



Congratulations to this week's **Week 8** winners of The House Point Cup



Friday 15th June 2018

Please [click here](#) for all the latest news on the website.

Many congratulations to Mia G who successfully qualified for the finals of the IAPS Swimming Gala. On Saturday she represented Staines Prep and successfully secured a place in the final. Mia came 7th overall, which is a wonderful achievement. We are very proud of her.

Sports Day is on Saturday 30th June. Lower School events 10am – 12pm and Upper School events 1.30 – 3.30pm. All children are expected to take part.

Our Year 6 future schooling destinations can be found on our website. Please [click here](#). Well done to all of our Year 6 and their achievements.

Well done to all SPS ballet students who performed their examinations at Sylvia Young's Theatre School on Sunday 10th June. Special best wishes for Year 6 dancers Meghana B and Lorna C for whom it was their last exam before leaving. On [June 19th](#) Parents are invited to observe their child's ballet class. The children will demonstrate their class work. Mrs Hudson will also be explaining the class content, exam syllabus and process.

An email and an interactive booking form was sent home to parents on Thursday for Clubs and Music Lessons for the Autumn Term. Replies are on a first come first served basis. Please [click here](#) to view more information on our website.

We hope that the warm weather is here to stay. Please remember to apply sunscreen to your child before school and send your child in with named sunscreen, a hat and a water bottle. We have facilities to fill the bottles up. Please send your children in with a healthy snack for their break time. This can be a piece of fruit or vegetables, or breadsticks.

Following from a very successful Daily Mile, we will be offering the children the opportunity to take part in this activity every day, from 8.30am until 8.45am until the end of term. Children are to make their way onto the field in their trainers. Thank you to the teachers who have volunteered to run this each morning. This activity will be cancelled if it is raining. See the review of Healthy Week on the page below!

It is Music Week 1

Have a wonderful weekend!

Upcoming events

Tuesday 19th June
Reception Meet the Teachers (Current Nursery and New Parents) 6.30pm Music Room

Wednesday 20th June
Nursery Meet the Teachers - 6.30pm Music Room

Thursday 21st June
Year 1 Meet the Teachers (Current Reception Parents) 6.30pm Music Room
Reception French Day
Year 6 Challenge Day

Friday 22nd June
Challenge Day

Sports Fixtures

Monday 18th June
West Surrey Athletics – Girls 10am

Wednesday 20^h June
U11 (A) Cricket HOME (SALSAL) v Danesfield 2.15pm
U11 (A) Rounders HOME v Westward School 2.30pm
U8 (AB) Rounders HOME v St George's 4.15pm

Thursday 21st June
U8 (BC) Rounders v Danesfield Manor HOME

Thank you to all that took time to complete the survey monkey and giving us your feedback of events that have worked well and others you'd like to see in the future.

Someone Special Room
Thank you to all the children and volunteers that helped with this event. As always the children enjoyed choosing gifts and put in a lot of effort and consideration in their choice.

Summer Breakfast and Lunch Time BBQ Event
Sports Day, Saturday 30th June

We are excited to announce that after the success of last year we have our amazing gourmet chefs again this year producing high quality food at our summer event. To assist with the popular demand we are looking for **spare BBQ's so please do get in touch if you can loan us one. And we are looking for more volunteers to help with the food.** Please let us know if you can spare some time to assist with this event. We need volunteers to fill half hour slots as well as help to set up and pack away.

Please contact us via thefriends@stainesprep.co.uk.

SPS Healthy Week

Healthy Week has been a great success! On Monday the children began the day with a whole school assembly and then we all headed outside for 'The Daily Mile'. This national initiative sees the children run, jog or walk for 15 minutes, aiming for a mile. It was a very warm morning and the children did a great job. We managed the full 15 minutes and this was 1.6 km - almost a mile! This continued throughout the week and saw many children improving their times.

After an energetic start, the children from Year 3-6 had the chance to work with employees from The Thames Club. They made fruit flavoured water and played games based on a healthy balanced diet. They even got to taste their diffused water!

