



FRIDAY 24TH APRIL 2026

NEWSLETTER



Ice lolly sale for Breast Cancer

Thank you to all the year 6 for organising the ice lolly charity sale. You have raised a total of £159.14

Best of luck to Jim Gardener, our Chair of Governors, and all the other runners doing the London Marathon on Sunday.

Please let us know your running number and we will try and track you on the Marathon run!

Peer review

Thank you to all the staff and children for a very successful peer review on Tuesday.

We invited two headteachers from other Trust schools and Jo Turrell, Director of Inclusion at the Trust, to observe lessons, talk to children and look at books. Although we are still awaiting the final report, it was a really positive day in school and one to celebrate!

We will share with you a few of the comments from the report once received.

Questionnaire

We emailed out a link with a parent questionnaire to complete for all parents and carers.

Thank you to all those that have completed it, if you haven't yet, we would really appreciate you filling it out, don't forget there is a £25 voucher up for grabs too!

May Day Arrangements - Friday May 1st

The crowning of the May Queen and King will begin the ceremony with the dancing to follow. Please bring something to sit on to enjoy the May festivities. Tea and coffee will be available. Please bring small change for a donation. We will begin at 9am and usually finish around an hour after.

Bank Holiday

Don't forget that school will be closed on Monday 4th May as it is a Bank Holiday.



Football Tournament

The Football Squad enjoyed playing in Round 3 of the Dove Valley Football League competition on Tuesday. It was a busy afternoon on the pitch in the sunshine and the team played 4 games with 2 wins, 1 draw and 1 loss. The sense of fair play and teamwork was commented on by other schools and Mrs Ingham was very proud of all the performances on show. Special thanks to Mr Carvell who once again gave up his time to support the squad and the school - we are very grateful to you.

Staffing

We will shortly be advertising for a permanent class teacher to join our Mosley team.

Mrs Ingham will be leaving Mosley at the end of the academic year to pursue a new career in something slightly different but still in education, which we are sure that you will find out very soon!

Mrs Ingham will continue to be at her best for the children each and every day until she finishes at the end of this school year.

I am sure that you will join us in wishing her well and congratulating her on her new post.

Once staffing has been confirmed for September, we will of course share this with the children to ensure that transition for the children can be as smooth and effective as possible.

A letter will be going out to all of our new EYFS families next week with transition dates.

We have lots of siblings this year!

Mosley events team!

We had a very productive meeting last night so thank you to those who came to The Bell to review our past events and plan lot of new ones!

Our Summer Fayre will follow Sports Day on Friday July 10th, starting at approximately 3.30 pm. We are on the look out for any parents or grandparents who can help us set up Sports day and the school fayre during the morning - or help with running a stall during the afternoon fair. Please let us know if you can!

This year we are hoping to get a wider range of raffle prizes with some bigger and better prizes too! However, we really need your support to do this please. If you have connections with any organisations who may be willing to donate a voucher or prize then please drop them a message or let the Events Team know and we will contact them to see if they can help out!

We are also going to hold a ' Break the Rules day on Thursday July 2nd (poster to follow with more information on). In exchange for ' breaking a school rule' we ask for a donation of a bottle for our water and wine stall.

We are also asking for donations of cuddly toys that are no longer 'loved' for the very popular teddy stall! Please just send those in when you can and they will be stored in the PTA shed ready for the Summer Fair.

Last request, we are hoping to be able to invite other staff holders to sell and showcase their goods. If you know anyone who would like to run their own stall, please ask them to get in touch . We are charging £10 per stall, however if you as a parent or grandparent wish to run a stall it will just be £5.

Our main fundraising target is to purchase a new outdoor eco room for use for all of the children. More details on this to follow once we have sourced quotations and the exact 'model' we wish to fundraise for!

Something along the lines of.....



Funds raised so far this year.....

Friendship Disco - £636.71

Self Portrait Teatowels - £529.00

Chocolate Bingo - £944.83

What an amazing start!!

