

THE LIZARD

West Moors Middle School

Christmas, 2011



Message from the Head Teacher, Ms A. Bunting

Thank you so much to everyone who has supported us over this long but exciting term. The following news items give a flavour of the many things that we have accomplished so far this year:

- Held a successful Open Evening and two Open Mornings
- For the very first time held a 'Bring your parent to school' morning for pupils in Yr5
- Played in several football matches against local schools – both boys and girls
- Taken part in cross-country and netball tournaments
- Year 4 pupils from Oakhurst First School attended for a day and learnt about life in a middle school
- Various staff have worked with colleagues from the first schools to run after-school gifted and talented workshops
- School Councillors have worked with pupils from local First Schools to explore 'Pupil Voice' and take part in Learning Walks
- Year 7 pupils have visited a power station and/or a solar farm
- Held a Christmas Concert for grandparents and local Senior Citizens
- All pupils have taken part in an Inter-House activity day

I wish you a Merry Christmas and a Happy New Year and hope that everyone gets a chance for some rest over the break.

Staffing Changes

Mr Joyce has been promoted and from January will take up his role as Assistant Headteacher in a Dorset First School. In order to replace Mr Joyce, Mr Ward will become full-time and take on responsibility for ICT (as well as DT) and Mrs H Watkins will take over as maths coordinator. Mrs Hanson will be joining us in January and will become form tutor for 7AJ, they will be renamed 7DH. Mrs Hanson will be teaching maths in all four year groups. She has spent many years teaching in middle schools including Wareham and on the Isle of Wight.

These changes have meant that the timetable has been re-written for January. Most classes have kept the same subject teachers and at the end of this Lizard is a chart that enables you to see which teachers your child will have in January.

We wish Mr Joyce all the best in his new post and thank him for all his hard work at WMMS.

Key Stage 2

Thank you to all the parents/carers of Year 5 pupils who came into school to "shadow" the Year 5 curriculum. We had some really good feedback. Parents were particularly impressed with the way the pupils were able to give their opinions and commented on how different it was to their time in school.

Year 6

It is very important to note how much progress Year 6 have made this term. They are committed to their learning and showing real maturity in their approach to practice papers and mock SATS. They are a pleasure to work with.

Thank you to all Key Stage 2 parents/carers and pupils.

Mrs S Gould (Assistant Headteacher)

Admissions Arrangements Consultation - 2013/2014

Dorset County Council are holding a consultation exercise regarding proposed changes to admission arrangements to schools for 2013/14. If you would like to find out more about this, you can request a paper copy of the changes by telephoning 01305 225292 or alternatively, visit the website <http://www.dorsetforyou.com/schooladmissions>.

The consultation period will commence on 2 January 2012 for a period of 8 weeks, ending on 24 February 2012. Any comments on the proposals for 2013/14 must be lodged with the Local Authority during this time.

Year 5 Greek Day Monday 12th December

Year 5 pupils have been studying the Ancient Greeks in Humanities and this was complemented by a Greek Day held on Monday.



The Year 5 children and staff arrived at school dressed as Ancient Greeks and some of the costumes were amazing! There had obviously been lots of time and effort put in by children and their parents – thank you!

The day started with a parade and a prize was given to the best dressed boy and girl in each class. This was swiftly followed by Greek dancing to the tunes of Zorba the Greek and other traditional Greek music.

Children competed for house points in a mini-Olympics; taking part in relay races, jumps and throwing competitions. The food tasting session was particularly popular with pupils trying feta cheese, water melon, olives, humus and other traditional Greek dishes. Children were taught about Archimedes and his 'Eureka' science experiment explaining water displacement. They built Parthenons, painted Greek plates, Gods and vases.

A thoroughly enjoyable day!

Mrs C.Morrison

Science

Year 7 Distillation Demonstration

On Friday 11th November, as part of their learning about separation processes, all Year 7 pupils received a demonstration of distillation by Mr Harrop. He explained to the children that our armed forces cannot assume that the fuel they receive is uncontaminated, so they need to use distillation to verify its quality. We watched him distil diesel from approx 160°C until it reached 360°C and by that time 98/99% of the diesel had passed through the equipment. The small amount left behind included chemicals for lubrication of the fuel. Many thanks to Mr Harrop.



