

Welcome!
Allow me to show you
around!



Oakwood Primary School

Dining Hall ... nutritious and appetising school meals

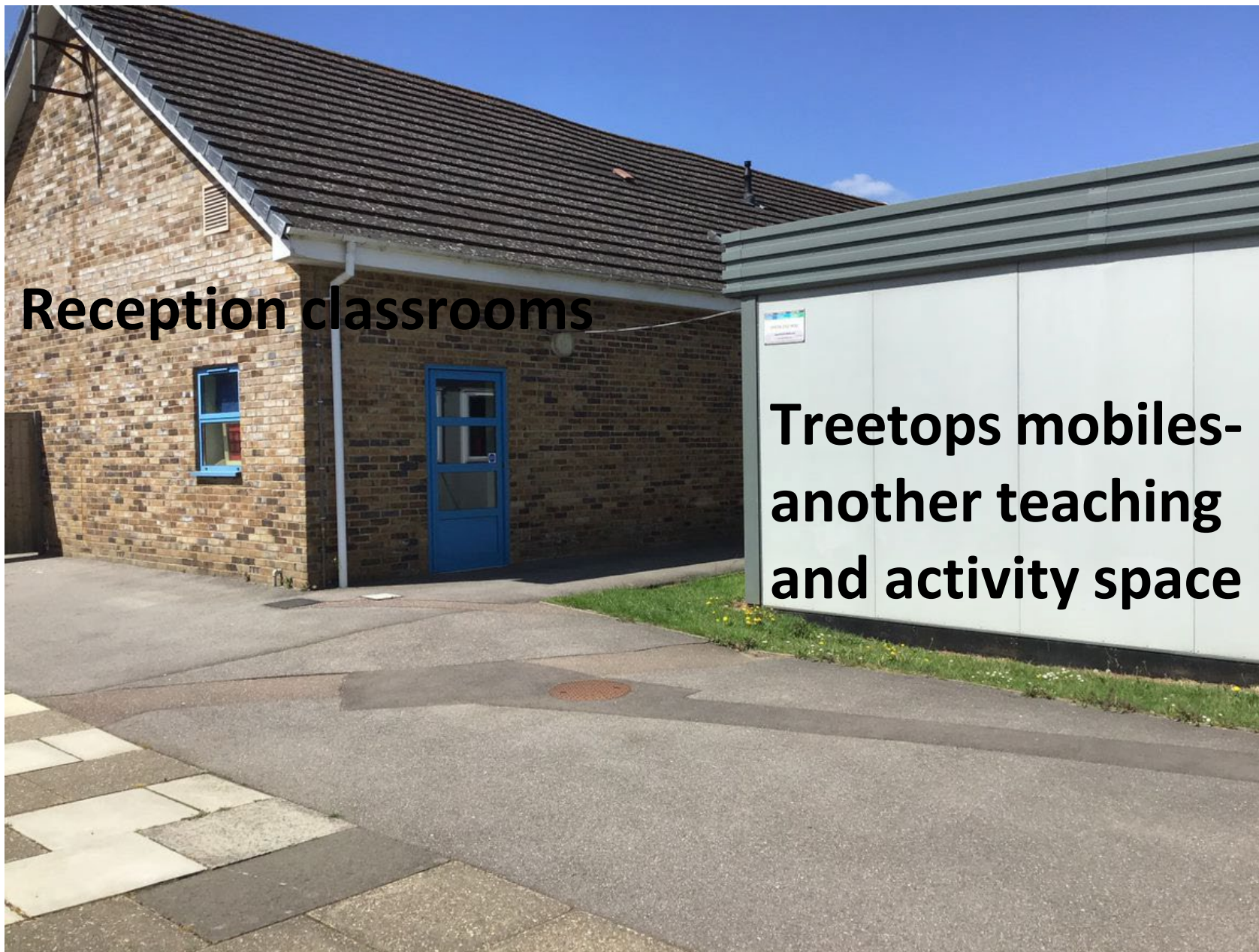




School Council... listening to pupils' views



**The school hall - a multifunction space-
physical education, music, assemblies plays
and more!**



Reception classrooms

**Treetops mobiles-
another teaching
and activity space**



**Acorns (Reception)
outdoor learning area**

What would be a good snack choice for after school?



Food for Thought

What is a balanced diet?

Fruits and Vegetables

Fruits and vegetables are full of vitamins, minerals and fibre.

These help you to:

- Grow
- Heal when you get hurt
- Keep your skin, eyes, heart and digestive system healthy
- Have energy



I think a balanced diet is really important. It's not just about eating healthy, but also about getting enough sleep and exercise. There are different things like fruits, vegetables and things like fish that help your body to stay healthy.

Carbohydrates

Carbohydrates are found in foods such as potatoes, rice, cereals, pasta and bread.

