**Biggin C of E Primary School’s**

30th April 2018

Newsletter 4 for Summer Term One: 9th April - 25th May 2018

***Congratulations!***

**to Mrs McCurrach as Bonus Ball number 20 was drawn on Saturday 28th April**.

**Matt Bawden -** thank you to those who were able to come along and listen to a very interesting talk, we hope you found it useful.

**This week:**

Monday Scholastic leaflets sent out – return before Wednesday 16th May

Tuesday Meeting of the full governing body

Thursday ‘Show & Tell’ for Ruby, Chloe, Jorge & Kyle

Friday MAST “Feeding the 5,000”

Orienteering Festival at Q.E.G.S. for those in years 3 – 6 within school time, transport

provided

Don’t forget! 7th May is a Bank Holiday – enjoy the break and we’ll see you on Tuesday 8th.

**Summer Term One 2018**

Wednesday after-school Music club for those in years 4, 5 & 6 (*not 23rd May*)

Thursday afternoons: - Violin lessons for those in year 3 (*not 17th & 24th May*)

* Derby County sport coaching for all
* Derby County sport coaching after-school for those in years 1 – 6

Friday after-school - Year 6 pupils only, 4 sessions on 20th & 27th April, 11th & 18th May

School dinner money is £68.00 for the half-term plus or minus under/over spends.

**Summer term one 2018**.

Monday 7th May Bank Holiday

Thursday 10th May ‘Show & Tell’ for Jasmine L (Yr6) & Ebony

Friday 11th May Devizes will collect your unwanted textiles, footwear, bags etc

14th – 17th May SATs week

Wednesday 16th May Scholastic orders to be received by today

Thursday 17th May ‘Show & Tell’ for Sophia, Charlie, Daisy H, Harry & Isabelle

Wednesday 23rd May Mobile Library Van to call

Thursday 24th May Quad Kids for years 5 & 6, transport provided

‘Show & Tell’ for Jasmine M 9Yr6) & Finley Har

Friday 25th May Break up for the half-term holiday

**Year 6 -** please note the four after-school Fridays just for you xx

**Parents**: while you are clearing out for ‘Devizes’ (who collect Friday 11th), please put to one side any white 100% cotton items e.g. old pillowcases/sheets for craft club – can be worn, torn & stained.

Derbyshire Open Arts Bank Holiday weekend 26th – 28th May

Parwich, Tissington, Ilam , Bakewell, Matlock, Darley Dale, Bonsall, Cromford, Buxton, Brielow Bar, Flagg, Ashford-in-the-water & Ms Wotton’s Textile House at New Mills. Why not have a relaxing day out and see just a sample of Derbyshire’s talented artistes?

Ms Wotton is opening her house for Derbyshire Open Arts weekend with friends as ‘The Textile House’, number 27 in the brochure. All welcome. Brochures from various venues, in the office or see [www.derbyshireopenarts.co.uk](http://www.derbyshireopenarts.co.uk)

Advanced notice – our whole school outing will be to ‘Conkers’ on Tuesday 16th June.

To contact school and/or reply to messages: - send a note via pupil-post (or leave it in the letter-box), email [info@biggin.derbyshire.sch.uk](mailto:info@biggin.derbyshire.sch.uk), pop into the office, or leave a ‘phone message on 01298 84279

Please see the school’s website on [www.biggin.derbyshire.sch.uk](http://www.biggin.derbyshire.sch.uk) for the weekly newsletter, calendar and lots of information. Is there anything in particular that you would like to access on here?

**‘Show & Tell’ for Summer 2018**

**May**

3rd Ruby, Chloe, Jorge & Kyle

10th Jasmine L (Yr 6) & Ebony

17th Sophia, Charlie, Daisy H, Harry & Isabelle

24th Jasmine M (Yr 6) & Finley Ha

*Half-term holiday*

Community notices

***Message Sent By*** Action Fraud (Action Fraud, Administrator, National)

What is phishing?