“When Mr Harrop came in he showed the class that the army has to check their fuel because people might put things in it.” Reece

“Mr Harrop showed us distillation and how they have to check the fuel just in case they’ve done something wrong with it. Mr Harrop put some diesel in and evaporated it. It turned out clean.” Luke

Year 7 Visit to a solar farm.



On the 21st and 28th November, as part of their learning about energy resources, a random selection of Year 7 pupils were taken to visit a solar farm outside Poole. The farmer gave the children a brief talk about his farm and explained why the solar panels were positioned in a particular field. He explained that once manufactured, solar panels are an environmentally friendly way of generating electricity and his solar farm produces 500kW of energy.

“In the solar farm we learnt that all of the sunlight the man gets turns into electricity and then goes into 2 green boxes which are part of the National Grid. The electricity then goes into homes around the area of the solar farm and powers people’s houses.” Ellen

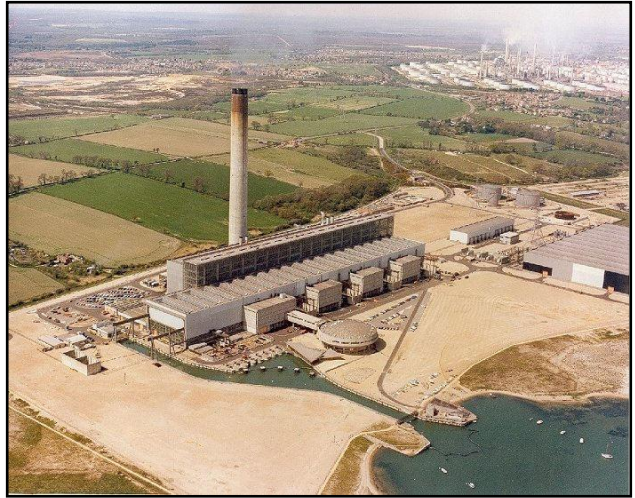
“Going to the solar farm was very interesting. The solar panels were huge and making 500kW per year. Mr Selby Bennet explained this very well. He makes this electricity and it goes into the National Grid so he does not keep it all.” Laura

Year 7 Visit to Fawley Power Station – all Y7 pupils invited 21st, 25th, 28th November and 2nd December

All Year 7 pupils were offered the chance to visit Fawley Power Station and 55 pupils took up this opportunity. Children received a guided tour and particularly enjoyed seeing the control room and chimney. They were impressed with the size of the Power Station and learnt that each of the units within Fawley can generate 1000 times more energy than the solar farm!

“When I went to Fawley power station it was very interesting because we learnt about oil and gas. The man who took us around showed how boilers worked. I also learnt how they kept the oil and how they stored it. They also showed us the blades of a turbine and how the steam hit them and damaged it. I really enjoyed going to Fawley as it was very interesting.” Georgina

As a result of all of these trips, the pupils have started to realise some of the advantages and disadvantages of different types of energy production.



Understanding Animal Research G&T Year 7 & 8 pupils.

On the 2nd December John, a scientist from UAR, came to WMMS to talk to a group of able science students from Years 7 and 8. His aim was not to change the opinions of the pupils but simply to provide them with some more information about how and when animals are used in research. Our visitor was particularly impressed with the quality of responses from our children and enjoyed working with them. Children expressed their views freely and received some further information on this subject.



“When the scientist came into school on Friday 2nd December he talked to us about animal testing but didn’t tell us it was definitely a good or bad thing, he gave us a chance to make our own decisions, which was good. I also found it really interesting and fun because he didn’t just stand and talk for 2 hours - he included us, showed us clips and gave us tasks. As well as this I found out a lot and it was really funny when we got the hair nets and when some people got to put protective clothing, mouth masks, goggles and gloves on and got to take blood from a fake rat’s tail.” Olivia B

All of the pupils who attended these events represented WMMS really well, listening carefully and demonstrating exemplary behaviour. They also managed to be in the right place at the right time allowing the trips to progress without delays – well done!

Miss M.Colton

Children In Need

Staff and pupils donned their spots to raise money for Children In Need on Friday 18th November. Thank-you to everyone for taking part - we raised a massive £235.06!



left: some of our Year 5 pupils having fun



right: the latest fashion craze?

