

ROBERT HICKS SCHOOL

HATS off to 2023



NEWSLETTER 2 OF 2023

30 January 2023

Interhouse gala

On Tuesday 24 January we had our Inter-house gala. We are delighted by the talent of our learners.

The results were as follows:

BLUE TEAM (212 points)

RED TEAM (184 points)

YELLOW TEAM (166 points)

GREEN TEAM (102 points)

Well done Blue team!



On Friday the 27th of January our Swimming Team partook in a gala held at Loreto School Queensland. The participating teams were Lotero, Irene Primary and Robert Hicks School. Robert Hicks came second. Well done, team!

Save the Date

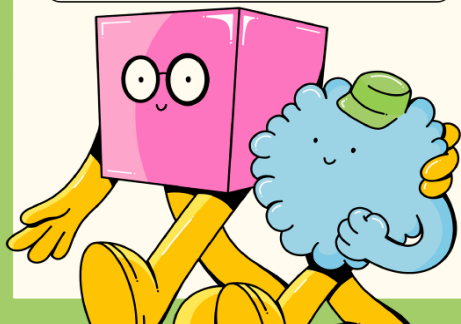
Family Field Day

Who: Families of Gr R-7

When: Saturday 18 February 2023

Time: 08h00 to 13h00

More info to follow



THIS WEEK

- 1 February: Individual Photos to be taken
- 3 February: Cake & Candy (Grade 6)

Points to remember:

- **Please return the POPI Act Consent form as soon as possible**
- **Please notify the register teacher if your child will be absent**
-

I can see **beauty** in everything
Ecc 3:11



Our theme this week is **HEALTHY BODY, HEALTHY MIND**. In order to create this, there needs to be a balance between Healthy eating, Exercise and Rest. Here are some tips to make sure your child is on track for a healthy body and a healthy mind.



Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:



1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

Choose ONE EVERY DAY from:

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes



2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

Choose TWO EVERY DAY from:

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

Choose ONE EVERY DAY from:

- ✓ Milk
- ✓ Cheese – hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard



4 Protein Foods

for growth and repair

Pack a protein punch!

Choose ONE EVERY DAY from:

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans



5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk – or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie



Occasionally!

- Meat products such as sausage rolls, pies, sausages
- Plain cakes/sponges and biscuits of appropriate portion sizes



For more healthy packed lunch ideas and recipes visit www.punkyfoods.co.uk/recipes

How much sleep does my child need?

AGE GROUP

Infants 4 - 12 months old

Children 1 - 2 years old

Children 3 - 5 years old

Children 6 - 12 years old

Teens 13 - 18 years old

HOURS PER NIGHT

12 - 16 hours per 24 hour period

11 - 14 hours per 24 hour period

10 - 13 hours per 24 hour period

9 - 12 hours per 24 hour period









8 - 10 hours per 24 hours





To facilitate communication between parents and the school Robert Hicks School uses d6 connect for all administrative and communication needs. Every parent needs to ensure that they download the d6 connect app and link their child on the app. The app can be downloaded from the Google Play or the Apple App Store.

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













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

Be physically active


Spread activity throughout the day

Aim for at least **60** minutes everyday

All activities should make you breathe faster & feel warmer

 PLAY	 RUN/WALK	 BIKE	 ACTIVE TRAVEL	
 SWIM	 SKATE	Include muscle and bone strengthening activities 3 TIMES PER WEEK	 SPORT	 PE
 SKIP	 CLIMB		 WORKOUT	 DANCE

Sit less

 **LOUNGING**

Move more

Reading At Home

can make a huge difference!



Make Reading A Part Of Your Family Time!

Family time is so important... Why not make reading a part of this valuable time with your kids? Here are some tips for integrating reading into our daily family activities:

- Read bedtime stories
- Play a board game
- Visit your local library
- Read a recipe and cook something yummy together!
- Create a comfy reading space in your home.
- Put your child in charge of reading the grocery list at the store.



Choose Appropriate Reading Levels For Your Child

- Use the five finger rule. Open the book to any page and ask your child to read. Put up a finger every time your child does not know a word. If you have put up more than five fingers before the end of the page, this book is too hard for your child.
- Choose books that match your child's likes and interests.

10-15 minutes is plenty for a beginning reader!



How To Read With A Beginning Reader:

- o Encourage your child to use his/her finger to point to each word.
- o Read a sentence and have your child repeat it.
- o Take turns reading a sentence each or a page each.
- o Talk about the story as you read it. What do you think will happen next? What does this story remind you of? How do you think this character feels?
- o Don't be afraid to read the same book again! Repeated reading helps build reading fluency!



Check For Understanding

- ✓ Start the book by making predictions. What do you think will happen in this story?
- ✓ Ask questions and make comments during the reading process.
- ✓ After reading a book, have your child tell you the events from the story in the correct order.
- ✓ What was the problem in this story?
- ✓ How did the character feel when...?
- ✓ Encourage your child to make connections. Does this story remind you of another book you read, an event in your life, a movie?



Keep plenty of reading materials in your home:

books, magazines, newspapers, and comic books. Children enjoy having a variety of reading materials!