Thank you so much to everyone who has supported in any way , either through attending an event or by helping out to ensure that we can organise and run these events!

Phunky Foods Ambassadors

Next week, we will be working with the organisation Phunky Foods again. We have appointed 8 Phunky Food ambassadors from the Year 4 class who will be trained up to support the promotion of healthy eating around the school. We have attached a few posters to help with meal planning, snack planning and an Eat well guide for starters!

Drain your drinks!

Water is essential for life. Throughout our body water is involved in many different functions including temperature regulation, transportation of nutrients, removal of waste products through urine and lubrication of our joints.

Good hydration is vital for our short term health; it can help prevent constipation, kidney stones and urinary tract infections, as well as longer term complications.

Without sufficient water dehydration can occur. Symptoms include tiredness, poor concentration, headaches and dizziness.

There is also evidence that good hydration has a positive impact on cognition and mental function. In children there is some evidence that those who drink extra water perform better in recall and memory tasks.

How much?
 6-8 glasses per day is the recommended amount of water needed from drinks each day for primary-aged children. A medium glass is around 200 ml.

Children, aged 4-8 years of age need around 1280 ml of water from drinks each day (or 6 glasses).

Children, aged 9-13 years of age need up to 1680 ml of water from drinks each day (or 8 glasses).

These average figures are based on recommendations from the European Food Safety Authority (EFSA). An individual child's needs will depend on many different factors such as how much exercise they're doing and what the temperature is. Losing water through sweat is how we control our body temperature, but this lost water needs replacing through food and drink.

Further information:
www.phunkyfoods.co.uk/parent/
[parent-information/](http://www.phunkyfoods.co.uk/parent/parent-information/)
www.nhs.uk/livewell/well-water/drinks-nutrition/
www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/
[lower-sugar-drinks-for-kids-stop-tooth-bruise/](http://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/lower-sugar-drinks-for-kids-stop-tooth-bruise/)

Hydration and Dental Hygiene
 Sugar-sweetened beverages, such as fizzy drinks, milkshaakes and fruit squashes, contain acids and sugars which can play a role in tooth decay. Even low-calorie / low-sugar varieties can still be acidic; the acids from these drinks can attack and erode enamel on teeth. These types of drinks are best limited or avoided by children. Pure fruit juices also contain sugars and acids, so it is best to have these just once a day and only at mealtimes. The best way to protect teeth is to brush them twice a day with a fluoride toothpaste.

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Drain your drinks... drink plenty of sugar-free fluids

6-8 glasses per day is the recommended amount of water needed from drinks each day for primary-aged children. A medium glass is around 200 ml.

Drink frequently!
 Water - drink plenty! It will keep you hydrated without adding extra sugar or energy.

Drink regularly!
 MILK - a useful source of nutrients particularly protein, B vitamins and calcium. Limit milk and drinks with added sugars such as milkshakes and milkshaakes - always check the label and choose lower sugar options.

Choose a diet!
 Fruit juices and smoothies - provide the body with a range of vitamins and minerals, and fluid. However the high sugars naturally present also add energy and increase the risk of tooth decay. Stick to 150ml once a day at most times.

Encourage good drinking habits through:
 • Leading by example - show respect for water throughout the day.
 • Hydration stations when children are near their own water wherever they are.
 • Hydration stickers when children are near their own water wherever they are.

How much a day?
 4-8 years need 1280ml = 6 drinks
 9-13 years need 1680ml = 8 drinks

Limit!
 Sugar-sweetened beverages - (fizzy pop, squashes and 'fruit' drinks) - add unnecessary calories to a child's diet and regular consumption has been linked to weight gain and obesity in children. The sugars, and acids, in these drinks can also play a role in tooth decay. Even low-calorie / low-sugar varieties can still be acidic; the acids from these drinks can attack and erode enamel on teeth. These types of drinks are best avoided by children.