A special mention must go to Beau Spencer in Year 8 who made a fantastic Pudsey Bear cake, which was won by a fellow classmate in a 'guess the weight' competition. Special thanks also to Ellie-May Richards in Year 5 who made cakes and sold them to her friends and family.



left: Beau with his cake



right: selling spotty cakes in the school kitchen

Christmas Quiz

Congratulations to Helen Woodall's team who won our Christmas Quiz. Thank you to everyone who came along or helped out. A great evening was had by all. We made a small profit which we will be donating to The Great Ormond Street Christmas Appeal.

Operation Christmas Child – Shoebox Appeal

A huge thank you to everyone who supported the School Council by bringing in items and helping with the wrapping up of the shoeboxes.



We managed to make 28 boxes which we then took to Ferndown United Church, who collected over 160 in total! It was wonderful to see the pupils from our school working hard together to ensure that children less fortunate than themselves will receive a gift this Christmas. Thank you to everyone for your generosity.

Mrs H Watkins

West Moors Youth Club

Dear Parents/Guardians,

Just to let you know West Moors Youth Club, Bond Avenue, West Moors is open on Tuesdays for School Years 7 & 8. Opening times are 7.15 - 9.30pm and entry is £1. We have a varied programme of activities including projects, inflatables, trips, pool, sports and much much more. Please feel free to pop in and meet the staff.

Mo Shearing, Youth Worker.

Remembrance Services

Remembrance Day, 11th November 2011, Ferndown British Legion.



Mrs Giller, accompanied by two pupils, attended the service held on Remembrance Day at Ferndown British Legion. The school also sold poppies for the Legion and WWII veteran Des Curtis came to speak in assembly.

Remembrance Sunday, 13th November 2011.

On Remembrance Sunday my family and I usually attend the ceremonies at Odiham, Hampshire, the home of RAF Odiham. This has become our tradition as my brother-in-law, Mark, is a serving officer in the RAF and we go along with him to pay our respects, remember those who have given their lives and to support our service men and women who continue to serve.

This year, however, Mark is away and so we had the opportunity to attend the service in West Moors. And I'm very glad we did.

It was a beautiful autumnal day and the sun shone as the parade made its way down the main road. I was delighted to see so many children participating, including many of our students – as the different groups passed by – scouts, brownies, guides and more. They all looked extremely smart and represented themselves and their organisations admirably, and the band played beautifully.

The sun shone as the service began, continued as the last post was sounded and remained as the silence fell. This, combined with the lone bugler, the lovely words of the hymns, prayers and service, the sense of unity and the pride of wearing the poppy was a truly fitting tribute to those we remember.

Mrs C.Pritchard (Deputy Headteacher)

Safeguarding and Child Protection at WMMS

"Our school has a commitment to safeguarding and promoting the welfare of all our children. We follow Child Protection Procedures in line with other local agencies"

We have recently reviewed our Safeguarding/Child Protection policy and procedures. The updated policy and procedures can be found on the school's website. Please do not hesitate to contact Mrs S Gould, through the school office, if you require a paper copy or further information about this important area.

*Mrs S Gould - Assistant Head Teacher
(Designated Senior Person for Safeguarding and Child Protection)*

Rotary Competition Winner

The *Annual Rotary Ferndown District Young Chef* took place on Saturday 12th November at Poole Grammar School. Although only three students took part (two others dropped out at the last minute!), I am pleased to say that Finella Eagles was awarded third place. Second place went to Christina Stone and first place was Lina Fail - both girls came through West Moors Middle School!



left to right: Lina Fail, Christina Stone and Finella Eagles

The judges commented on how impressed they were with Finella firstly because the other girls have completed the competition a couple of times before and knew what to expect, and secondly because Finella is a couple of years younger than the others. Lina will automatically go through to the next round but as Christina and Finella's scores were extremely high, they may be eligible to go through as high scoring runners up!

Congratulations to you all.

Karen J. Wright

Sport

Congratulations to Kane Adamson-Taylor and Lisa Berridge who have both been awarded new belts at the Ferndown Jitsu Club. Kane is now an orange belt and Lisa an orange III.

Well done to the Year 6 Netball Team who played their first league matches winning three out of two games. Practising certainly pays off!

