



Newsletter

September 2021

Welcome Back

The children have made an excellent start to the year and settled so well into their new classes. It has been lovely to hear the children talking about their summer; enjoying days out and seeing family and friends.

A special mention to Reception class, who have made a fabulous start to their school life!

School Uniform

The children have returned to school looking extremely smart in their school uniforms and black shoes, giving us a real sense of community as we head further towards 'normality'. Thank you to parents for supporting our school uniform policy.

Just a reminder - please label all items of uniform!

Jewellery Reminder

Could we please remind everyone that the only jewellery children are allowed is:

- **A plain watch** (no apple/smart watches, fitbits etc)
- **One small pair of studded earrings**

Please remember that all earrings must be removed before PE lessons or before physical activities in breakfast and after school clubs. Children must be able to remove these themselves as staff cannot take them out.

Alternatively, parents can remove them at home and put them back in at the end of the day.

Thank you for your support.

Lunchtimes

All children have now returned to the school hall for their lunches and have adapted well to new routines.

We are focussing on manners and behaviour in the lunch hall and children have really impressed us this week. Children are seated in tables of 6 and are asked to wait a very short time until everyone on their table has their meal before they begin. They are being extremely thoughtful of others.

Knives and Forks

Many children are struggling to use a knife and fork to eat their lunch. We are asking parents to support children at home to hold a knife and fork correctly and use it to eat their meal. We are encouraging children in school where we can but further practice would be so helpful.

Packed Lunch

The majority of our children have a school meal each day. Mrs Bradbury prepares tasty and nutritious meals that meet strict nutritious government guidelines and ensure that children receive a healthy meal every day.

Where children bring a packed lunch to school, we ask that parents adhere to our Healthy Packed Lunch Policy so that ALL children receive a healthy meal at lunch time. A healthy lunch helps children to concentrate in the afternoon, supports positive behaviour and creates healthy eating habits for the future. An extract from the policy is as follows:

Children's packed lunches should be based on the 'Eatwell Guide' model above which shows the 5 main food groups (Food Standards Agency).

Bread, Rice, Potatoes, Pasta

These starchy foods are a healthy source of energy. Packed lunches should include **1 or 2 portions**.

Fruit and Vegetables

These foods provide vitamins, minerals and fibre. Lunches should include at least **1 portion** of fruit and **1 portion** of vegetables / salad, or more.

Milk and Dairy foods or alternatives

These foods provide calcium for healthy bones and teeth. Include **1 portion** at lunch.

Meat, Fish, Eggs, Beans

These foods provide protein for growth. Packed lunches should include **1 portion** of these foods

Foods and drinks high in fat and / or sugar

It is important not to fill up on too many foods that are high in fat and / or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes. This is why sweets, chocolate, crisps, cereal bars, fruit bars, toffee/salted popcorn, squash and fizzy drinks are no longer available in schools. To ensure consistency and to keep packed lunches in line with food standards for school meals, **please support school by not including these items in a packed lunch:**

- X Chocolate bars / sweets / confectionary
- X Chocolate spread as a filling for sandwiches
- X Cereal bars
- X Chewing gum
- X Sugared / toffee and salted popcorn
- X Crisps
- X Snacks that are high in salt and fat. Many packets advertise clearly that they are lower in fat, however the salt content remains fairly well hidden. Please check the labels for content, comparing the per 100g measure. Low salt would be classed 0.3g or less per 100g (or 0.1g sodium) and **high is more than 1.5g salt per 100g (or 0.6g sodium)** Please do not include snacks that exceed the 1.5g per 100g measure.
- X Nuts

Drinks – Children have access to fresh, cold water at lunchtime and throughout the day. **Only water or milk are allowed in packed lunches.**

Pick up/Drop Off Times

Just a reminder that all children must arrive at school between **8.45am and 8.55am**. Gates will be locked at 8.55am.

Pick up times are as follows:

Reception: 3.15pm

Year 1: 3.20pm

Year 2: 3.15pm

Year 3: 3.15pm

Year 4: 3.20pm

Year 5: 3.15pm

Year 6: 3.20pm

We understand that some parents have children to pick up at different doors and staff will wait with children until you arrive. If you are not picking up children at other doors, please ensure you arrive at the designated time. Many thanks.

School holidays 2021

Holiday	Closing date	Date re-open for teaching purposes
Autumn half term 2021	Friday 22 nd October 2021	Monday 1 st November 2021
Training Days Fri 26 th November 2021 Monday 29 th November 2021	Thursday 25 th November 2021	Tuesday 30 th November 2021
Christmas 2021	Friday 17 th December 2021	Wednesday 5 th January 2022
Spring half term 2022	Friday 18 th February 2022	Monday 28 th February 2022
Easter 2022	Friday 8 th April 2022	Monday 25 th April 2022
May Day 2022	Friday 29 th April 2022	Tuesday 3 rd May 2022
Summer half-term 2022	Friday 27 th May 2022	Tuesday 7 th June 2022
Summer 2022	Thursday 21 st July	To be confirmed