Avoid!
 Sugar-free energy drinks - high levels of caffeine which are not suitable for children.

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FOCUS ON FIBRE!

High Fibre foods
 Nuts & Seeds, Pulses, Beans & Peas, Fruit & Veg, Wholegrains

What is Fibre?
 Fibre is a plant-based carbohydrate that is found in fruit, veg, wholegrains, pulses, beans, nuts and seeds. Fibre passes through our mouth, stomach and small intestine undigested as we don't have the enzymes to break it down. In the stomach, soluble fibre absorbs water and bulks up food, leading to a feeling of fullness. It is then fermented by bacteria in the large intestine. Insoluble fibre passes through your body largely unchanged but helps to add bulk to your stool.

Benefits of eating fibre?
 Eating fibre has lots of health benefits and can help to reduce the risk of chronic diseases such as heart disease, Type 2 Diabetes and some cancers. Fibre helps to regulate bowel movements, manage blood sugar levels and contribute to healthy weight management. Eating fibre-rich foods makes you feel fuller for longer, so you're less likely to reach for unhealthy snacks between meals.

How can you increase your fibre intake?
 Only 14% of 6-13yr olds and 4% of adults meet the Government recommendations for daily fibre intake (30g for children, 25g for adults). Here are some easy ways to increase your fibre:

- Remember the 'Fib, Add, Swap' phrase to incorporate extra fibre into your favourite meals (see overview)
- Choose higher-fibre breakfast cereals such as wheat biscuits, plain shredded wheat or porridge
- Include plenty of vegetables with meals
- Try to reduce packaged snacks and make home-made snacks instead - nuts and seeds make a high fibre food on-the-go snack

High fibre snack ideas....

- Sliced apple or pear with nut butter
- Trail mix (mixed nuts, seeds & dried fruit)
- Veggie Sticks with Hummus
- Plain popcorn
- Sliced banana or avocado on wholemeal toast
- Roasted chickpeas

Check out the PhunkyFoods website for more high fibre recipes

www.phunkyfoods.com

FOCUS ON FIBRE!

Handy tips to eat more fibre

Check food labels to identify foods that are good sources of fibre:

Source of fibre	High fibre
>3g *	>6g *
*Per 100g	

Leave skin on Fruit & Veg
 Fruit & Veg skin is rich in vitamins, minerals and fibre

Try to eat fruit whole
 Whole fruit has more fibre than juiced or blended

Canned & frozen count
 Stock up your cupboards & freezer - it's cheaper & easy to add to meals

Remember to drink plenty of water!
 Remember to increase fibre gradually and drink plenty of water

Source of fibre

- Porridge / cereal with fresh fruit and mixed seeds
- Pizza with extra veggies
- Yoghurt with frozen fruits & nuts
- Ice cream with fresh fruit
- Extra veggies to your pasta sauce
- Hummus to a veg sticks snack
- A side salad to your 'eat the Rainbow' stir-fry
- Refined white grains for whole grains (wholegrain breakfast cereal, wholemeal pasta, rice & bread)
- Frozen chips for skin on potato wedges
- Meat protein for plant protein (chickpeas, lentils)

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Snack attack!

Many parents worry about their children's snacking habits. This is perhaps not surprising given that many children in the UK are eating up to four high sugar snacks every day!

Children have small stomachs and high energy demands for growth, and snacks can contribute valuable energy and nutrients to children's daily diets. The key to whether snacking is good or bad for your child is which snacks you choose and how much you give of them.

When is snacking a problem?
 High energy, sugary snacks will give children an energy burst but will quickly leave them wanting more in a small amount of time - often leading to continuous grazing between meals and resulting in less being eaten at mealtimes. A frustration for many parents! Research in the UK shows us that children are eating more than double the maximum recommended amount of sugar per day, and that half of their sugar intake is coming from unhealthy snacks or drinks.

