

We were sorry to have to postpone the Pre-Prep Sports, but the call was clearly the right one given how the weather turned out. Today the rain has brought welcome relief for the gardens and grounds. Tomorrow's Sports Day will definitely go ahead, even if we have to make some adjustments to the programme. Do be sure to visit the art exhibition in New Hall and the classroom displays.

Attention is drawn to the speaker who has been booked to talk to senior pupils next Thursday (see below). This is such an important topic and we strongly recommend that parents attend the follow-up talk in the early evening at 1800.

The Good Stuff – A Recipe for Happier & Healthier Kids

Bringing up children can be a rollercoaster ride, and this is compounded by the rise in anxiety, behavioural problems, learning difficulties and poor immunity. Recent medical research has found that when you nourish bodies, minds and souls with proper food, you are building the health and resilience which everyone needs to stay happy, focused and well – even when life sends its inevitable challenges. Since a child's brain and body development continues until they are well into their twenties, what they eat now lays down the foundations of their future health.

Top naturopath and child nutrition expert Lucinda Miller, shares her top secrets from her book 'The Good Stuff' on how to nurture healthy eating habits. She will discuss the latest research on the gut-brain connection, the importance of the right fats, why at least '5 a day' is crucial, as well as the latest scoop on additives and artificial sugars. Learn how to build a positive relationship with food that will have huge benefits for long-term health and well-being.

Lucinda Miller is the founder of NatureDoc and runs a team of UK-wide nutritional therapists specialising in child nutrition. She has been practising as a naturopath for 20 years, qualified in Functional Medicine and is author of the bestselling book The Good Stuff. She is a mum of three and lives in Wiltshire. www.naturedoc.co.uk

For Year 6-8 Children:

The Good Stuff – Your Recipe For Being Happier & Healthier

Learn what is a healthy diet, why eating your fruit and veg is so important and what drinking water does to your brain! Learn some clever nutrition tricks to keep your brain sharp during exams and the coughs and sniffles at bay.

DIARY REMINDERS

JUNE

Saturday 8th

Year 3 – 8 Sports Day

Tuesday 11th

Whole School Photo

Wednesday 12th

0815 Year 1 & 2 Open Classroom

Thursday 13th

1800 The Good Stuff – A guide to being happier and healthier – parents welcome

Friday 14th

1000 Early Years & Pre-Prep Sports Day
Choristers' Tour to Italy

Tuesday 18th-Friday 21st

Royal Ascot Week

Tuesday 18th

0835 Year 8 Assembly
Year 1 visit to Marwell Zoo
Early Years visit to Windsor Great Park
Choristers' Tour return from Italy
1900 Year 2 Parents – 'What to expect from Lower Juniors'

Wednesday 19th

0900 Reception Parents – 'What to expect from Pre-Prep'

Thursday 20th

0835 3VB Assembly
1900 Year 4 Parents – 'What to expect from Upper Juniors'

Tuesday 25th

0835 4MC Assembly

Wednesday 26th

1900 Year 6 present Treasure Island

Thursday 27th

1630-1730 Sex Education Talk
1900 Year 6 present Treasure Island

Friday 28th

0900 1NS Assembly
1800 Caribbean Evening

Sunday 30th

Phyllis Tuckwell Hospice Charity Event

JULY

Wednesday 10th

Second hand uniform sale
0900-1100

Caribbean Evening

Plans are well underway for a brilliant end of school year party. Do please encourage friends and family to attend. Tickets are still available, discounted for Hall Grove families.

There will be another planning meeting next Tuesday - please drop into the Lighthouse any time between 0800 and 0900 if you are able to offer some help with ticketing and marketing before the event or with security on the night. We are also hoping to encourage some sponsorship to help with the cost of some of the fairground attractions.

Whole School Photo - Tuesday 11th June

Gillman and Soame, the school photographer, will be coming in next Tuesday to take the whole school panoramic photograph. Please make sure your child is wearing full Summer uniform.

Royal Ascot Week

As Royal Ascot commences on Tuesday 18th June, please remember to book any 360 requirements via [360 Sports Education](#) on 01252 918888. Any [supper](#) requests should be made by Friday 14th June at the latest via the link above, as it is likely to be very busy!

The Uniform Shop - Summer Holiday Opening Times

Thursday 1st August 1500-1800
Thursday 29th August 1500-1800
Sunday 8th September 0900-1200

Second Hand Uniform sale— Wednesday 10th July

We are looking for help particularly for the morning sale which is for pupils who will be starting at Hall Grove in September 2019. It is really useful to have some current parents there to give advice as to what to buy. Please contact the office if you have some time to spare that morning.

