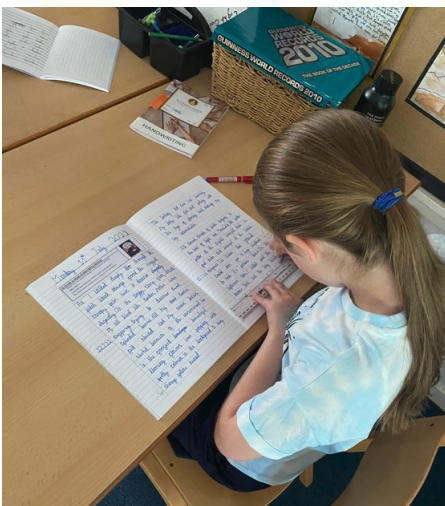


Rockcliffe Manor News

Friday 15th July 2022

It has been an exciting (and hot!) week at Rockcliffe Manor with many great learning experiences taking place. On Wednesday, we were pleased to be able to host our first 'normal' Sports Day for a while and what a success it was. The children had lots of fun taking part in the different competitive activities on offer, with the tug of war being a firm favourite! The staff were very impressed with the collaboration, resilience and kindness shown by the children throughout the day, spotting many high fives and well done's. It was also fantastic to see so many parents and staff taking part in the adult races- the children are always so delighted to see us running down that track. A huge thank you to everyone who came and supported the school. Your cheers, words of encouragement as well as generosity in lending gazebos and providing ice poles was much appreciated. Another community event that made us all very proud!



This week, Year 4 have been creating a setting description for a Sri Lankan jungle. They have explored the text 'The Girl Who Stole an Elephant' for inspiration and guidance, as well as exploring the country within their geography lessons. They have used features such as expanded noun phrases, metaphors, similes and personification. The children have really enjoyed this piece of writing and have produced fantastic descriptions to give an accurate representation of a jungle environment! In maths, the children have been learning about statistics and data, using bar charts to represent the data.

'I have enjoyed writing my setting description because I was able to use my imagination' Evie

'In English, I have loved doing my setting description because I've loved describing things that are found in the jungle' Lucia

'I liked writing the setting description because you are making a picture in the readers mind and getting them to think they are with us, making it realistic as if they were also in a Sri Lankan jungle' Inaya

'I have enjoyed learning about statistics because I feel confident to now make my own bar chart' Chloe


This week, Year 1 have had a fabulous week! They kicked started their week by travelling to Broadstairs beach on Monday with Year 2. All children had so much fun in the amazing weather, they built sandcastles, paddled in the water and even ate delicious ice creams. Clara shared *'this is the first time I have ever been to the beach with my friends, this is the best day ever!'*. Year 1 were so thrilled with their trip that they wanted to write all about it! They wrote a very detailed account of events and loved re-living all of fun they had! Anayah wrote *'the weather was perfect for the trip and I ate a delicious chocolate ice cream'*.



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Rockliffe Manor News



Year 1 also showed their competitive sides this week in the whole school sports day. They raced, jumped, tugged and threw as best as they all could and loved winning their special stickers. George even shocked himself at well he could throw a javelin 'I didn't know I could throw it that far!'. Arthur had so much fun and shouted 'I don't want sports day to end ever! I am having too much fun!'

Year 1 have consistently shown resilience and effort despite a busy week! Great job Year 1 and what a fabulous way to spend our final weeks.

As usual, please visit our Twitter page [@RockliffeManor](https://twitter.com/RockliffeManor) for all pictures and videos of the week.

Wishing you all a lovely weekend ahead

From Mrs Vdovin, Mrs Cook and the Rockliffe Manor team



IMPORTANT

NOTICE

.....PLEASE READ

Years 3 and 4 trip to Rockliffe Gardens has been cancelled for Monday due to the extreme weather, however we hope to go on Thursday . We will keep you informed

EYFS trip to Danson Park on Tuesday has also been cancelled.

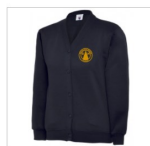
We realise this will be disappointing but have to keep the children safe during this heat wave.

We are pleased to advise that all Rockliffe Manor branded school uniform is now exclusively available to purchase at JK Clothing.

You can visit them in store at 14 Wellington Parade, Sidcup, DA15 9NB

Or by visiting our dedicated page on their website:

<https://www.jkclothing.net/product-category/schools/blackfen-store/rockliffe/>



Rockliffe Manor News

We are pleased to inform you that the negotiation of a new contract with our current school meal suppliers, Chartwells, has meant that we are able to reduce the cost of a school dinner to **£2.10** per day (£10.50 a week) from September 2022.

