



Gold badge awards



Wellington  
Primary

100% Attendance  
Birch  
Holly



## The week at Wellington!

### Year 5 School Election

Our Year 5 children led a very well organized election campaign this week and represented all the main parties and their manifestos. The pupils voted on Thursday and Labour won with a landslide. The children really enjoyed debating and canvassing for votes.

### Our New School

The children have been getting very excited as they walk past the new junior site each morning. The school is almost finished and we look forward to showing the pupils their new school next month. The children voted to name all the classrooms after precious gemstones.

### Healthy Lunch Box

Children should be having a healthy balanced packed lunch with a range of important nutrients. We have noticed some are lacking this balance recently.

Ideas for a balanced lunch box could be:

- A Sandwich, salad, some pasta or rice
- Some fruit or sliced vegetables.
- Yoghurt or cheese & crackers.
- Water.
- A treat such as a small cake or biscuit.

Our school meals are excellent and there is the flexibility to order from the menu on individual days. The food is fresh, balanced and there is a salad bar.



## Question of the week

If you could choose never to go to sleep, but never feel tired, would you?



**Try and use a thinking map**  
**Send your answers to Mr Berryman**



@wellipri



wellington.hounslow.sch.uk

### The Daily Mile

All our classes have been encouraged by Mr Roberts to increase the amount of movement the children do each day. Many classes have been jogging and aiming towards the daily mile. The staff have been involved too. Many of us have been shocked at our own fitness levels! We are all sitting for too long. We have a new daily mile track on the junior playground to help with this next year.

All children should be physically active for at least one hour a day. You can help by encouraging your child to find activities they enjoy, and building physical activity into family life. Most children love running around a park or playing in a playground.

One reason why physical activity in childhood is so important is because it helps your child to maintain a healthy weight. But that's not the only reason: physical activity is part of the way children discover the world, and themselves. It helps build strong muscles and healthy bones, as well as improve self-confidence.

You can find advice on eating well and getting active as a family on the [Change4Life](http://www.change4life.org.uk) website.



## Dates for your diary

- 20.06.17 KS1 Sports Afternoon
- 26.06.17 KS2 Sports Morning
- 26.06.17 New Nursery Parents meeting
- 28.06.17 Yr 4 British Museum Trip
- 29.06.17 Summer Fair
- 03.07.17 Yr6 JCS trip
- 04.07.17 Yr 3 Recorder Recital
- 06.07.17 Parents Evening
- 07.07.17 Yr2 Seaside Day Puppet Show