Sport

The weather was kind on Wednesday and Thursday which allowed the boys and girls to enjoy playing cricket. The boys began their house matches, these will conclude in due course. The girls had a successful afternoon on Wednesday against Edgeborough. The junior boys and girls also had an enjoyable afternoon playing against Cranleigh, Edgeborough and Aldro on Thursday.

Well done to the athletics team who performed well against Sunningdale on Thursday evening.

For further results please **follow the link**.

Sports Day

Sports Day for Years 3 to 8 - Saturday 8th June

All children are expected to attend, and their families are invited to come and support. Guests are encouraged to picnic in the grounds. As this is our major social function of the year, we ask Staff and parents to observe a 'smart casual' dress code. There will be an art display in New Hall and classrooms will be open to visitors.

The children's events are posted on the sports noticeboard on the side of the Wessex building. All children should come to school dressed in their white PE kit (with House T-shirt).

Prize Giving will follow each session. The timings are as follows:

1100 Year 3 - 5 children to arrive and assemble on the field. Coffee will be available for parents in the Lighthouse

ABSENCES

If your child is unwell please
T: 01276 473059 (option 1) or
E: office@hallgrove.co.uk

TERM DATES

Summer Term 2019

24th April - 12th July
Half Term:
25th May - 2nd June

Autumn Term 2019

9th September - 20th December
Half Term:
26th October - 10th November

Spring Term 2020

13th January - 27th March
Half Term:
15th - 23rd February

Summer Term 2020

22nd April - Friday 10th July
Half Term:
23rd - 31st May

KEY DATES 2019

Saturday 8th June

Sports Day Years 3-8

Friday 14th June

Early Years & Pre-Prep Sports Day

Friday 28th June

Caribbean Evening

NEWSLETTER

ATTACHMENTS

SENIOR SCHOOL OPEN MORNINGS

SUMMER CAMPS

**Don't forget to follow us on
Twitter! [@hallgroveschool](#)
[@hallgrovesport](#)**

1130 - 1330	Years 3, 4 and 5 Athletics
1330 - 1430	Picnic lunches
1415	High Jump competition
1430 - 1630	Years 6, 7 and 8 Athletics

Teas will be served in the Lighthouse from 1530 for adults. Children will be given an ice cream by the Food Cabin after the final event prior to the prize giving.

Pre-Prep and Early Years Sports Day - Friday 14th June

Children may either come to school at the usual time or a little later, but they **MUST** be in their classrooms by 0930. There will be refreshments served near the Lighthouse from 0930 for all adults before the children begin the opening ceremony at 1000. All families are invited to stay and picnic with their children in the school grounds after the final race has finished. Staff are there to picnic with children of any family unable to stay.

All children should come to school dressed in their white PE kit. They will not require their school uniform that day. A reminder that they will need their own NUT-FREE packed lunch to picnic with. Parents are welcome to take their children home after the picnic.

Summer Camps

For further information on Summer camps, please click the link in the right-hand column.

Furyan Sports Academy Summer Camp

Hall Grove children have a fantastic opportunity this Summer Holiday. They are invited to join the Furyan Sports Academy, at Lightwater Leisure Centre.

The Academy will be very different to normal Summer Camps; the coaching team is made up of internationally recognised coaches, current international athletes, trainers and teachers who have a wealth of experience in Netball, Rugby, Skill development, Nutrition, Injury prevention and Strength and Conditioning.

Girls and Boys are welcome to join either the Netball or the Rugby, or a combination of both, please note the South Camp will not offer Hockey. The approach of the sports programme is to be holistic, enjoyable and demanding whilst educating children on what it takes to become and elite athlete. Please see the attached flyer for further information, the coaching team and bookings.

We would recommend children book for the full week, daily bookings are also welcome. A flyer is available on the school website.

Mrs Randall & Mr Cottrell

Summer Work - Babysitter / Tutor / Nanny ★

Sophia Berger, ex-Hall Grove pupil, has just finished her second year at Kings College University studying Spanish and Latin American Studies and is looking for extra work in the Summer. With over 4 years childcare experience, including going on holiday with the families. She lives locally, has a car and a clean driving license. Available immediately. Contact: T - 07584498300 or E - sberger097@gmail.com

Abi Gunning, ex-Hall Grove pupil, has just finished her third year at the University of Edinburgh studying French and Philosophy and is looking for babysitting/tutoring work over the summer. Has childcare experience working as a summer camp counsellor and babysitting. She is first aid qualified and lives in Ascot, available immediately. Contact: 07855 268158, abi.gunning@outlook.com

- *Hall Grove School does not endorse anyone in this capacity and parents must carry out their own checks.*