They provide the body with a source of fuel and energy that is needed to carry out daily activities as well as exercise.

What is a good source of energy?

Milk and Dairy Products

Milk and dairy products, such as cheese and yoghurt, contain a wide range of vitamins and minerals.

They are a good source of calcium, which children need to grow healthy bones and teeth.

Food that is good for you and a little bit of chocolate and sweets.



Protein

Meat, poultry, fish, eggs and beans are all sources of protein.

Protein helps the body to grow and repair itself.

What is your favourite vegetable?



A balanced diet is not just about eating healthy, but also about getting enough sleep and exercise. There are different things like fruits, vegetables and things like fish that help your body to stay healthy.

Fats and Sugars

Food and drink high in fats and sugars include: chocolate, cakes, biscuits, savoury snacks and full-sugar soft drinks.

These are not bad foods, as long as they are eaten in moderation and with foods such as grains, fruits, vegetables, milk and meat products, they are part of a healthy diet.



A balanced diet is not just about eating healthy, but also about getting enough sleep and exercise. There are different things like fruits, vegetables and things like fish that help your body to stay healthy.

Inside Acorns...



Key Stage One mobile classroom



Laptop trolleys and computer suite





**Wonderful outdoor spaces...
vegetable garden**

Our Community

THANK YOU
for supporting our local fundraising charity



Oakwood Primary
raising a fantastic £1322.72
on 21-01-2020

East of Hereford
Air Ambulance

Oakwood Primary School

THANK YOU
You raised an incredible
£210.92
For

Rennie Grove Hospice Care
Care based around you

Dear Mrs [Name],

Thank you for your generous donation of £10.00 to Oakwood Primary School's fundraising efforts for the East of Hereford Air Ambulance. Your contribution is much appreciated and will help us to raise funds for this vital charity.

Yours faithfully,
[Signature]

A huge thank you!

Oakwood Primary School
your annual Sports Dinner

£1704.40

A better future for charity is possible. Start here.



HERE'S TO YOU AND YOU

AND YOU, AND YOU, AND YOU

At our coffee morning, you helped raise an incredible
£ 337.11

COFFEE MORNING

PACMILLAN
Cancer Support
READY TO TAKE WITH YOU

EMERGENCY SETBACKS
EXTRA AHEAD NEEDED IN
THE DINING ROOM

Thinking of others...
Charity Fundraising



Wonderful outdoor spaces... Key Stage One Outdoor learning Area

Spacious school field



Key Stage One Library



Key Stage Two classroom



Spacious classrooms-Key Stage Two



Learning experiences... workshops - history


you think
society
fair?

and how inventions
you still use today?

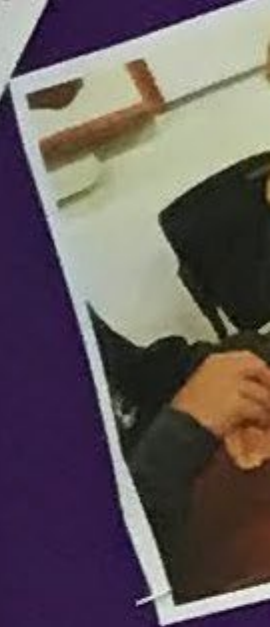
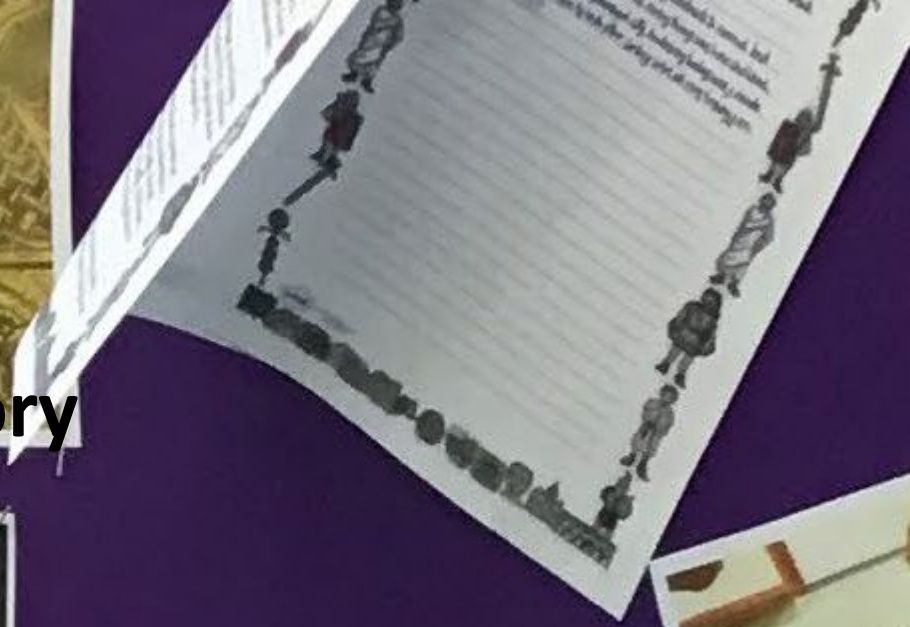
Would you have
being a



