

## KEEPING SAFE & HEALTHY



### Beat the heat: staying safe in hot weather



Although most of us welcome the summer sun, high temperatures can be harmful to your health. In one hot spell in August 2003 in England and Wales there were over 2,000 extra deaths than would normally be expected. The heat can affect anyone, but some people run a greater risk of serious harm. As our climate changes, hot spells are expected to be more frequent and more intense.

This document will tell you how to stay safe in hot weather, including how to keep your home cool. It tells you who is at greatest risk of ill health from the heat, how to recognise when you or someone's health may be affected, and what to do if you or someone else becomes unwell as a result of the heat.

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## CHRISTIAN VALUES

Hope



## COMMUNITY NEWS

### Summer Holiday Activities at Rose Swimming Pool

£6.50 per session

Day	Time	Activity	Age/Stage
Monday 2nd July	11.30am - 12.15pm	Fits to Fit: Men and Women Swimming	Stage 1 +
Tuesday 3rd July	11.30am - 12.15pm	Table Tennis & Diving	Stage 1 +
Wednesday 4th July	11.30am - 12.15pm	Water Polo	Stage 1 +
Thursday 5th July	11.30am - 12.15pm	Stroke Stroke Development	Stage 1 +
Friday 6th July	12.15pm - 12.30pm	Stroke Stroke Development	Stage 2 +
Friday 13th July	11.30am - 12.15pm	Swimming	Stage 1 +
Monday 20th July	11.30am - 12.15pm	Water Polo	Stage 1 +
Tuesday 24th July	11.30am - 12.15pm	Swimming Stroke Development	Stage 1 +
Thursday 26th July	11.30am - 12.15pm	Swimming	Stage 1 +
Friday 27th July	11.30am - 12.15pm	Fits to Fit: Men and Women Swimming	Stage 1 +
Monday 13th August	11.30am - 12.15pm	Learn to Swim: Group Course Stage 1	Age 8 - 12/15
Friday 17th August	12.15pm - 12.30pm	Learn to Swim: Group Course Stage 2	Age 8 - 12/15
Monday 19th August	11.30am - 12.15pm	Children's Diving	Stage 2 +
Tuesday 20th August	11.30am - 12.15pm	Water Polo	Stage 1 +
Thursday 22nd August	11.30am - 12.15pm	Fits to Fit: Men and Women Swimming	Stage 1 +
Friday 23rd August	11.30am - 12.15pm	Prepared Stroke Development	Stage 1 +
Friday 24th August	12.15pm - 12.30pm	Prepared Stroke Development	Stage 2 +

WANT A PIECE OF THE ACTION?  
Call 01989 763487 or pop into the centre

www.haloleisure.org.uk

# Goodrich Church of England

Attendance		18 <sup>th</sup> Edition 2018-19		28 <sup>th</sup> June 2019		Termly House points			
Reception	100%	<b>School Prayer</b> Dear God, Bless our school. Bless our teachers. Bless our pupils. Bless our families. Please help us to be kind and help us to always try our best. Let us remember, as many hands make a house, So many hearts make a school. Amen		 <b>Collective Worship</b>  We are pioneers. We value hope. 'Hope is coupled with faith and love as one of the three most enduring gifts of the Spirit.' (1 Corinthians 13:13)		   			
Year 1	95.5%							3	3
Year 2	91.5%								
Year 3	95.3%								
Year 4	96.7%								
Year 5	95.9%								
Year 6	94.7%								
<b>TOTAL</b>	<b>95.2%</b>								

# Primary School Newsletter

Class News		Class Superstars
Wrens	Wrens have had fun timing how long it takes to carry out different activities in Maths this week. In English we have been working together to perform stories. We have also been busy in Forest School and enjoyed finding out how to keep fit and healthy when taking part in lots of sporting activities.	Alfie Jasper
Robins	This week we have been finishing off our animal print art work in art. In Maths, we have had a week of measuring, for example cm, degrees c, g and ml. In English, we have been finishing off stories that have already been written, creating our own endings using our imaginations.	Jake B Florence

<b>Woodpeckers</b>	This week Woodpeckers have been solving problems involving position and co-ordinates in Maths. In topic English we have been recoding our Stone Age bow and arrow adverts and giving feedback to each group. We have also been practising for a summer concert with gusto!	Stefan, Joel All of Woodpecker Class
<b>Owls</b>	We started the week off with a day full of sporting activities. We tried out different sports in the morning, then worked in teams to develop different skills/problem solve in the afternoon. In Maths, Y4 children have been investigating lines of symmetry in 2D shapes and creating their own symmetrical patterns, whilst Y5 children have been investigating the perimeter and area of different shapes In English, we have been using Microsoft Publisher to publish our Stone Age persuasive leaflets on Stonehenge and Skara Brae and consolidating our understanding of pronouns – replacing nouns with the correct pronoun. We’ve also been in full rehearsal mode for our summer performance – ‘Dragon Days’.	Evie C-B, Alex, Jacob Hannah, Coco, Felix & Lexi
<b>Peregrines</b>	This week Year 6 have been to Leominster Police Station to participate in a variety of activities to support their transition to high school. While Year 5 enjoyed getting to know their new class during transition day. Rehearsals for the summer concert are also in full swing.	Matthew Erin

**Citizens of the Week**    ★ ★ Rowan ★ ★    **Cloakroom**    **Infants**

### What’s Going On? (Please see [ourschoolsapp.com](http://ourschoolsapp.com) for further information)

Forest School					
				3/07/19	Rags to Riches Collection
				3/07/19	PTFA Meeting see notice below
				3/07/19	Swimming – Yr 2
3/07/19	Robins Yr 1			3/07/19	Reports Go Home
4/07/19	Peregrines			4/07/19	Transition Day
				5/07/19	Christian Aid Sale
				10/07/09	Jnr Concert Dress Rehearsal 10-11.30
				10/07/19	Parents Evening to discuss reports
				10/17/19	Swimming – Yr 2
10/07/19	Wrens			11/07/19	Jnr Concert 1.30 – 3.00
11/07/19	Peregrines	12/07/19	Wrens	11/07/19	Jnr Concert 6.00 – 7.30
				12/07/19	Jnr Concert 6.00 – 7.30
		17/07/19	Yr 2 Graduation	14/07/19	Summer Folly 11.00-14.00
		18/07/19	Yr 6 Graduation	17/07/19	Yr 6 Rounders & BBQ 17.00 – 19.00
				18/07/19	Last Day of School Year

### Notices

- PTFA will be holding a meeting at Anna Preece’ house on Wednesday 3<sup>rd</sup> July. All are welcome. Nibbles from 13.00 and meeting starting at 13.30. Please call 07811 338409
- A BIG thank you to all of the parents who donated herbs for the Forest School sensory garden. Some of the Wrens really enjoyed planting them.
- Please make sure you prepare for this scorcher of a weekend whilst having lots of fun.