Mr Malone

Nestle Box Top Tokens

Please continue to collect and send in any Nestle 'Box Top Books' tokens for the library. Thank you.

Ms D. Ward.

Parent Focus Group

The last Parent Focus Group was held on 29th November 2011. Thank you to all those parents who attended, the minutes are on the website for your interest. The next meeting will be on 17th January 2012 at 6.30pm when we will be discussing 'homework'.

Emergency Closures - In the event of snow

We will of course endeavour to keep the school open but should weather conditions force the closure of the school, we will inform parents through:

- The school's website – <http://www.westmoorsmid.dorset.sch.uk>
- The local radio station – HeartFM 102.3fm/Radio Solent 96.1fm
- The council's website – <http://mapping.dorsetforyou.com/closedservices>

Job Vacancy

We have three vacancies at the school:

- Mid-day supervisor for 1hour 10minutes/day. 12.20 - 1.30pm, Monday-Friday.
- Cleaner for 2hours/day. 3.30-5.30pm, Monday-Friday.
- Relief Cleaner. To cover absence as and when required.

Rate of pay for all positions is £6.30-£6.47 per hour. If you are interested please contact Mrs Jo Brown on 01202 872474.

West Moors Middle School is committed to safeguarding and promoting the welfare of children. Applicants must be willing to undergo child protection screening, including checks with past employers and an enhanced Criminal Records Bureau check. The school is also committed to equal opportunities.

Individual Certificates

Pupils gain a Bronze Certificate when they achieve 50 Lizard Points, a Silver Certificate for 100 Lizard Points and a Gold Certificate when they reach 150 Lizard Points.

This term we have presented certificates to the following children:

| | | | |
|----------------|------------------|-----------------|------------------|
| Bronze: | Samuel Adams | Abigail Bedford | Brooklyn Boswell |
| | Megan Burwood | Katy Geer | Anneka Hopfer |
| | Rachel Mecia | Jasmine Milsom | Kathy Parry |
| | Maria Street | Darcy Warwick | Lucy Young |
| Silver: | Brooklyn Boswell | | |

Well done to you all.

Lizard Trophy Winners

Year 5: Cody Cowan & Ross Scott-Sanders

Year 6: Jessica Carter & Ryan Conner

Year 7: Leah Cole & Marcus Street

Year 8: Michaela Sibsey & Zac Hallam

House Certificates

In addition to the individual certificates, at the end of each term we will be presenting House Certificates to the top three scorers from each house - Gecko, Iguana, Komodo and Sand. This award recognises those pupils who have made the biggest contribution to their house. For the Autumn 2011 term, these certificates have been awarded to:

| Gecko | Iguana | Komodo | Sand |
|----------------|------------------|---------------|--------------|
| Jasmine Milsom | Brooklyn Boswell | Lucy Young | Kathy Parry |
| Katy Geer | Samuel Shipp | Darcy Warwick | Rachel Mecia |
| Megan Burwood | Imogen Watkins | Samuel Adams | Abi Bedford |

House Points Totals

| Gecko | Iguana | Komodo | Sand |
|-------|--------|--------|------|
| 1202 | 1239 | 1178 | 1270 |

Teacher Requests

As always at this time of year we have several reminders:

- Planners - despite the message in last term's Lizard, some parents are still writing messages for their child's teacher in the Planners. **PLEASE** do not do this as we cannot guarantee that the message will get to the correct person in time. Instead, phone the school to contact form tutors directly.
- After-School Clubs - we are hoping to continue with our programme of after-school clubs next term. If your child will be attending one of these, **PLEASE** remember to let the front office know if they will be absent in any week. Staff spend a large amount of time chasing up pupils who do not let us know they will not be at their club. This would not be necessary if we were told beforehand. We **MUST** know that our children are safe and all absences have to be followed up.

Dates for your Diary

| Date | Event |
|---|--|
| Tuesday 3 rd January 2012 | Rights Respecting School award workshop |
| Monday 16 th and Wednesday 18 th January 2012 | Parent's Evening 3.45 – 7.30pm |
| Thursday 9 th February 2012 | School Disco run by the Gecko Year 8 pupils. |

Reminder of Term Dates

The Christmas holidays run from Monday 19th December 2011 – Tuesday 3rd January 2012 (Inset Day). All children back to School on Wednesday 4th January 2012.
Spring Half term Monday 13th February – Friday 17th February. Back to school on Monday 20th February.
Spring term ends Thursday 29th March 2012.