How to plan healthy snacks
 When planning healthy snacks it is best to use the Eatwell Guide in the same way that we would to plan main meals. Good snack choices include: fruit or vegetables, dairy foods such as milk or yogurt, protein foods such as fish, meat or eggs, and wholegrain foods such as toast or cereal. These foods will make a positive contribution to your child's daily diet, providing vitamins, minerals, fibre and protein. You could also include a glass/cup of water; the perfect way to encourage your child to stay hydrated across the day, without adding extra sugar to your child's daily diet. Make sure that you offer snacks at appropriate times and not too close to meal times. Appropriate portion sizes are important too - sufficient to keep your child going between meals but not so much that they don't eat their dinner.

What about packaged snacks?
 Whilst the best kind of snacks are home-made and based on the four main food groups, they're not always possible to provide for our children. We all lead busy lives, and sometimes whilst we are out and about, we might have to reach for packaged or shop-bought snacks. Packaged snacks vary greatly in their calorie content. The best way to ensure that we're making healthier choices is to choose packaged snacks below 100 calories and portions, and to restrict packaged snacks to no more than 2 a day.

100 calorie snacks - 2 a day max!
 Some products have light labelling and these can also be used to make healthier choices. Try and choose packaged snacks that have mainly green or amber labels and less red. Red means that the snack is high in fat, sugar or salt and is best kept as an occasional treat, not an everyday snack.

Further information:
www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/
www.phunkyfoods.co.uk/parent/
[For more healthy snack ideas and recipes visit www.phunkyfoods.co.uk/recipes/](http://www.phunkyfoods.co.uk/recipes/)

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Is the Eatwell Guide for me?

6 tips for eating well for the whole family

1. Base your meals on starchy foods, choosing wholegrain varieties where possible.
2. Eat more fruit and vegetables; strive for five!
3. Eat two portions of fish every week, one of which should be oily.
4. Choose unsaturated oils and spreads and eat in small amounts.
5. Choose lower fat, lower sugar options where possible.
6. Choose high fat, sugar and/or salty foods and snacks less often and in smaller amounts.
7. Eat breakfast every day.
8. Drink 6-8 cups/glasses of fluid a day.

When should I use the Eatwell Guide?
 You can use the Eatwell Guide to make healthier choices whenever you're:
 • At home deciding what to eat, what to cook, what to put in a lunchbox or what to shop for
 • Out shopping - aim to fill your trolley/basket with a healthy balance of different types of food
 • Eating out in a restaurant, cafe or work canteen, or when you're choosing food on the run - follow the Eatwell Guide to help you choose a healthy balance.

Find out more:
www.phunkyfoods.co.uk/parent/parent-information/
www.nhs.uk/change4life/
www.nhs.uk/livewell/eat-well/
www.food.gov.uk/foodfacts/healthyeatingchildren.pdf

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Snack attack!

Make snacks count! Create healthier snacks based on the Eatwell Guide food groups, including wholegrains, dairy, protein, fruit and vegetables.

At home
 • DIY snacks are healthier and can also be cheaper than pre-packaged snacks too.
 • Choose apple and vegetable sticks.
 • Smoothies.
 • Dip, pizza, pasta.
 • DIY snacks can be more satisfying and keep children fuller for longer; meaning they don't continually graze!
 • DIY snacks are a great way to get kids involved in the kitchen, and improve their food prep skills.
 • Aiming to prepare a meal at least once a week.

Out and about
 • Need to rely on packaged snacks? Remember: 2 snacks max./day
 • Choose snacks with more green and amber traffic lights, and less red.
 • Choose healthier options in the shops by checking the labels - choose snacks with less than 100kcal per snack.
 • Plan ahead with grab & go snack ideas!
 • Choose snacks for children that are easy to eat and drink.
 • Each breakfast contains: 100kcal, 10g fibre, 10g protein, 10g fat, 10g carbs, 10g sugar, 10g salt.

