



Four Acres Academy

Newsletter

11.11.16



Learning today for life tomorrow

"In the case of good books, the point is not to see how many of them you can get through, but rather how many can get through to you." Mortimer J. Adler

Nutrition and Cooking classes at No.10 The People's Kitchen (HHEAG) www.hheag.org.uk

To book a place on one of our courses or for more details, please contact us on 0117 946 5285 and let us know your name and which course you are interested in.

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<p>Monday</p> <p>Cost £2 per session – take home what you make.</p>	<p>Nutrition & Cooking for Parents with Young Children 10 am – 12 noon</p> <p>Under the guidance of our qualified tutor you will:</p> <ul style="list-style-type: none"> learn how to plan healthy, low cost meals for your family develop your cooking skills in our community kitchen make a dish to take home for the family to try each week <p><i>Ask about funded crèche space aged 2yrs or over if needed.</i></p>	<p>Cooking on a budget 1pm – 3pm</p> <p>Tired of eating the same foods each week? Do you want to throw away less food? Would you like to make your food budget go further? We will learn how to</p> <ul style="list-style-type: none"> - Save money - Cook once – eat twice - Make a meal using leftovers - Do meal planning - Understand Food Date Labels
<p>Tuesday</p> <p>Cost £2 per session – take home what you make.</p>	<p>Cooking for parents of primary school children 9.30 – 11.30am</p> <ul style="list-style-type: none"> quick and easy meal ideas ideas for healthy packed lunches easy ways to five a day helpful tips for "fussy eaters". saving money on weekly shops <p>New course starts on Tuesday 22nd November.</p> <p><i>Ask about funded crèche space aged 2yrs or over if needed.</i></p>	<p>Cooking and Nutrition for Adults with Diabetes 1pm – 3pm</p> <p>Have you been diagnosed with, or told you are at risk of, Type 2 Diabetes? This cooking and nutrition course will cover what you can eat! Each week we will make food to take home and talk about</p> <ul style="list-style-type: none"> - healthy food choices - how to read food labels - healthy ways to cook some of your favourite foods!

ATTENDANCE CHAMPIONS LEAGUE

This week's winners are.....

GOLD Hedgehogs – 96.2%

SILVER Foxes – 95.8%

BRONZE Rabbits – 95.5%



The Academy will monitor data to identify patterns of attendance and resource accordingly.



We have a cast & crew who will be showcasing their talents @ the Tobacco Factory next Wednesday (16th Nov). They are performing Shakespeare's production of a Midsummer Night's Dream.

We would like to wish them all the very best of luck & know they will all be fantastic!

WEBSITE

Please remember to check our website to keep up-to-date with all the Academies news & events.

NSPCC will be delivering their 'Speak Out Stay Safe' programme to Years 5 & 6 next Thurs (17th Nov).

Further information about the programme can be found at:

<https://www.nspcc.org.uk/services-and-resources/working-with-schools/>

No.10 The People's Kitchen
at Hartcliffe Health & Environment Action Group
The Gatehouse Centre, Hareclive Road, Hartcliffe, Bristol, BS13 9JN
office@hheag.org.uk | 0117 946 5285 | www.hheag.org.uk

Registered charity No. 1098338 | Limited by Guarantee No. 3845230

In aid of



BBC Children in Need

Come to school spotty or yellow & donate £1 to such a worthy cause.

FORTHCOMING EVENTS

Tuesday 15th November – Parents/carers Phonics meeting @ 2:30pm

Wednesday 16th November – Shakespeare Production @ the Tobacco Factory

Thursday 17th November – 9:30-11:00am – Year 5 & Year 6 NSPCC Workshops

Friday 18th November – Non-uniform day for Children In Need – Wear Spots or Yellow for a donation of £1

Tuesday 22nd & Wednesday 23rd November – Science Displays

Wednesday 30th November – Grasshoppers & Bumblebees trip to South Bristol Hospital

Thursday 1st December – CHRISTMAS FAYRE

Wednesday 7th December – Yeo Valley Visit

Friday 9th December – Nursery Christmas sing-a-long – Dragonflies 2

Monday 12th December – Nursery Christmas sing-a-long – Dragonflies 1

Tuesday 13th December – Early Years Christmas production – Morning

Tuesday 13th December – KS1 Christmas production – Afternoon

Wednesday 14th December – Year 5 Drumming Performance – 10:00am

Wednesday 14th December – Christmas dinner for the pupils

Wednesday 14th December – KS2 Christmas production – Evening

Thursday 15th December – KS1 Christmas production – Morning

Thursday 15th December – Early Years Christmas production – Afternoon

Friday 16th December – LAST DAY OF SCHOOL

Monday 19th – Monday 2nd January 2017 – HALF TERM

Tuesday 3rd January – RETURN TO SCHOOL



TERM DATES 2016/2017

<u>Term 2</u>	Finishes Friday 16th December 2016
<u>Term 3</u>	Tuesday 3rd January – Friday 10th February 2017
<u>Term 4</u>	Monday 20th February – Friday 7th April 2017
<u>Term 5</u>	Monday 24th April – Friday 26th May 2017
<u>Term 6</u>	Monday 5th June – Friday 21st July 2017

INSET DAYS 2016/2017

Friday 20th January 2017
Friday 10th February 2017
Friday 7th July 2017