

Welcome Back to School

5/9/19

Dear Parents and Carers,

Welcome back to a new school year and a very special welcome to our new starters and their families. As always a new school year brings about a few changes so please read the following information carefully:

- School has had a lot of improvements over the holidays; we are now fully re-wired, with new lighting and sockets throughout school along with a new fire and security system. We have been working hard to get the school ready for opening but with very little time to do this walls are still a little bare and a few carpets need cleaning. We will get there, but please bear with us over the next couple of weeks.
- Over the next few weeks we will be sending home important information requests and permission slips so that we can keep our records up to date; a rapid return of each form would be greatly appreciated and we do thank you for your patience in filling everything out. As always if there are any changes to your details (phone numbers etc) please let us know as soon as you can.
- Alongside this letter there is also information about our ongoing drive to be a healthier and happier school.

Lighthouse Lunchtimes

- With our new online booking system now well and truly established could we please ask that you make sure your orders are in on time – it helps everything run smoothly and most importantly the children don't have to worry about getting their lunch.
- Passwords for all new parents will be issued shortly. If you have any questions please contact the school office.

Additional Uniform reminder – keeping it simple and smart

- Plain studs in ears please – after holidays we often have a few fancy earrings arriving in school! We will ask children to take them out and will send them home safely at the end of the day.
- No nail varnish please
- Black school shoes or plain black trainers



PE Kit

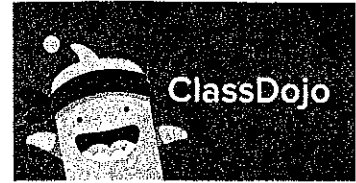
Last year we began to notice a consistent lack of PE kit throughout school (especially in years 5 and 6) so I would like to take this opportunity to go through what each child should have in school all the time, and wear, for PE

- 1 pair of black shorts
- 1 red T shirt (With Haverigg logo on if at all possible, but not essential)
- a pair of trainers – to be kept in school so nothing fancy.
- School track suit (optional) or children can bring in alternative warm clothing in cold weather
- No earrings at all for PE – this is a safety rule and children need to be able to remove them without help
- **PLEASE NAME EVERYTHING**

PE kits will be sent home at half term for washing but it is essential that the children always have their kit and get into the routine of changing for sport – it's like adults not changing to go to the gym.

Class Dojo

- As many parents are aware, we run Class dojo in school. Class Dojo is a web based app that allows teachers and parent to contact each other and improves home school communication. It allows positive behaviour to be shared and keeps everyone up to date with class information and news. Some class teachers also have a home school book that they use alongside Dojo. With both communication methods their aim is purely to share what is going on in class and to maintain a strong bond between home and school; when children know that their parents and teachers are regularly in touch it has a positive impact on their behaviour and progress.
- Please could I remind you that the usual absence messages, medical appointments or general school queries need to still go through the office please and not sent via Dojo.
- Important to note that Teachers will reply in school hours only.



Attendance - A reminder about booking and taking holidays in term time.

- A child's attendance at school is expected to be above **95%**. Anything that is below this needs to be addressed by school to ensure attendance improves. We are very keen to ensure that all children attend school regularly as it is important for friendships and academic progress/success. **As such you are strongly urged to avoid booking a family holiday during term time. Parents do not have any right or entitlement to take their child out of school for a term time holiday.** Following government guidelines, we can only grant leave for exceptional circumstances and each request will be judged individually. Please note that unauthorised leave of absence could and is ever more likely to result in legal action and a Penalty Notice being issued. It is also important to note **that regular school attendance is a legal requirement and has to be taken seriously by all.**

We are all raring to get started and we are looking forward to a great year.

Best wishes

Mrs Narongchai and the whole staff team

Health

U We are becoming a healthier school

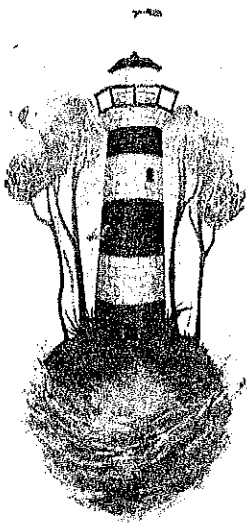
H We have now completed our "Health Hub" and will be developing this further throughout this year. Our aim is for all children to continue to develop a sound understanding of how to lead a happy and healthy life. The 7 healthy changes they decided on are listed below. Please continue to support them at home to achieve these; your investment and guidance will make a huge difference.

Remember: One small change at a time.

- **Healthy change 1:** *To look after our teeth.* Children will continue to get a birthday cake in school during assemblies. This will be sent home with them ideally to eat with their evening meal to promote good oral health habits. However, could we ask that you **no longer** send in birthday cakes to share with the class.
- **Healthy change 2:** *To become fitter* by walking briskly or jogging for 15 minutes daily.
- **Healthy change 3:** *To eat healthy packed lunches.* Please find attached our packed lunch policy based on government guidelines for a healthy packed lunch. We would like all parents/carers to read them carefully and make 1 healthy change to your child's packed lunch each day.
- **Healthy change 4:** *To develop positive thinking habits,* we will each share one good experience every day. Focus on the good things that happen.
- **Healthy change 5:** *To drink the equivalent of 4-6 glasses of water* at school and work towards being a "water only" school.
- **Healthy change 6:** *To improve mental health* by practising daily mindfulness.
- **Healthy change 7:** *To improve our sleeping habits* we are going to reduce our screen time before going to bed.

Thank you - Please read our Packed lunch policy (on the back of this letter)





Haverigg Primary School's Healthy Packed Lunch Policy

How to pack a well-balanced packed lunch...focus on the food groups!

To be in-line with the School Food Standards set by the Department for Education we feel this is a very reasonable packed lunch policy and one which we would like all parents to work towards achieving – **one small change at a time**. We do understand that some children struggle with change but by going for a healthier choice you can gradually improve your child's health.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish, eggs, or a non-dairy protein (e.g. Lentils, kidney beans, chickpeas, hummus, peanut butter, falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or another cereal every day.
- A dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- A drink of water, fruit juice or smoothie (maximum portion 150ml), or semi-skimmed milk or skimmed milk, yoghurt or another milk drink.

Packed lunches can occasionally include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits, but encourage your child to eat these as part of a meal, and be mindful of appropriate portion sizes.

Packed lunches should not include:

- Salty snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated cereal bars, processed fruit bars and sweets.
- Sugary soft drinks, such as squash and fizzy drinks.