Rockliffe Manor School has its own kitchen and meals are prepared daily by our wonderful chef Gail. There is a choice of meat or vegetarian main dish, salad and dessert with water available throughout meal times. You will find the current menu until October 2022 attached.

Free School Meals

Children in years Reception to Year 2 are all entitled to free school meals as part of the universal meal scheme funded by the Government.

Free school meals are available to children from Years 3-6 whose parents are in receipt of eligible benefits including:

- Universal Credit with an annual net earned income of no more than £7,400.
- Child Tax Credit (with no Working Tax Credit) with an annual income of no more than £16,190, as assessed by HMRC.
- Support under Part VI of the Immigration and Asylum Act 1999.

If you think you are entitled to Free School Meals, please go to <https://www.royalgreenwich.gov.uk/freeschoolmeals> if the application is successful, please do let the school know as soon as possible so we may make the necessary arrangements. If you have any problems accessing the online application, please contact the school office.

Online Payment

We are a cashless school and from September will have the Parental Portal / Arbor App for online payments (debit/credit and bank transfer). This means that parents of children from **Years 3 to 6** are able to make all school meal payments via smartphone or website. You will also be able to view your school meal balances and top up anytime.

You will still be able to make all payments via [ParentPay](#) until Friday 22nd July, after which we will transfer all balances ready for when we switch to Arbor for all payments. Just a friendly reminder that we expect your child's account to be fully paid by the summer break with no debts being carried over.

Finally, please may we remind you, for administrative purposes, that we ask you to make the choice for school dinner or packed lunch on a termly basis and keep the school office informed of any changes.



A frog had a lucky escape last night as one of the Year 2 children rescued it from her two cats! She then brought the frog to school so we could release it into our pond but before we let it out, the frog really wanted to see their beautiful writing! What a fortunate frog!

Rockliffe Manor News



Following on from the success of 'Water Fun Day' last year, the children and staff are keen for the return of these activities this year. With that in mind, please see details below.

Monday 18th July – Nursery and Reception

Tuesday 19th July – Year 1, Year 2, Year 3, Year 4, Year 5, Year 6

'**Water Fun Day!**' will involve a range of water based activities including the use of water pistols and throwing soaking sponges! (let's keep our fingers crossed that the sun will be shining!)

Each class will be allocated a session on one of the two days and during this time the children will be getting very wet! With this in mind we are asking if each child can bring the below:

- A small towel
- A sun hat
- Sun cream (this **MUST** be applied before coming to school, you can put a tube in their bag in addition)
- A change of clothes (school uniform), including underwear and shoes, and a bag to put wet things in

The children can come to school wearing their PE kits and trainers, after the water fun session they can change into their school uniform and school shoes.

The water fun session will end with the children having an ice lolly before returning back to class.



Temperatures in London & the South East are likely to rise up to around 37 c (99 f) from Saturday and into next week

- * Drink plenty of fluids and wear sunscreen
- * Where possible, stay indoors during the warmest hours of 12noon —4pm. Please especially make sure young children and elderly people remain indoors
- * Wear lightweight, light coloured and loose-fitting clothing, including a hat
- * Do not exercise dogs on paved areas or in direct sun light and ensure they have access to plenty of fresh water
- * If you think someone is suffering from heat stroke, seek medical attention

Rockliffe Manor News



As you may know, we are expecting some very hot temperatures again next week. You can help to ensure that your child is safe and able to enjoy the good weather by doing the following:

- Put suncream lotion on your child in the morning;
- Give them a sun hat to wear at break and lunchtimes to protect them from the heat and from getting sunburnt; and
- Give them a bottle of water to take with them to school, we will keep this topped up with water throughout the day.

The Benefits

As we welcome the sunshine and warmer weather it's a great opportunity to spend time outside with the whole family. From playing in a paddling pool on the balcony or back garden to going on an adventure exploring the local area, there is plenty to do in the great outdoors. But the benefits of getting out in the sun doesn't just end at having fun. Your body and mind benefit greatly from the summer season too.

The Primary Times magazine have created a list of how the sun can benefit your family!

Producing Vitamin D

It doesn't take much sun exposure for the body to produce Vitamin D. Just 10 minutes can increase production. Vitamin D plays an important role, especially for growing children, as it helps absorb calcium, which is essential for the development of healthy bones. It can also help absorb other essential minerals such as zinc and magnesium.

Helping the immune system

Sunlight has been shown to increase the production of white blood cells in the body, which helps fight off infections to keep you healthy. Children in particular are exposed to all kinds of viruses and bacteria as their immune systems are still developing. Ensuring children are exposed to some sun can help ensure their bodies are better able to handle any illnesses they may develop.