Remember!
 Offer the right snacks at the right time - set too close to meal times! Plan ahead for snacks on the go! Don't forget to offer a drink - water is best!

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Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of each you should eat from each food group.

Check the label on packaged foods
 Look for...
 • High in fat, salt and sugar

Choose what you eat
 • Choose what you eat from each food group.
 • Choose lower fat, lower sugar options where possible.
 • Choose high fat, sugar and/or salty foods and snacks less often and in smaller amounts.

Choose what you drink
 • Choose water as your main drink.
 • Choose lower fat, lower sugar options where possible.
 • Choose high fat, sugar and/or salty foods and snacks less often and in smaller amounts.

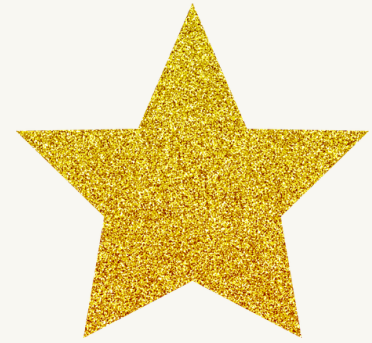
Remember!
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ATTENDANCE THIS WEEK

Reception 98.7%
 Year 1 -98.7%
 Year 2 -95.7%
 Year 3 -99.3%
 Year 4- 99.4%
 Year 5 -97.8%
 Year 6 -95.9%



Attendance Awards

Every week, we celebrate the winning class for the highest attendance. You can see the results each week on the newsletter. The winning class is announced in class by Mrs Taylor each week on a Friday and get to enjoy 5 minutes extra playtime. We also now have a lovely Helpful bear kindly donated by the Staffordshire Little Heroes campaign. Helpful bear will also stay with the winning class each week and enjoy a week of learning in the class with the highest attendance!

Congratulations to Year 4 with 99.4% attendance!

This week's stars are:



Reception - Charlotte
 Year 1 - Elliot
 Year 2 - Isabella
 Year 3 - Millie
 Year 4 - Niamh
 Year 5 - Annabelle
 Year 6 - Isaac
 Well done to you all!



Parent Online Safety Questionnaire

This week in school the children have been completing Online Safety questionnaires to check their understanding and knowledge around keeping safe online.

The children have lessons on Online Safety every Wednesday in school and this is also incorporated into their Computing and PSHE lessons.

We would really appreciate if you would also complete our Parent Online Safety Questionnaire.

Thank you, Miss Twells and Miss Luce

Online/Safeguarding Parent Quiz

April 2026



DATES

Friday 1st May

May Day Celebrations
at 9am on the
playground
Weather Permitting.

Monday 4th May

Bank Holiday Monday
School closed to all
pupils.

Monday 11th May

Reception Class Trip to
Ash End Farm
Available to purchase
on MCAS under the
Clubs tab.

Wednesday 20th May

Year 3 Class Trip to the
Thinktank in
Birmingham
More details to follow.

Friday 22nd May

OPAL Stay and Play
afternoon at 2.30pm
All welcome to come
and play!

Friday 22nd May

Break up for half term.
3.20pm/3.25pm/and
3.30pm.
Return to school on
Monday 1st June.

Thursday 4th June

Year 5 Class Trip to The
Black Country
Museum.
More details to follow.

Friday 19th June

Fathers Day Lunches
KS2
Coming soon to book
on MCAS

Monday 22nd June

Fathers Day Lunches
EYFS & KS1
Coming soon to book
on MCAS

Thursday 25th June

Year 1 Class Trip to
Peak Wildlife Park.
More details to follow

Friday 26th June

WCET Celebration
Concert for Y3 & Y4
Available to purchase
on MCAS under the
Clubs Tab.