Yr5 Timetable January 2012

5CM – Mrs C Morrison

| Subject | Teacher(s) | Number of lessons (lessons last 55 minutes) |
|--|--|---|
| English and Guided Reading | Set 1 Mrs C Watkins Set 2 Mrs C Morrison Set 3 Ms A Gritt | 6 <i>English once a day Guided Reading once per week</i> |
| Mathematics | Set 1 Mrs D Hanson Set 2 Mrs S Gould Set 3 Mrs H Watkins | 5 <i>Once a day</i> |
| Humanities (History and Geography) | Mrs D Hanson (most of 5HW) Mrs C Morrison (most of 5CM) AC group Miss B Wigley | 2 |
| Science | Miss M Colton | 3 |
| ICT | Mrs C Morrison | 1 |
| French | Mrs S Gould | 1 |
| Art | Mrs K Willmott | 1 |
| Music | Mrs H Watkins | 1 |
| Beliefs and Values (B&V) | Miss B Wigley | 1 |
| Physical Education (PE) | Mr M Malone | 2 |
| Design Technology DT) | Mr E Ward | 2 |
| Personal, Social, Citizenship and Health Education (PSCHE) | Mrs C Morrison | 50 minutes per week – taught assembly time |

5HW – Mrs H Watkins

| Subject | Teacher(s) | Number of lessons (lessons last 55 minutes) |
|--|--|---|
| English and Guided Reading | Set 1 Mrs C Watkins Set 2 Mrs C Morrison Set 3 Ms A Gritt | 6 <i>English once a day Guided Reading once per week</i> |
| Mathematics | Set 1 Mrs D Hanson Set 2 Mrs S Gould Set 3 Mrs H Watkins | 5 <i>Once a day</i> |
| Humanities (History and Geography) | Mrs D Hanson (most of 5HW) Mrs C Morrison (most of 5CM) AC group Miss B Wigley | 2 |
| Science | Miss M Colton | 3 |
| ICT | Mrs C Morrison | 1 |
| French | Mrs S Gould | 1 |
| Art | Mrs K Willmott | 1 |
| Music | Mrs H Watkins | 1 |
| Beliefs and Values (B&V) | Mrs H Watkins | 1 |
| Physical Education (PE) | Mr M Malone | 2 |
| Design Technology DT) | Mr E Ward | 2 |
| Personal, Social, Citizenship and Health Education (PSCHE) | Mrs H Watkins | 50 minutes per week – taught assembly time |

Yr6 Timetable January 2012

6CW – Mrs C Watkins

| Subject | Teacher(s) | Number of lessons (lessons last 55 minutes) |
|--|---|---|
| English and Guided Reading | Set 1 Mrs C Watkins Set 2 Mrs S Giller Set 3 Ms A Gritt | 5 <i>English once a day Guided Reading once per week</i> |
| Mathematics | Set 1 Mrs H Watkins Set 2 Mrs S Gould Set 3 Mrs D Hanson | 5 <i>Once a day</i> |
| Humanities (History and Geography) | Mrs C Watkins (most of 5CW) Mrs C Morrison (most of 5PW) AC group Miss B Wigley | 2 |
| Science | Mrs P Phillips | 3 |
| ICT | Mrs P Phillips | 1 |
| French | Mrs C Watkins | 1 |
| Art | Mrs K Willmott | 1 |
| Music | Mrs K Willmott | 1 |
| Beliefs and Values (B&V) | Mrs D Hanson | 1 |
| Physical Education (PE) | Mr M Malone | 2 |
| Design Technology DT) | Mr E Ward | 2 |
| Personal, Social, Citizenship and Health Education (PSCHE) | Mrs C Watkins | 50 minutes per week – taught assembly time |

