

# Rufford Park Post



AIREBOROUGH LEARNING PARTNERSHIP TRUST

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## Headteacher's news:

The month of January can hang over some people like a grey cloud and we have seen plenty of dark grey clouds and unpleasant weather this week that testifies to this statement. To me, January is a time to dig deep into the reserves of our resilience and see it as a time to make the best of every opportunity. I had the pleasure of teaching in LKS2 this week and I was delighted at the attitude and the application of the children. We really do have brilliant children here at Rufford Park Primary School!

On Tuesday afternoon we took part in an indoor athletics competition at Trinity University and although we did not qualify for the next round, we had a number of 1st and 2nd places in both track and field events. A big well done to all the children and a message of thanks to the staff and to the parents for providing transportation to and from the venue - we could not have competed without you!

On Thursday morning I attended a PE conference at Headingley Stadium and listened to a national update from the Youth Sports Trust who are the UK's leading charity for improving every young person's education and development through sport and play. The benefits of leading a healthy lifestyle through active play, PE and sport are unquestionable including improved: attainment in all subjects; attendance at school; mental well-being; and personal development. It is vital that schools continue to provide the best possible opportunities to all children and I am determined to do everything I can for the pupils here at Rufford Park.

Have a lovely weekend.



Click below to see what has been happening in your child's class this week:

- [Nursery](#)
- [Reception](#)
- [Y1 Pear](#)
- [Y1/2 Lime](#)
- [Y2 Cherry](#)
- [Y3 Willow](#)
- [Y3/4 Cedar](#)
- [Y4 Beech](#)
- [Y5 Oak](#)
- [Y5/6 Ash](#)
- [Y6 Maple](#)

**In assemblies this week...** I talked to the children about 'Blue January' but focused on all the wonderful things we have in our lives that we should be grateful of.

Miss Tidey's assembly was all about how making good choices keeps us all safe - focusing particularly when online and when using the internet.



**Morrisons Community Champion** - have donated food to school which will be put out under the cycle shelter by the front office on Tuesday and Thursday next week between 08:30-09:30. Please help yourselves and remember to bring a bag!

The Chief Medical Officer continues to recommend at least 60 minutes of moderate or rigorous intensity physical activity **every** day across the week. Schools play a large part in this but parents have a significant roll to play too and I recognise the challenges with this - especially this time of year. Hopefully, you will find some time to get outdoors and be active over the weekend.

**Physical activity for children and young people (5-18 Years)**

- Builds CONFIDENCE & SOCIAL SKILLS
- DEVELOPS CO-ORDINATION
- IMPROVES CONCENTRATION & LEARNING
- STRENGTHENS MUSCLES & BONES
- IMPROVES HEALTH & FITNESS
- MULTIPLIES HEALTHY WEIGHT
- IMPROVES SLEEP
- MAKES YOU FEEL GOOD

**Be physically active**

Spread activity throughout the day

Aim for an average of at least **60 minutes per day** across the week

All activities should make you breathe faster & feel warmer

**Get strong** (Strength) **Move more** (Endurance)

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

### **DATES FOR YOUR DIARY**

- Thurs 19 Jan: Great British Breakfast themed lunch
- Mon 23 Jan: Teacher Training Day - school will be closed to all children
- Tues 7 Feb 3:40-7:00pm: Parents' Evening
- Wed 8 Feb 3:40-6:00pm: Parents' Evening
- Details were sent out on Wednesday - you can [click here](#) if you missed this message and need to book an appointment.
- Fri 10 Feb: School closes for half term
- Mon 20 Feb: School opens for Spring 2