Friday 3rd July

INSET DAY
School closed to pupils

DATES

Tuesday 7th July

Class 2 Class Trip to
Tamworth Castle.
More details to follow

Friday 10th July

Sports Day at 1.15pm
and Summer Fayre at
3.30pm

More details to follow

Tuesday 14th July

Seaside Day KS2

More details to follow

Wednesday 15th July

Seaside Day EYFS & KS1

More details to follow

Wednesday 15th July

Year 6 Leavers Lunch
with parents.

More details to follow

Friday 17th July

9am Year 6 Leavers
Assembly for Year 6
parents.

Friday 17th July

Break up for Summer
2.20/2.25/2.30pm



InclusiveKidsClubs
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Scan the QR code for more!



KIDS HOLIDAY CAMP



**FUN & CREATIVE
ACTIVITIES FOR BOYS
& GIRLS
RECEPTION - YEAR 6**

SUMMER HALF TERM

**TUESDAY
26th May**

**WEDNESDAY
27th May**

**THURSDAY
28th May**

Admission
£25 a day or book all 3
days for a discount!

Activities

- ✓ Crafts
- ✓ Games
- ✓ Drawing & painting
- ✓ Team activities
- ✓ And many more!

Hosted at the Mosley Academy

Main Rd, Burton upon
Trent, Anslow, Burton-
on-Trent
DE13 9QD

Registration Link

Inclusive-Kids-Clubs.classforkids.io

8:30 - 15:30
Late pick up options
are available!

More Information www.inclusivekidsclubs.co.uk

John Taylor MAT

CEO: Mike Donoghue OBE MA (Hons), MBA, NPQH, NLE



Dear Parents/ Carers & Colleagues,

It is with great pleasure that we announce that nominations are now open for the JTMAT Exceptional Achievement Award, which all John Taylor Multi Academy Trust pupils are eligible to be nominated for.

The award, which is open to all year groups in all JT MAT schools, is an opportunity for children to gain recognition for their achievements. Pupils may be nominated for the Exceptional Achievement Award at any point in the academic year, based on the following criteria:

Primary Aged Pupils (Early Years, KS1 & KS2)	Secondary Aged Pupils (KS3, KS4 & KS5)
<ul style="list-style-type: none">• County, National or International status in any given activity in the last 18 months• Grade 1 or above at KS1, or Grade 3 or above in music or singing at KS2• Performing in televised programme/ film or National stage production• Fundraising for a charity over £2000• Success in overcoming adversity	<ul style="list-style-type: none">• National or International status in any given activity in the last 18 months• Grade 8 or above/ Diploma in music or singing• Performing in televised programme/ film.• Fundraising for a charity over £5000• Success in overcoming adversity

Parents, carers, staff, or peers can make a nomination using the above criteria.

Please complete the online form via this link:

[John Taylor MAT- Exceptional Achievement Award Nomination Form \(Spring & Summer 2026\) – Fill in form](#)

The form will ask you to complete a short paragraph (please work to a minimum of 100 and a maximum of 250 words) in order for the nomination to be fully considered.

Once you have made your nomination, please be advised that we will be in contact with you in the weeks leading up to the ceremony to request supporting evidence, which you should provide to the student's headteacher. Please be advised that you will be notified shortly after this process has taken place to let you know whether your nomination has been successful.

Please provide as many specific details about the achievement as possible, ensuring that you provide full details of which sport/ instrument for example, the achievement involves.

If successful, students will be invited to meet with their headteacher for a ceremony which will take place on **Friday 10th July 2026 at 9:00am**, via a Teams call with Mike Donoghue OBE, CEO of John Taylor MAT, in which they will receive their very special gold pin badge award and certificate of exceptional achievement.

We very much look forward to seeing our school community embrace this opportunity and celebrate those who achieve the award. The deadline for nominations is **4pm on Friday 19th June 2026** and winners will be announced shortly after that date.

If you have any enquiries, please email jtmat-subjectexcellence@jtmat.co.uk

With Kind Regards,

Mrs G Martin
Director of School Improvement (secondary)

Mrs L Farmer
Director of School Improvement (primary)