

# WELTON ST MARY'S CHURCH OF ENGLAND

## PRIMARY ACADEMY

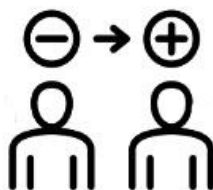


March 2024

Dear Parents and Carers,

Congratulations to Mr and Mrs Barton on the safe arrival of their baby boy, Billy. We wish them every happiness as they begin their life as a family of 3.

Each class this year is raising awareness about an area that is important to them. We have recently heard about why foodbanks are important, the importance of brushing our teeth and hearing impairment. These are really powerful collective worships, not only presenting facts but also how each of us can make a difference in our society and be agents of positive change.



Year 6 have been learning about road safety this term, working with the Road Safety Partnership.

World Book day was a huge success. It was great to see children and staff dressed up as characters or bringing in props to represent their favourite characters – Harry Potter books are still very popular! There were lots of fun activities on the day including a quiz where children had to guess our favourite childhood books from 3 clues.

We have achieved well in the sporting events that our children have been on. Well done to the Year 3 children who attended the Multi Sports event with Welton Team A coming second. Congratulations to our swimming team where our girls achieved 1<sup>st</sup> in the freestyle relay and 2<sup>nd</sup> in the medley relay and the boys achieved 3<sup>rd</sup> in the freestyle relay. Well done to everyone that participated.



## Celebrating Easter

Thank you to our choir and collective worship council who performed Resurrection Rocks. This was a great performance, a time for reflection, was thought provoking and a rollercoaster of emotions from sadness through to joy.

Children may be excited about receiving an Easter Egg on Easter Sunday. They may be able to share with you, the symbolism of the egg. It represents new life. It is symbolic of the shape of the large stone at the entrance of Jesus' tomb. An empty shell symbolizes the empty tomb. The gold foil may represent the celebration and happiness felt by Christians of Jesus' resurrection.

Many of you will be joining us at our outdoor easter service this afternoon where we can share together the sadness and the joy of Easter.

We hope you all have a lovely Easter break.

Best wishes

Mrs N Gough



## Did you know...

9 out of 10 hospital tooth extractions among children aged 0 to 5 years are due to preventable tooth decay and tooth extraction is still the most common hospital procedure in 6 to 10 year olds, according to data up to 2019.

Tooth enamel is the hardest substance in the human body!

The shiny, white stuff that covers the teeth, known as enamel, is even stronger than bone. Yet, as strong as teeth are, unlike other tissues in the body, they can't repair themselves, which is why it's so important to take amazing care of your teeth!

You can exert, on average, 200 pounds of pressure when you bite down.

With all of that force, it's no wonder many kids (and adults!) use their teeth to open things or chew on super hard stuff like ice cubes or pens. Yet, these are both among the worst habits for teeth and can lead to chipping or cracking, loss of fillings and erosion of the enamel.

Your teeth are unique to you just like your fingerprint.

Did you know identical twins don't have the same exact set of teeth? Your teeth are completely one of a kind. You know what else is unique? Your tongue print. No two tongues or sets of teeth are the same.

You'll make about 10,000 gallons of spit in your lifetime.

Okay, so this one isn't technically one of our teeth facts but it is tooth related since saliva is so important for dental health. Over the course of a lifetime, most people produce enough spit to fill two swimming pools.

The average person spends 38.5 days over their lifetime brushing their teeth.



## Young Writers Poetry Competition

A massive congratulations to our year 4 children who took part in the Young Writers poetry competition, the theme this year was once upon a dream. Not only did they all produce fantastic poems, but the judges have also decided to publish every single poem that was submitted! Normally they only decide on a couple of poems to publish, so this is an incredible achievement. We definitely have some future authors in our midst.

Children involved: Roman, Ruby, William, Ameilia, Ned, Ava, Jaxon, Sylvie, Oscar, Harry, Safiya, Oscar, Theo, Danae, Stanley, Louis, Riley, Emily, Matilda, Mabel, Finley, Daisy, Finley, Evie, Leo, Anna, Eli, Cobey, Bradley.

## Rand Farm

# THANK YOU

Thank you to all the staff who gave up their time this week so that our Year 4 children could have the opportunity of a residential at Rand Farm. The children had a great time learning about life on the farm, feeding the animals, mucking them out, making carrot muffins and their own delicious pizzas as well as finding time to enjoy the play barn and outdoor play.

## Congratulations

We encourage everyone to be lifelong learners. Every day is a school day.

Congratulations to Mr Barton on achieving her National Professional Qualification in Leading Leading Literacy (NPQLL)

# Congratulations!

## Red Nose Day



A huge thank you to everyone that kindly donated to Red Nose Day 2024.

**Together we raised £457.35**



## Dates for the diary

We have planned our annual calendar so that dates can be saved. We will keep you updated, if any dates need to be changed.

