



Colston's Primary School

A Co-operative Academy

Tel: 0117 377 2610

Email: office@colstonsprimary.co.uk

www.colstonsprimary.co.uk

Headteacher: Alex Bell

Celebrating Diversity,
Learning Together

*This term's co-operative value is **SELF-HELP***



10th March 2017

Dear parents and carers,

It's been a very exciting week at Colston's. The children have taken part in a number of off-site sporting fixtures including football matches and a swimming gala (see reports). I always try to catch teams and individuals before they go off to represent the schools and I ask them to make the school proud of them, whatever the result or occasion. It's great to report that without fail, the teachers come back and tell them that Colston's children stood out as polite, friendly and a real asset to the school.

Next Monday sees the first Meat Free Monday at Colston's. In the run up, we've enjoyed some fabulous assemblies and workshops involving parents and food experts. Here's what some of the children think of the idea so far:

"I'm really looking forward to Monday, to see what new choices we get."

"I know how to be much healthier now."

"The assembly was really good fun, I learned a lot."

Alex Bell

CERTIFICATE WINNERS

Well done to all our certificate winners this week: Reuben Elston, Thomas Hughes, Rufus Stevenson, Edward Otero Dolz, Oliver Curzola-Holder, Takaeja Ngozi, Fred Knaggs, Ali Debes, Musa Obsiye, Imran Gurey, Rosa Sadri, Oscar Haslett, Yacub Hassan, Papa Mbaye, Nora Nemeth, Lila Rossiter, Zeek Sharry, Oscar Murphy, Shayma Adirahman Jibril, Callum Morris, Lyra Ilench, Louis Hibbs, Amelia Grimley, Bruno Wierzbicki, Cordaé Kelly, Oscar Farnfield, Nathan Sweeting, Nafisa Younis, Salah Osman, Rafaella Naylor, Amelie Lewis-Hunt, Salma Abdulle, Kieran Johnston and Nevina Shawe.

CLASS ATTENDANCE & PUNCTUALITY WINNERS



week's class attendance winners are **6JO with 100%. Well done!**

This week's class punctuality winners are **3A with 100%. Well done!**

CO-POSITIVE RELATIONSHIPS

Yesterday, thanks to our fantastic PTAF, we welcomed Louisa from the Bigfoot Arts Education Company to Cotham Grove. Louisa ran a whole-site assembly and then a number of class workshops on maintaining positive relationships and stamping out bullying. Every child I spoke to said how interesting and fun they thought the assembly and workshops were, and all the teachers praised the way the events captured the children's imaginations and focussed them on these aspects of school life.



ECO NEWS

At the beginning of this year, Living Streets launched a photo competition among all Bristol primary schools who participate in the Walk Once a Week project. The children were encouraged to choose, as their subject, things that they would not see if they travelled by car. One of the winners was a Colston's girl, Sylvie (2B) who received a yearly ticket to the SS Great Britain for all her family,



and which was given to her by Big Foot Strider himself during assembly. Well done, Sylvie! This is the wonderful picture she took while walking to school.

FOOD GROUP NEWS

*****MEAT FREE MONDAY*****

Supported by Colston Primary's Co-op Food for Life! Policy

Book Display and Research

Thinking meat free? Wondering what it's all about? There will be a display of vegetarian cook books in the foyer during Meat Free Monday 13th March. You are welcome to have a look and find out more.



Workshops



If you have a child in Reception, you may have been hearing them talk a lot about rainbows recently. They have been taking part in some exciting workshops run by the **Super Sprouts** team, learning all about the rainbow of foods and why it is so important to make sure they have a rainbow on their plate.

The children have been able to make their own rainbow charts to use at home and also had the chance to try some of the fruit and vegetables that we talked about. With comments ranging from "delicious", "thumbs up", "sweet", "juicy" and "I love it", hopefully it won't be hard to incorporate more of this delicious fruit and veg into your meals on meat free Monday!

Please, if you get a chance to fill in the feedback questionnaire, you can drop these in at the office.

Assemblies and Curriculum

We hear from Mr Bell that the **Table of Delights** assemblies around the meat free theme were fun and informative, PSHE is all about healthy living at the moment, posters are up, so all set for ...

The Day

Roll on Monday for the best bit - when children and staff will be treated to a delicious and nutritious **#meatfreemondays** lunch cooked and served up by Colston's parents and professional chefs, Claire Thomson, Matt Williamson and Sam Sohn-Rethel. Theory will become practice - Yum!

#Meat
Free
Monday

NB Food Group Page for the website coming soon ...
Love from The Food Group



MENU CHANGE #MEAT FREE MONDAY

The hot meal for Monday 13th March has been changed to either:

Homemade baked beans, baked potato
and grated cheese.

Lentil soup with brown bread

Or Pea and potato biryani

SWIMMING GALA TUESDAY 7TH MARCH

We had so much fun at Bristol schools swimming gala. We did really well and enjoyed the opportunity to show our swimming ability. We would really recommend doing it next year as well because it was so fun and we really liked cheering people on. Also a big thank you to the parents who helped us out.



ST BEDES TOURNAMENT REPORTS

Match 1: Result 0-0 By the boys football team.

In the first half the ball was never really under control, most of the half was booting the ball up the pitch. In the second half we started to dominate and get into good positions to score but sadly we missed them all. Their keeper was really good.

Match 2: Colston's 1-0 Henleaze

From the start we were piling on pressure and passing well. We had about 3-4 chances but were blocked. In the second half we managed to score by cutting inside and playing in our striker, who top poked it top right. For the rest of the match our defence was good.

GIRLS FOOTBALL MATCH REPORT



On Tuesday 7th of March, 10 Year 6 girls went to RGS to play against Bishop Road and Westbury Park. Unfortunately, we lost 1-0 to Bishop Road (which we were very annoyed about).

However, we drew 0-0 to Westbury Park. It was a good and friendly match but we would have liked to win both matches; hopefully next time we will WIN! By the girls football team.

PTAF NEWS

Colston's Family Bingo Night - Friday 24th March
6:30pm - 9:00pm.

Ticket for bingo only - £4 per person. Ticket for bingo plus a Pieminster pie supper - £8 per person. To purchase tickets and for further info please go to <https://www.eventbrite.com/e/eyes-down-for-a-full-house-tickets-32293247974>