Fraudulently sending emails purporting to be from reputable companies in order to trick individuals into revealing personal information, such as passwords and financial information. Phishing can also be carried out over text messages (smishing) and phone calls (vishing).

Links

Don’t click on the links in unsolicited emails and texts.

Attachments

Don’t open the attachments in unsolicited emails.

Your information

Don’t reveal personal or financial information as a result of unsolicited emails, texts or calls.

# Try out the Five Ways to Wellbeing

April is Stress Awareness month and we're encouraging people to try out the Five Ways to Wellbeing.

The five ways are simple steps that everyone can take each day to help keep their emotional health in top shape. Emotional health, or mental wellbeing, is about how you're feeling and how well you can cope with your day to day life. Our Cabinet Member for Health and Communities, Councillor Carol Hart said: "Good mental health and wellbeing plays a crucial part in everyone's lives. The Five Ways to Wellbeing have been proven to help people improve the way they feel on a day to day basis. They're simple, don't take up much time and don't have to cost a penny either. So why not give them a go?"

Community groups will be out and about across the county in the coming months carrying out events, handing out information and helping improve your wellbeing.

## The 5 Ways to Wellbeing

### Connect

Spend time developing and nurturing relationships with friends, family, neighbours and colleagues. Befriending services can help support you if you are feeling lonely and isolated.

### Be active

Try to find an activity that you enjoy, and that keeps you active, such as walking, swimming, cycling or playing football. Evidence shows that an improvement in your physical health can help improve your mental health.

### Keep learning

Learning new skills can boost confidence and give you a sense of achievement. This doesn't have to be in a formal classroom setting or be about getting a qualification or grade. It could be anything from picking up a book, doing a crossword or researching something you're curious about.

### Give to others

Helping others, saying thank you, or giving someone a smile can help to improve your self-esteem and improve your emotional health. Volunteering is a way to help in your community, build up new social networks and giving you experience if you're looking for a job.

### Take notice

Being more aware of the present moment, the world around you and your own feelings and thoughts, can help you to positively change how you're feeling about life.

The Five Ways to Wellbeing are not intended to be a replacement for professional mental health advice and treatment. If you, or someone you know, is experiencing a mental health issue then please get in contact with a GP or other medical professional.

[Find out more about the emotional health and wellbeing](http://www.derbyshire.gov.uk/social_health/health-and-wellbeing/mental-health-and-wellbeing/emotional-health-and-wellbeing/default.asp).

# Fifty ways to make food go further

Does food in your cupboard go off before you can eat it? Do you cook too much food and end up throwing half away? Or come back from the shops with food you didn't need? If so, check out our 'Fifty ways to make food go further' guide. It's full of quick tips, brilliant tricks and an A-Z of ideas to make your food last longer which helps to reduce food waste and save you money.

Here's 10 top tips:

* Potatoes don't like onions. Onions give off a gas which spoil potatoes. Onions are best stored in dark, cool, dry areas − but not the fridge.
* Take the temperature test − set your fridge temperature to between 0 to 5 degrees centigrade to help preserve food for longer.
* Broccoli stalks taste great too. No need to throw away. Just peel, cut lengthways and boil up with the rest.
* Keep celery, spring onions and asparagus fresh by storing in a jar with about an inch of water and place in the fridge.
* Keep bananas away from other fruit as they will make them rot more quickly and don't store them in the fridge.
* Know the difference between 'use by' dates which are about safety and 'best before' dates which are about quality.
* Give green beans a new lease of life by dropping them into boiling water for a few minutes and then cool quickly in a bowl of cold water and add to salads for extra crunch.
* Lettuce and bagged salad lasts longer stored in an air-tight tub lined with wet kitchen roll.
* Too much milk on the go? Freeze it. Just pour a little out of the bottle first to give it room to expand and give it a good shake once it's defrosted.
* Know your portion sizes. It's easy to cook too much foods such as pasta and rice. Measure about 60g or a quarter of a mug of uncooked rice for an adult portion and use a spaghetti measurer to help measure out enough pasta.