**25th April** - Y4 Horncastle & Skegness Geography Trip

**25th April** - 10 Rules for a Good Life led by Open the book 9.05am – parents, carers and families are welcome to attend

**30th April** - Class Photos

**1st May** - FS and Year 1 The Lion Inside Theatre Trip

**6th May** - May Bank Holiday - School Closed

**9th May** – School Ascension Day Service

**9th May** – Gideon led by Open the book 9.05am – parents, carers and families are welcome to attend

**10th May** - Y2 Zoolab and Y4 Lush Workshops

**Week commencing 13th May** - Year 6 SATS

**17th May** - School Pentecost Service

**20th May** – Sports day: KS2 - AM and KS1 & FS PM – family are welcome to join us for a picnic over lunchtime.

**21st May** - Y6 Chicken Wired Workshop

**22nd May** - Y3/4 concert

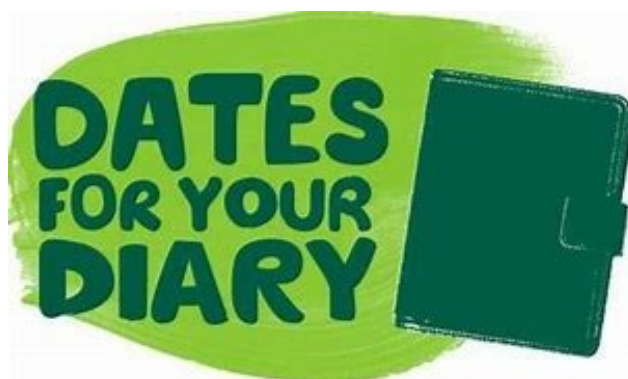
**23rd May** – Samson led by Open the book 9.05am – parents, carers and families are welcome to attend

**24th May** - Last day of term 5.

**13th June** - Naomi & Ruth led by Open the book 9.05am – parents, carers and families are welcome to attend

**27th June** – Samuel led by Open the book 9.05am – parents, carers and families are welcome to attend

**11th July** – We Want a King – Saul led by Open the book 9.05am – parents, carers and families are welcome to attend





## The Bishop of Lincoln

Easter 2024

What happens at the beginning of the day? We wake up, we have our breakfast, we go to school. At weekends, we might even get to lie-in!

Something that happens every single day is that the sun rises and a new day begins.

Picture a sunrise in your heads. We start off in darkness, but when the sun rises, it gets brighter and brighter.

In church, thinking about the sunrise helps us think about Easter. Jesus, the Son of God, died on Good Friday, but we believe that on Easter Day he rose to new life.

Just like the sunrise, Easter begins in darkness. Jesus died on the Cross and was buried in a tomb. Darkness turns to light, and in the Easter Story, we discover that the tomb is empty, Jesus is alive and the world is never the same again.

Jesus is like the sunrise at the start of the day: a bright light shining on the world because he is alive.

Darkness and light are found in the whole story of Easter. On Good Friday, the Bible tells us that in the middle of the day it suddenly became dark. When Jesus was taken down from the cross and buried in the tomb, the Bible tells us that this happened in the evening, when the sun is setting. Then, on Easter Day, we hear that some of Jesus' followers go to the tomb and find it empty, at dawn, on the first day of the week.

Darkness giving way to the light: Christians talk about Easter in the same way. We believe that when Christ rose again, he is like a light scattering the shadows – all those things that we say and do which are wrong.

Jesus and his new life changed the world and people's lives for the better. Just like his followers, two thousand years ago, Jesus changes lives today – I know that Jesus changed my life too.

Easter is a wonderful promise from God, that in the darkness there is a light which shines, bringing hope and joy and love to our world.

So, my hope and prayer for you all this Eastertide is this:

...in the darkness, may you see a light shining.

...in sadness, may you know joy and hope.

...in endings, may you discover new beginnings.

Happy Easter!

The Rt Revd Stephen Conway  
Bishop of Lincoln



# Your guide to health services in Lincolnshire



## Self Care

Treat aches, pains, coughs, and colds at home. Stock up your medicine cabinet with over the counter remedies.



## Pharmacy

Visit your local pharmacy for advice on minor injuries, allergies, constipation, headaches, cold and flu symptoms, and earache.



## Your GP Practice

Contact your GP practice about symptoms that aren't going away. They can offer you an appointment or signpost you to other services.



## NHS 111

If you have an urgent health need but are not sure what to do, think NHS 111. Call 111 or visit 111. [nhs.uk](https://www.nhs.uk). Available 24/7.



## WaitLess

Download the WaitLess app to view live waiting times, queue numbers and travel-time information for our urgent care facilities.



## Urgent Treatment Centre

Seek help for sprains, fractures, minor burns, and skin infections. Simply walk in or book an appointment via NHS 111.



## Dental Treatment

For urgent dental care please contact your normal dental practice, or for advice out of hours call NHS 111.



## Mental Health Crisis

If you are worried about your mental health, call 0800 001 4331 (adults) or 0800 234 6342 (children and young people). Available 24/7.

In a medical emergency call 999. This is when someone is seriously ill or injured and their life is at risk.

**For more information visit [www.nhs.uk](https://www.nhs.uk)**