Getting a better nights sleep

Getting a good nights sleep is essential for both your physical and mental health, and the sun can help with this. The sun's rays can help establish a healthy sleep and wake cycle, known as a circadian rhythm. When out in the sunshine, your body is given a signal to stop producing melatonin a sleep inducing hormone. When it gets darker, the body will produce melatonin again. This means the more sunlight you get, the more awake you become so you can then get the best nights sleep at the correct times

Emotional boost

Sunlight can help to boost a chemical in your brain known as serotonin. This chemical controls many emotional elements of your brain such as your focus, mood and calmness. This means that creating some fun activities to do in the summer sun is more likely to make everyone involved feel positive and happier than if you were to do these activities indoors.

Encourages Exercise

With the increase of online learning and gaming, children especially are on screens more than ever. Providing opportunities to switch off from these screens and go outdoors will encourage daily general exercise.

Staying Safe

Though there are many benefits to getting outside and enjoying the sunshine, you must keep yourself safe and avoid prolonged periods of time in the sun between 10am—4pm, always wear sunscreen, even on cloudy days, stay hydrated by drinking lots of water and wearing a hat and glasses!

Rockliffe Manor News

We are very excited to announce that our school has moved our student information system to Arbor.



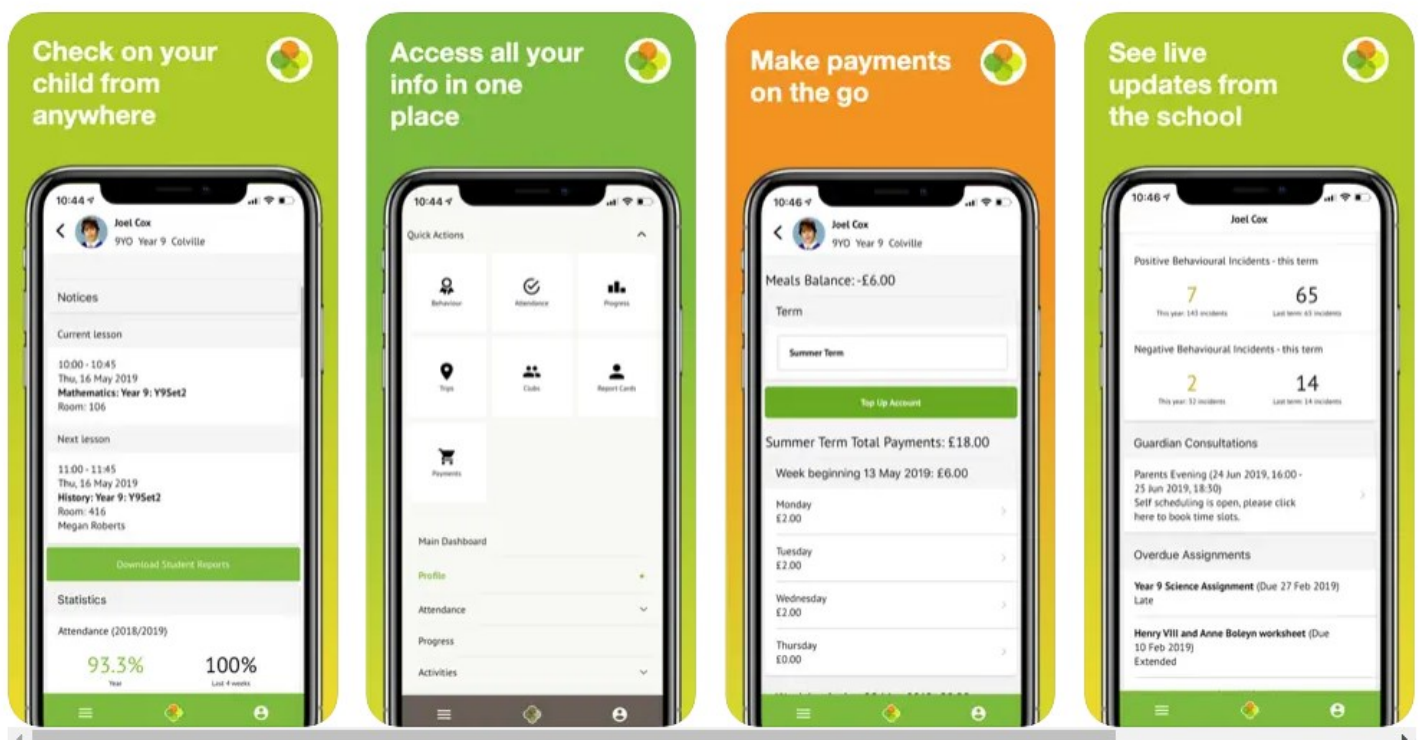
Adopting Arbor will allow us to communicate with you more efficiently through one system and will allow you more control over registering your child for an after school club, receive all letters home and other communications, book parents evening slots, and manage all payments - all from your computer or mobile phone. You will also have the opportunity to check your child's attendance and, potentially in the future, access information on academic progress and behaviour.