Monday 28 November 2019
we are learning about Roman legions
lovely lesson and activity



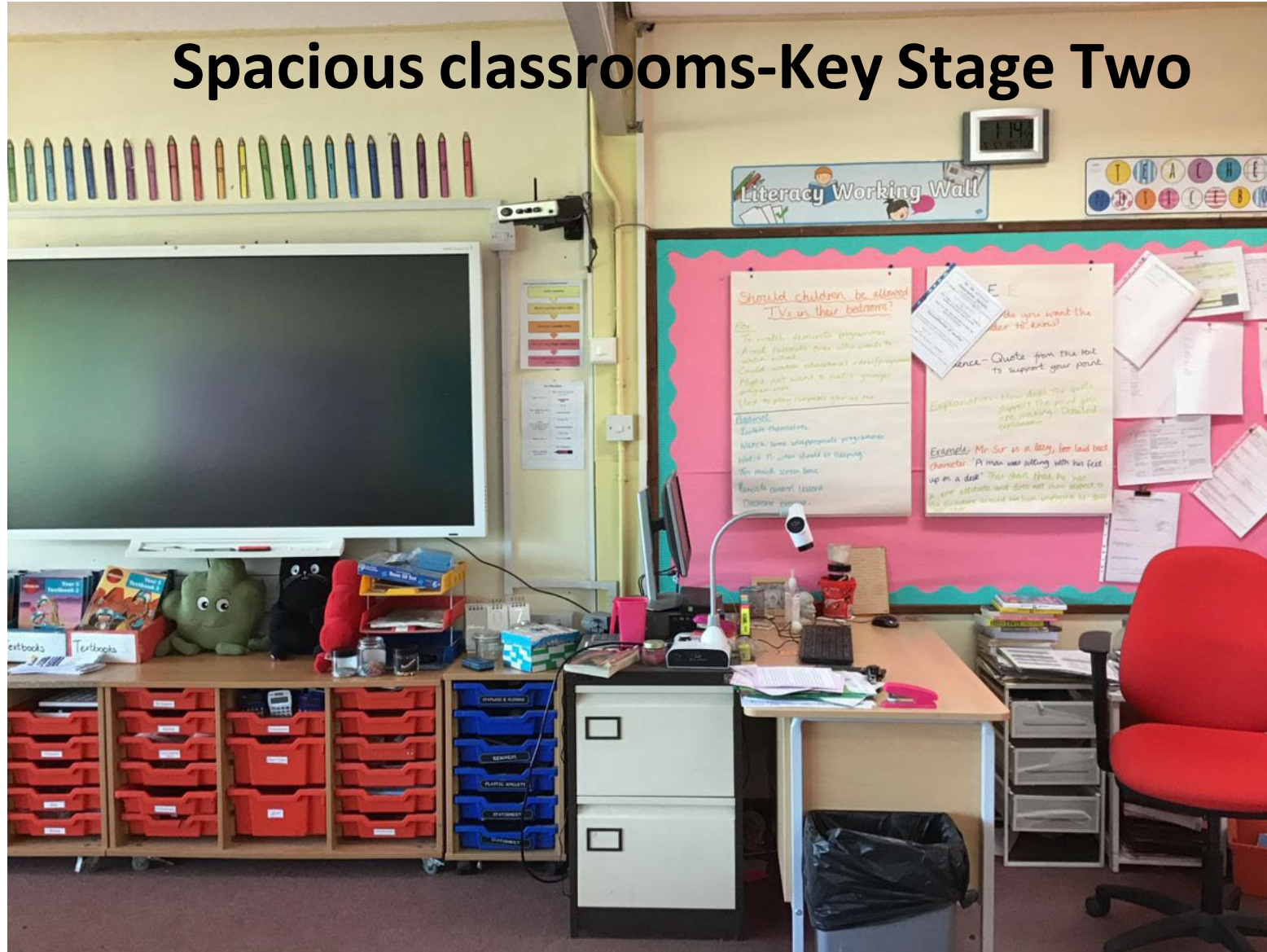
the morning, I visited a Roman Legion and defence centre
to Ashford so he could show us his armour and weapons.
like a year and he had a plan which
would hold together the



Key Stage Two Library



Spacious classrooms-Key Stage Two





Religion and Sport...



**Wonderful outdoor spaces...
spacious playgrounds (Key Stage One)**



**Thank you for visiting. We
hope you enjoyed your tour.**