6PW – Mrs P Phillips and Mrs K Willmott

| Subject | Teacher(s) | Number of lessons (lessons last 55 minutes) |
|--|---|---|
| English and Guided Reading | Set 1 Mrs C Watkins Set 2 Mrs S Giller Set 3 Ms A Gritt | 5 <i>English once a day Guided Reading once per week</i> |
| Mathematics | Set 1 Mrs H Watkins Set 2 Mrs S Gould Set 3 Mrs D Hanson | 5 <i>Once a day</i> |
| Humanities (History and Geography) | Mrs C Watkins (most of 5CW) Mrs C Morrison (most of 5PW) AC group Miss B Wigley | 2 |
| Science | Mrs P Phillips | 3 |
| ICT | Mrs P Phillips | 1 |
| French | Mrs C Watkins | 1 |
| Art | Mrs K Willmott | 1 |
| Music | Mrs K Willmott | 1 |
| Beliefs and Values (B&V) | Miss B Wigley | 1 |
| Physical Education (PE) | Mr M Malone | 2 |
| Design Technology DT) | Mr E Ward | 2 |
| Personal, Social, Citizenship and Health Education (PSCHE) | Mrs P Phillips and Mrs K Willmott | 50 minutes per week – taught assembly time |

Yr7 Timetable January 2012

7MC – Miss M Colton

| Subject | Teacher(s) | Number of lessons (lessons last 55 minutes) |
|--|---|--|
| English and Guided Reading | Set 1 Mrs C Pritchard Set 2 Ms A Gritt Set 3 Mrs C Morrison | 4 |
| Mathematics | Set 1 Mrs D Hanson Set 2 Mrs H Watkins Set 3 Miss B Wigley | 4 |
| History | Mr M Malone | 2 |
| Geography | Miss M Colton | 2 |
| Science | Miss M Colton | 3 |
| ICT | Mrs P Phillips | 1 |
| French | Mrs C Watkins | 2 |
| Art | Mrs K Willmott | 1 |
| Music | Mrs K Willmott | 1 |
| Beliefs and Values (B&V) | Miss B Wigley | 1 |
| Physical Education (PE) | Mr M Malone | 2 |
| Design Technology DT) | Mr E Ward | 2 |
| Personal, Social, Citizenship and Health Education (PSCHE) | Miss M Colton | 50 minutes per week – taught assembly time |

7DH – Mrs D Hanson

| Subject | Teacher(s) | Number of lessons (lessons last 55 minutes) |
|--|---|--|
| English | Set 1 Mrs C Pritchard Set 2 Ms A Gritt Set 3 Mrs C Morrison | 4 |
| Mathematics | Set 1 Mrs D Hanson Set 2 Mrs H Watkins Set 3 Miss B Wigley | 4 |
| History | Mr M Malone | 2 |
| Geography | Mrs C Morrison | 2 |
| Science | Miss M Colton | 3 |
| ICT | Mr E Ward | 1 |
| French | Mrs S Giller | 2 |
| Art | Mrs K Willmott | 1 |
| Music | Mrs K Willmott | 1 |
| Beliefs and Values (B&V) | Miss B Wigley | 1 |
| Physical Education (PE) | Mr M Malone | 2 |
| Design Technology DT) | Mr E Ward | 2 |
| Personal, Social, Citizenship and Health Education (PSCHE) | Mrs D Hanson | 50 minutes per week – taught assembly time |

7BW – Miss B Wigley

| Subject | Teacher(s) | Number of lessons (lessons last 55 minutes) |
|--|---|--|
| English | Set 1 Mrs C Pritchard Set 2 Ms A Gritt Set 3 Mrs C Morrison | 4 |
| Mathematics | Set 1 Mrs D Hanson Set 2 Mrs H Watkins Set 3 Miss B Wigley | 4 |
| History | Mrs C Morrison | 2 |
| Geography | Miss M Colton | 2 |
| Science | Miss M Colton | 3 |
| ICT | Mrs P Phillips | 1 |
| French | Mrs S Giller | 2 |
| Art | Mrs K Willmott | 1 |
| Music | Mrs K Willmott | 1 |
| Beliefs and Values (B&V) | Miss B Wigley | 1 |
| Physical Education (PE) | Miss B Wigley | 2 |
| Design Technology (DT) | Mr E Ward | 2 |
| Personal, Social, Citizenship and Health Education (PSCHE) | Miss B Wigley | 50 minutes per week – taught assembly time |