Councillor Simon Spencer, our Cabinet Member for Highways, Transport and Infrastructure said:

"Nearly 20% of the food we buy is wasted which is like throwing away one bag of shopping for every five bought. But with a bit of know-how you can make your food go further just by storing it correctly and knowing some simple ways to use up food that might otherwise end up in the bin. Around a third of the waste Derbyshire households throw in their non-recycling bin is food. That's around 63,000 tonnes a year and it costs council tax-payers £6.3m a year in disposal costs. This handy booklet is great to keep in your kitchen or bookmarked on your phone as a quick and easy guide."

[Take a look at our Fifty ways to make food go further](http://www.derbyshire.gov.uk/environment/rubbish_waste/love_food_hate_waste/50-ways/default.asp) where there's also a chance to win £100 towards your weekly shop or pick up a free copy at your local library.

**Rural residents "given a voice" as major crime survey goes live**

A major new crime survey aiming to "lift the lid" on rural crime in Derbyshire and across the country has opened. Derbyshire Police and Crime Commissioner Hardyal Dhindsa has urged anyone living or working in the county's rural towns and villages to make time to share their views and play a positive part in the response to rural crime and antisocial behaviour by completing the 2018 National Rural Crime Survey. It has been three years since the last National Rural Crime Survey exposed the £800m annual cost of crime to rural communities and the fear, frustration and lack of confidence in reporting crime that existed in some parts of England and Wales. The National Rural Crime Network, which oversees the survey, produced a series of recommendations which promoted positive action across many police forces. This year's survey aims to find out what else has changed. Mr Dhindsa has been at the forefront of improvements to increase Derbyshire's capacity to fight rural crime and support rural communities. In March last year, he jointly launched the county's first Rural Crime Team, based at Matlock, which directly resolved rural crimes worth a combined £120,000 in its first six months. The dedicated team, which spearheads intelligence operations to tackle rural crime threats including illegal fish poaching, hare coursing and thefts of quad bikes, tractors and trailers, has been increased in size to help its investigative and preventative capacity, to make Derbyshire's rural communities safer. Mr Dhindsa said: "We really do want to get it right for our rural communities and spare hardworking families and business owners the misery of dealing with crime. Our new Rural Crime Team and Wildlife Crime Officers have improved   relationships with farmers, agricultural businesses, residents and traders and this has helped to increase reporting of crime but we need to reach everybody and give everyone a chance of airing their views. I can't emphasise enough how important it is to complete this survey and help us map out the problems and assess the scale of rural crime in Derbyshire. By taking a few minutes of your time, you can really make a difference to how we respond to rural crime in the future. Whatever your views - positive or negative - we want to hear them so we can get better."

The survey, which attracted 13,000 responses in 2015, covers a range of issues from whether people report crimes they personally or their business suffers to the impact crime and anti-social behaviour has on their area and whether or not they believe enough is being done to catch those responsible.

The survey is now available at [www.derbyshire-pcc.gov.uk/RuralCrimeSurvey](http://www.derbyshire-pcc.gov.uk/RuralCrimeSurvey) and is open for submissions until Sunday 10 June. One of this year's questions focuses is whether rural crime continues to be underreported. Three years ago, one in four said they didn't report the last crime they'd been a victim of because they didn't see the point. Following the 2015 report, encouraged by the Commissioner, Derbyshire made huge efforts to improve the way it tackled rural crime, with specialist training and the launch of a rural crime team in 2017. Hardyal Dhindsa is a member of the Network's Board.  He explained: "The aim of the National Rural Crime Network is to see greater recognition and understanding of the problems and impact of crime in rural communities so more can be done to help them be safe - and feel safe. In order to achieve that, we need to know the true picture of crime and anti-social behaviour that residents and businesses face." The National Rural Crime Network brings together Police and Crime Commissioners, police forces and organisations that play a key role in rural communities - like the Country Land and Business Association, the National Farmers Union, Neighbourhood Watch, Crimestoppers, Historic England and the Countryside Alliance.

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