024 the survey will be completed during January and February. The survey helps schools and the council to have a better understanding of the health & wellbeing needs of young people in Dudley, to inform the curriculum and target resources. If your child's school is participating, you will receive a letter with more information about this.

# Dudley's Community Toothbrush Scheme

Tooth decay is the most common oral issue affecting children and young people in England, yet it is largely preventable. Brushing your teeth twice a day with fluoride toothpaste is important to protect both children and adult's teeth.

Dudley's Community Toothbrush Scheme is helping to support families to take care of their teeth from as soon as a child has their first tooth. Organisations across the borough have been giving out toothbrush packs to families in financial need.

Also, all Key Stage 1 pupils (aged between 5-7 years old) should have received a toothbrush pack from their school. If your child has not received a pack yet, please speak to your child's school.

For more information about Dudley's Community Toothbrush Scheme [click here](#)



# YOUTH STOP

The Youth Stop at Merry Hill Shopping Centre brings together local services for young people including mental health support, counselling and mentoring.

For more information and opening times [click here](#).





**ACE COACHING**  
**P R E S E N T S**

# THE OCTOBER HALF TERM SPOOKTACULAR

## WHEN

(Open to boys & girls aged Reception to Year 6)

**MONDAY 30<sup>th</sup> - OCTOBER**  
**FRIDAY 3<sup>rd</sup> NOVEMBER**

(Focusing primarily on the sports Football, Dodgeball, netball and Handball)



### ACE OFFER 1

Bookings & payments received by Friday 20th October will receive a **£20 DISCOUNT!**

Offer only applies when booking a full week on an Ace Coaching football & invasion games course.

## WHERE

**CRESTWOOD SCHOOL & 6<sup>th</sup> Form, Bromley Lane, Kingswinford, DY6 8QG**



### ACE OFFER 2

Family & friends - Enrol two children for the week, bookings received by Friday 20th October

**FOR ONLY £130**

Offer only applies when booking a full week on an Ace Coaching football & invasion games course. Please note that the £20 discount in Ace offer 1 is not available to use in conjunction with Ace offer 2.

## COST

**ONLY £100 FOR ALL WEEK**  
**OR £25 PER DAY**



### ACE OFFER 3

**£5 OFF**  
Our Thursday night Football development centre course.

Please call Ryan for more information. Offer only applies when booking a full Football and Invasion Games Course.

## TIME

**Each day 9.00am - 3.00pm**



**PLEASE ENQUIRE IF YOUR CHILD IS 4 YEARS OLD AS SESSION TIMES MAY DIFFER**

**ALL PLAYERS MUST BRING A PACKED LUNCH, SUITABLE CLOTHING, TRAINERS, SHIN PADS AND LOTS OF NON-FIZZY DRINKS!**

*Daily awards to players, winners medals, trophy awards & certificates presented to the children at the end of the week in our Ace Coaching presentation @ 2:45pm, parents welcome.*

**FOR ALL BOOKINGS AND ENQUIRIES**

**PLEASE CONTACT HEAD COACH RYAN LAMB**

**EMAIL: AceCoaching.courseEnrolments@hotmail.com, TELEPHONE: 07891 297861**

**OR VISIT OUR FACEBOOK PAGE - ACE COACHING LIMITED**



**OCTOBER HALF TERM SPOOKTACULAR FOOTBALL & INVASION GAMES CRESTWOOD SCHOOL 2023**

please complete and return the below booking form via email, and make payment by BACS. Cash and cheque payments must be returned to the below address along with your child's booking form. Please also circle and state what day/s your child will be attending.

**Full payment must be received to guarantee your child`s place.**

**No monies, no place, sorry. Payments are non-refundable.**

**BACS DETAILS: Ace Coaching Ltd SORT CODE: 09-01-29 ACCOUNT No: 18265776**

.....  
.....

**NAME:**.....**AGE:**.....

**SCHOOL:**.....

**ADDRESS:**.....

.....**POSTCODE:**.....

**MEDICAL CONDITIONS:**.....

.....

**EMERGENCY CONTACT No**.....

**SIGNED:**.....**(PARENT/GUARDIAN)**

To enable us to keep you imformed with our holiday courses & activities, please check the box to opt in to receive text notifications

By completing & returning this form means that you are accepted and enrolled onto the course.

Photographs/videos may be taken of the children for publicity, trianing, progression and / or advertisement purposes. Please be assured that your child and school will NOT be named and your details are protected securely under the Data Protection Law. Please check the box if you opt in to your child's photograph being taken.

Reg Office: 120 Beachcroft Road, Wall Heath, Kingswinford, W.Midlands DY6 OHU

Ace Coaching Limited are registered members of Dudley SISS Ace Coaching Limited only use Facebook as a networking page

Ace Coaching Ltd Company Registration No. 7056961