Yr8 Timetable January 2012

8AG – Ms A Gritt

| Subject | Teacher(s) | Number of lessons (lessons last 55 minutes) |
|--|--|--|
| English | Set 1 Mrs C Watkins Set 2 Mrs C Pritchard Set 3 Ms A Gritt | 4 |
| Mathematics | Set 1 Mrs H Watkins Set 2 Mrs D Hanson Set 3 Miss B Wigley | 4 |
| History | Mrs C Pritchard | 2 |
| Geography | Mrs P Phillips | 2 |
| Science | Mrs P Phillips | 3 |
| ICT | Mr E Ward | 1 |
| French | Set 1 Mrs S Giller Set 2 Ms A Gritt | 2 |
| Art | Mrs K Willmott | 1 |
| Music | Mrs K Willmott | 1 |
| Beliefs and Values (B&V) | Miss B Wigley | 1 |
| Physical Education (PE) | Miss B Wigley | 2 |
| Design Technology DT) | Mr E Ward | 2 |
| Personal, Social, Citizenship and Health Education (PSCHE) | Ms A Gritt | 50 minutes per week – taught assembly time |

8WM – Mr E Ward and Mr M Malone

| Subject | Teacher(s) | Number of lessons (lessons last 55 minutes) |
|--|--|--|
| English | Set 1 Mrs C Watkins Set 2 Mrs C Pritchard Set 3 Ms A Gritt | 4 |
| Mathematics | Set 1 Mrs H Watkins Set 2 Mrs D Hanson Set 3 Miss B Wigley | 4 |
| History | Mrs C Morrison | 2 |
| Geography | Mrs P Phillips | 2 |
| Science | Miss M Colton | 3 |
| ICT | Mr E Ward | 1 |
| French | Set 1 Mrs S Giller Set 2 Ms A Gritt | 2 |
| Art | Mrs K Willmott | 1 |
| Music | Mrs K Willmott | 1 |
| Beliefs and Values (B&V) | Miss B Wigley | 1 |
| Physical Education (PE) | Mr M Malone | 2 |
| Design Technology DT) | Mr E Ward | 2 |
| Personal, Social, Citizenship and Health Education (PSCHE) | Mr E Ward and Mr M Malone | 50 minutes per week – taught assembly time |

DIMENSIONS is a Dorset initiative running in your local area to support children and their families to achieve a healthy weight. The programme is fun, enjoyable and practical and is also **FREE** to attend. It is about feeling positive and developing skills that can be used for the rest of your lives.

There are four **DIMENSIONS** within the programme, giving families the information and tools required to make lifestyle changes.



CHANGE IT! Develop strategies and find solutions in order to make relevant lifestyle changes.



EAT IT! Understand the balance of food and drink, you need, to keep healthy.



COOK IT! Time for families to have fun in the kitchen, cooking healthy balanced food.



MOVE IT! Experience a range of activities to get you fit for the future.

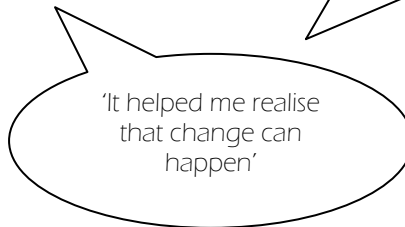
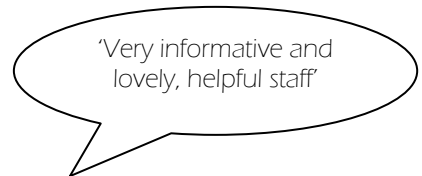
DIMENSIONS is for children aged 8-12yrs who want to achieve a healthy weight. As it is a family programme an adult family member will need to attend the programme, supporting their child to make changes. The programme runs over a 10 week period with two sessions each week.

If you're feeling ready to make changes and want to move towards achieving a healthier lifestyle then please contact **DIMENSIONS**, a programme will be running at Emmanuel School starting in January.

To find out more information about the programme or registering for the programme please leave your contact details in one of the following ways and the Dimensions Team will be in touch:

- Email dimensions@grange.dorset.sch.uk leaving your contact details
- Text the word **DIMENSIONS** to 07533 070434 together with your contact details
- Call 07533 070434

Leading a healthier lifestyle is something you may like to do, why not let **DIMENSIONS** help you achieve it!
Other families have.....



Kind regards

Dimensions Team