Go to <https://login.arbor.sc> and click **Forgot your password?** to finish setting up your Arbor account. The Arbor App can be downloaded from either the [Playstore on android phones](#) or the [Apple Store on iPhones](#).

We invite you to familiarise yourself by using the link <https://bit.ly/arborparentinfo>

Arbor also offers access to many training resources which are completely free for parents - including how to log in, how to book trips and pay for items such as dinner and extended provision.

We will fully launch the full Parent Portal/Arbor App in September 2022 with all payment information. In the meantime, we hope you are looking forward to using this new feature as much as we are!



Rockliffe Manor News

Attendance This Week	
Reception	91.8%
Year 1	85.7%
Year 2	89.1%
Year 3	87.8%
Year 4	83.9%
Year 5	93.3%
Year 6	88.3%
Whole School	88.5%

Merits

Reception	
Year 1	Adam
Year 2	Julia
Year 3	
Year 4	
Year 5	Daniel
Year 6	Katie
Eco-Warrior	



Happy Birthday to:

*until 22nd July 2022



Aalimah

Gabriella



If your child usually has a home packed lunch, please email the office on

info@rockliffemanor.greenwich.sch.uk to advise if they would like to have the special Leavers Day lunch menu on 22nd July.

Dates for your diary

- Monday 18th July 2022 & Tuesday 19th July 2022 — Water Fun Day
- Wednesday 20th July 2022 -Year 6 Leavers Ceremony
- Thursday 21st July 2022—Nursery Graduation
- Thursday 21st July 2022—Year 6 Leavers Disco
- Friday 22nd July 2022– Last Day of Term
- Friday 22nd July 2022—Leavers Day Lunch
- Monday 5th September 2022 Children return to school



Rockliffe Manor News

Places Where KIDS EAT FREE

During All UK
School Holidays



Parents can save money this summer with many supermarkets and restaurants offering kids eat for free or as little as £1.

You can find more information on [Moneysavingcentral.co.uk](https://www.moneysavingcentral.co.uk) however we have put together some of the more local restaurant and supermarkets for you to try

Morrisons

A child under 16 can eat for free at [Morrisons](#) cafés when you buy an adult meal worth at least £4.99.

A kids meal comes with a piece of fruit and Tropicana kids orange juice, apple drink, or bottle of water.

The free meal must be from the cafe's kids menu and cannot be used with any other offer.

Morrisons is rolling out the deal nationwide and you can find your nearest café by using the [store locator tool](#).

Asda

Kids across England and Wales can eat for £1 at any time of the day in [Asda](#) cafes.

Asda hasn't introduced a minimum adult spend, meaning you don't have to spend a certain amount to get the offer.

The Kids Eat for £1 deal is available all day, every day from July 25 until September.

[Children](#) will be able to get either a hot or cold meal, depending on availability.

[Baby](#) food is also available as part of the initiative, with little ones able to get a free pouch of Ella's kitchen baby food in their local Asda café.

You can find your nearest Asda café [here](#).

Beefeater, Table Table and Brewers Fayre

Kids under 16 can eat breakfast for free at any [Beefeater](#), TableTable or Brewers Fayre during the school holidays.

Buying an £9.50 adult breakfast will allow you to get two free kids breakfasts.

You can find your nearest restaurant [here](#).

Hungry Horse

Customers at a [Hungry Horse](#) pub can get a free kid's breakfast when they buy an adult breakfast for at least £3.49.

The good news is, two children can eat for free with each breakfast that is purchased.

Hungry Horse's deal is available from 8am to noon from July 22 to September 4.

Your nearest Hungry Horse can be found using [this tool](#).

Ikea

From July 11 to September 3, kids can get a meal from the children's menu from between 95p and £1.50 at [Ikea](#).

The deal includes one hot meal, jelly and a soft drink, and a piece of fruit.

You can find your [nearest Ikea here](#).

Tesco

Kids can eat for free when an adult spends £3.50 in their cafe. This deal is running until September 1 and applies to Tesco cafes nationwide. It covers the lunch Pick "N" Mix meal deal, hot meal deal, alongside various breakfast options such as Little Eggs on toast.

M&S

Kids eat for free when an adult spends £4 in its cafe. You need to visit an M&S café after 3pm to get this freebie, with the deal running until September 3. The kids meal deal includes one main, one side and one kids drink plus a piece of fruit with a total value of £3.95.

Rockliffe Manor News