Year 3 were also treated to a talk from Mrs Sekhon, a Personal Trainer. They had lots of interesting questions about the profession that they wanted to ask.

On Tuesday the children enjoyed Sports Taster sessions led by teachers. The Upper School enjoyed a session of Taekwondo with Mrs Ubhi and the Lower School loved their Netball session with Miss Selby and Miss de Toit.

At lunchtime on Wednesday the Upper School were able to try Frisbee with Mr Lawson, which had a great turn out. I think many children would like to join his Ultimate Frisbee Club now! The Lower School had a Mindfulness/Yoga session with Miss Behan. The children focused on relaxation and stretching. Year 1 and 2 also had visitors, Healthy Weight Practitioners, helping them learn about the importance of keeping active.

Our Healthy Week fun continued on Thursday with a special Whole School assembly led by our School Council children. The winners for our Healthy Week poster competition were announced and were as follows: Amy L (6H), Nia M (5G), Lilly C (4B), Anaiya G (3C), Avya V (2MW), Ellie A (1Be) and Samiksha K (RA). They received a certificate and a skipping rope prize. Well done to these children. Thank you to all the children who entered, judging was a challenge as there were some outstanding entries!

Unfortunately, due to the rain, our Daily Mile was cancelled on Thursday but Year 1 had an interesting visit from a local nutritionist, Helen Halliday. They learnt about having a balanced diet and even got to make some healthy snacks to eat.

Year 6 also had an invaluable visit from Mr Sagar, a Wellbeing Champion. In this session he discussed the importance of mindfulness and healthy mental health. This was linked to our Staines Prep values.

Thursday's taster sessions included a Fitness session run by Ms Hodgkinson for the Upper School followed by Rounders for the Lower School, run by Miss Brown and Mrs Wooster.

As the week came to a close the children got to complete 'The Daily Mile' for the last time as a whole school. The good news is that we will be running this every day until the end of term on the field, from 8.30am, unless it is raining. Pupils are more than welcome to join us there as they arrive at school. What a great way to start the day! Friday's taster session was Rocketball, run by Mrs Roberts

It is clear that the children have thoroughly enjoyed our SPS Healthy Week and we are confident that it has inspired both pupils and staff to be healthy in many different ways. Thank you for your support and for making our Healthy Week one to be remembered!



SPS Menu Week Commencing Monday 18th June

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main course	Roasted pork with stuffing, apple sauce & gravy	Turkey meatballs with sweet chilli sauce	Lamb pasta bake with mozzarella	Creamy chicken & vegetable pie	Oven baked cod fish fingers with homemade tartare sauce
Vegetarian	Red onion & brie tart	Sweet chilli vegetable stir fry mini spring rolls	Tortelloni in arrabiatta sauce	Vegetable & parmesan gratin	Vegetable samosa with tomato chutney
Vegetables	Braised red cabbage green beans	Steamed broccoli Baby carrots	Mixed vegetables Wilted spinach	Savoy cabbage Sweetcorn	Baked beans Garden peas
Carbohydrate	Crushed new potatoes Jacket potatoes	Egg noodles Jacket potato	Garlic bread Jacket potatoes	Creamed potato Jacket potatoes	Chips Jacket potatoes
Salad Bar	Chef's salads Cold meats, tuna and cheese	Chef's salads Cold meats, smoked mackerel, egg and cheese	Chef's salads Cold meats, tuna and cottage cheese	Chef's salads Cold meats, hummus, egg and cheese	Chef's salads Cold meats, egg and cheese
Sides	Chef's choice	Chef's choice	Chef's choice	Chef's choice	Chef's choice
Sweet	Plum & ginger cake Yogurt or fresh fruit	Treacle tart yogurt or fresh fruit	Profiteroles with chocolate sauce Yogurt or fresh fruit	Cinnamon pinwheels Yogurt or fresh fruit	Semolina with jam sauce Yogurt or fresh fruit