



THE PINEHURST PRESS

Experience ~ Excel ~ Enjoy

A weekly newsletter to share the news of Pinehurst Primary School

Teaching and Learning

physical education



"every child is a winner when they try their very best!"

Our high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Pinehurst is an active member of the Liverpool Schools Sports Partnership.

Our Key Stage 2 children have the opportunity to use the Everton Sports Centre for swimming.

Sports Coaches support our PE teaching in school and our extra curricular enrichment clubs.

Leading PE at Pinehurst is Mr Farrell

6 classes with attendance 97%+ and 9 classes with 96%+ 😊

Weekly Attendance and Minutes Late



Year Group	Class	Attendance %	Minutes Late
R	Ash	98.00%	244
R	Oak	93.33%	194
1	Elm	98.18%	164
1	Cherry	100% 😊	69
2	Fir	93.75%	95
2	Yew	95.20%	196
3	Cedar	94.44%	132
3	Hazel	97.50%	233
4	Chestnut	98.57%	106
4	Holly	96.43%	318 ☹️
5	Maple	96.36%	50
5	Sycamore	97.00%	187
6	Birch	96.00%	290
6	Willow	85.00% ☹️	382 ☹️
Whole School		95.26%	2660 ☹️

😊100%: Wow Cherry Class! You are superstars!



Keeping Healthy

Children's experiences of mealtimes and food can stay with them for a lifetime. If healthy food and eating habits are usual in your house and at school then children are more likely to adopt these later on in life. Some simple suggestions to encourage healthy eating:

~ Children learn by example. So one of the most important things is for your child to see others enjoying eating healthily.

~ Enjoy fruit and vegetables.

~ Areas used for eating should be clean, warm and bright, and should be free from distractions such as television and toys.

~ Encourage children to choose the food they are going to eat for themselves, and to try new foods.

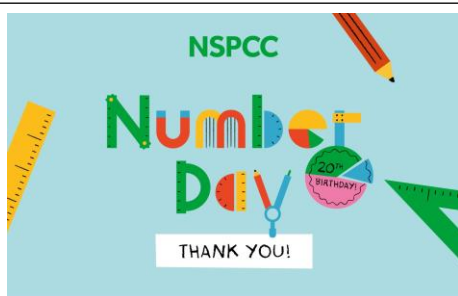
~ Mealtimes should be sociable occasions. Sitting down with others to eat and talk is important.

~ Get cooking together. This will get children interested in food and help them learn how to make healthy tasty meals from scratch.



We took part in Inside Out Day is on Thursday 6th February during Children's Mental Health Week.

Inside Out Day called for children and adults alike to wear an item of clothing 'Inside Out' as a way of making us all stop and think about how someone may look OK on the outside 😊 but inside they may be feeling sad or worried ☹️. It was a day to remind us to always be kind and think of others as no one knows how another person may be feeling.



Number Day NSPCC



Year 5 have been over to Anfield today to complete a Disability Awareness Session with the LFC Foundation.

We break up for half term at 3.15pm / 3.25pm on Friday 14th February.

quote of the week

THINK POSITIVELY
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
WORRY LESS
DANCE MORE
LOVE OFTEN
BE HAPPY

The Diet P.I.
 CLUES FOR REAL EATING
 www.heatherkjones.com



Behaviour and Class Dojos

Lots of children are reaching their first milestone of 100 Dojos. Look out for something special arriving on the doormat at home.

Congratulations!