

Bantaskin Blether

19th May 2023



"Beat the Street"

'Beat the Street' is now live! So - its time to be getting round the community tapping your card (or phone) at the collection points – and doing the same coming and going to school. The more you tap the stations the more points you gain meaning the more chance you have of winning prizes for yourself and the school.



School lunches

All lunches now need to be ordered **a week in advance online for all children** – whether you are entitled to receive a free school meal or you pay for it! You also indicate on the system if your child is bringing a packed lunch with them. The structure will be as follows –

- All lunches will need to be ordered by midnight each Monday evening for the following week.
- If lunches are not ordered by midnight on the Monday then you will need to provide a packed lunch from home each day during the following week.

These orders now go direct to the school kitchen who need a week in advance to place orders for the food.

Ready
Kind
Safe

Parent Council - Fundraising

Dates to remember!

- Quiz Night – Friday 26th May
- Shorts 'n' shades disco June 1st (more details to come soon)

Follow the Parent Council to keep up to date with the information for each of these fantastic fun AND fundraising events.

See the letter emailed for further details

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P1, P1/2

Celebrating
work from
across the
school

P4

P3

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Physical activity for children and young people (5–18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



DEVELOPS
CO-ORDINATION



IMPROVES
CONCENTRATION
& LEARNING



STRENGTHENS
MUSCLES
& BONES



IMPROVES
HEALTH
& FITNESS



MAINTAINS
HEALTHY
WEIGHT



IMPROVES
SLEEP



MAKES
YOU FEEL
GOOD

Be physically active

Spread activity
throughout
the day

Aim for an
average of at least

60

minutes per day
across week

All activities
should make you
breathe faster
& feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE



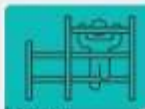
SPORT



PE



SKIP



CLIMB

Activities to
develop
movement
skills, and
muscle and
bone strength
**ACROSS
WEEK**



WORKOUT



DANCE

Get strong



INACTIVITY

Move more

Find ways to help all children and young people accumulate an average
of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

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Place2Be

Place2Be is a children's mental health charity that support children and families in person and online. Their website offers extensive support for families in supporting many aspects that concern adults in managing the modern world. Type in the link below to see what supports they have for the whole family.

<https://parentingsmart.place2be.org.uk/>

Dates for your diary!

- * P5B assembly for friends and families – 23rd May @9:30 (please note the new time)
- * Sports Day June 1st (more details will come shortly)
- * Health Week 29th May to 2nd June
- * Last day of term – Friday June 30th 1:30 finish

Information Evening School Camp (2023/2024) Wednesday 7th June at 6pm

For current Primary 6 families we will be holding an information evening to share more about 'Dalguise' and what school camp will look like for the Primary 7s next year. Children are welcome to attend this with their families. (more information will be shared shortly about this).



Ready
Kind
Safe

Jokes from kids....

- How do you get a squirrel to like you?
Act like a nut...
- What is a little bear with no teeth called?
A gummy bear...
- Why do hummingbirds hum?
Because they don't know the words!
- How do you make an octopus laugh?
With ten-tickles!
- Why can't a leopard hide?
Because he's always spotted!

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