

THE TREEHOUSE SCHOOL UPDATE

Issue 143
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The Treehouse School



10K Refreshments

Cakes and biscuits always go down really well at the 10k event. Please can you let me know if you are willing and able to bake and bring something along to this year's 10K race, which takes place on Sunday 17th April. Thank you in advance for any help you are able to give.

Film Festival Clothing

For The Film Festival I have designed some Peake vs Vader t-shirts. Please can you send a £3.00 donation in (per child) addressed to Tess Heydon so that I can pay for them.

On the evening, I would like you to wear the t-shirt with either a black or white long sleeved t-shirt underneath. For trousers, please wear black leggings or jeans, try NOT to wear dark blue. I would really appreciate it if you wore this to The Festival, with silver, sparkly accessories or footwear if you have it. Tess x

Dear Lee,

I hear that The Treehouse is doing very well and am always interested to have news of the school. I should very much like to help towards the building of the new village school - other than physically of course! To that end, I enclose a cheque for £300 and hope that you will soon achieve your aim,
With very best wishes,
Claire Woods (Friend of The Treehouse)

Children in England Near Bottom in International Happiness Table

Eight-year-olds in England are less happy than those in Estonia, Poland and Turkey, a survey suggests, with body image and school identified as areas they are particularly troubled by.

In a recent survey, England ranked 13th out of 16 countries. Jonathan Bradshaw, who co-edited the report, said the findings were shocking. "You will see that we come bottom of the league table on quite a lot of things - children are very unhappy with the way they look; their relationships with teachers are poor and they are dissatisfied with their school performance." How things have changed. Forty years ago I was wearing second hand clothing, had no concept or idea of how well I was 'performing' in school, and adored my teachers, in particular, Miss. Pullen, who was inspirational. Although my glasses may well be a little rose-tinted, overall my childhood memories are happy and positive. Let's hope that we are helping at least some eight year olds to have a happy childhood.

Dates for Your Diaries

Sun 28th Feb	Beat the Winter Blues 3 – 7pm at The Pavilion. Tickets from Vicky Beardall. All proceeds to The Treehouse. ☺
Mon 29th Feb	1 – 1.45 pm Gang to visit Cholsey Library. Nixercise – please wear PE kit to school, and bring a hat, gloves and waterproof coat. Please collect children from the park.
Tues 1st March	Happy Birthday Paul (Eccleston) 10 – 11.30 am: Phoenix Comic workshop for the Houses at The Regal, Wallingford. Houses to walk to Wallingford (weather permitting). Books and comics for sale at the event. Trees Judo session tbc Gang to The Partridge for a soup lunch with Sebastian! pm: Alex and Freya to The Partridge to prepare for the Food for Thought lunch; Tess and Mags to Cassie's house.
Weds 2nd March	Happy Birthday Emma (Green). am: Year sixes to The Partridge Food for Thought lunch. 11.30 am New Houses to The Partridge with Jo to observe and sample a Food for Thought Lunch. 12 – 2.00 pm Food for Thought Networking Lunch
Thurs 3rd March	2.45 pm Saker Falcon Powerpoint and quiz organised by Magnus.
Friday 4th March	Happy 12 th Birthday Martha Friday Forest: Wittenham Clumps.
Mon 7th March	7.00 pm Film Festival
Tues 8th March	7.00 pm Film Festival

Tickets now available for The Treehouse Film Festival (7th/8th March at 7.00 pm) on the Corn Exchange website (www.cornexchange.org.uk).



Going for Gold!

Keeping you in the Loop - Developing a Healthy Attitude towards Food

One of the things that makes The Treehouse different is that we are able to offer the children a really well balanced education, which means that we dedicate as much time to helping the children to develop a healthy lifestyle for example, as we do to them learning maths. In other words, we are as interested in their physical development as their academic performance. Over time, we are developing and refining strategies as we evaluate and review what works and more importantly, what is making an impact.

Recently, we have been focusing on our school lunches. The quality of our school meals, quite simply, are the some of the best found in the UK and over time, the children have become very good at eating a range of healthy and nutritious meals. However we have been concerned for some that some children eat too much food, and some struggle to eat certain foods. Keen to resolve these issues, and with obesity and mental health issues in the back of our minds, I was delighted to stumble across an interesting article on the radio recently about 'fussy eaters'. A former health visitor/nutritionist had developed a simple concept for babies and toddlers who refused to eat certain foods, whereby they gave them a portion the same size as a grain of rice to eat. The deal was that this was non-negotiable and as it was so small, the child ate it, often without any problem at all. Over time, the portion size increased and eventually, the children involved developed a really positive attitude towards food and ate a balanced diet.

Based on this model, after some discussion with the children at The Treehouse, we have introduced 'micro' portions, i.e. a portion the size of a 5p piece, which we have found has been very successful. Children may ask for a 'micro' portion of any part of the meal, and if they enjoy it, may then have more. In practice, we have found that very few children request a micro portion, and those that do find that they like it, and ask for more. If they don't, and are hungry in the afternoon, they are encouraged to have some fruit as a top-up.

At the other end of the spectrum, we have been educating children through demonstration and discussion, what a portion size for a child of their age and size would look like. Talking to a school health nurse recently, it is clear that the main problem in the UK is that some children are given adult-sized portions from a very early age, which obviously leads to problems in the future. Inappropriate portion sizes, alongside snacks between meals, and sugary drinks throughout the day are a recipe for disaster.

The deal at The Treehouse is the children are given the right sized portion of the main meal e.g. lasagne, and plenty of vegetables. Often we found that some children immediately wanted seconds. Now, at the end of the meal, they are asked to wait a while, and if still not full, may have a top-up of vegetables. Again, we have found this very successful, and the children are learning the difference between wanting more food, and needing more food. Finally, for some months now, apart from the odd day, we have cut out all puddings. Again, fruit is available throughout the day.

So whilst it still early days, we are really pleased with the outcome of the changes that we have made recently. Do let us know your thoughts, we welcome useful feedback.

Looking for something to do? How about:

Organising your costume for Edith's 'Really Wild Day'. Dress up as a wild animal on Wednesday 9th March, when some real animals (reptiles, amphibians and insects) will be visiting The Treehouse! Prize for the best costume.

Thinking about what you could make for Edith's 'Really Wild Day' animal-themed-bring-and-share-lunch on Wednesday March 9th. Snake soup? Tiger bread sandwiches? Please let Edith know next week.

Updating your diary so that you know what's happening next week...

(Trees:) Looking through your Learning Log with a parent, to see how learner smart you have become.

(Houses:) Reading the latest edition of The Phoenix Comic, and reflecting on your likes, dislikes, puzzles and patterns in preparation for our meeting with the editor on Tuesday morning. Make a note of any questions that you would like to ask.

Thinking of a name for the new Cholsey Children's centre...write it on a slip and post it in the box Mark Gray brought to The Treehouse. Deadline Friday 4th March. £25.00 prize!



This week, a golden mention to the 'Kentwood Farm' Team; well done Archie, Herb and Will for an entertaining animation.