



# Barwick and Stoford Primary School



[www.barwickandstofordschool.co.uk](http://www.barwickandstofordschool.co.uk)  
**'To be the School of Choice'**



7th September 2018

Dear Parents/Carers,

Welcome back! I hope you had an enjoyable summer holiday. We have been very fortunate with the weather this year during the school holidays which has been wonderful. I would like to thank all the children, staff and parents for making me feel so welcome here at Barwick and Stoford Primary School and extend a warm welcome to any new families who have joined the school.

The children have settled really well into their new classes and have settled back into their learning very quickly after the long break. In our assemblies this week we have been looking at the school motto - 'To be the School of Choice'. We have discussed what this means and how we can all achieve this. The children have made some excellent suggestions. We have also looked at the school logo and who and what this represents. We read the poem 'Jack the Treacle Eater' by Charles Causley and looked at photographs of the folly in Barwick House grounds. We learnt that the folly was thought to have been built in the 1820s and that it has a statue of Hermes, the Greek messenger, on top to represent Jack. We learnt that Jack was a messenger boy who went back and forth between here and London with just a pot of treacle to give him energy. We learnt about the legend - that at midnight, Jack climbs down from the tower to the lake, where he quenches his treacle induced thirst. We have also revisited the school's 'Golden Rules' with the children as per the Discipline and Behaviour Policy which is on the school website. This is something that is done at the start of every academic year to remind the children of the school's expectations.

This academic year the school will be focusing on three key priorities to continue to make improvements. These are:

- Continuing to strengthen the quality of teaching and learning so that more pupils make good or better progress with a focus on: marking and feedback, presentation, data tracking and assessment
- Improving the quality of teaching and learning in mathematics by continuing to develop a mastery approach
- Improving whole school attendance and punctuality

Please do not hesitate to contact me if you have any queries or questions. If I am not available I will always ring you back. I look forward to working in partnership with you over the next few weeks.

Mrs Sandra Leggett—Interim Headteacher

## Water Bottles

Please could you ensure that your child has a named water bottle in school every day. It is important that your child has access to water throughout the day. Thank you.

## **Healthy Packed Lunches**

All children in Reception, Year 1 and 2 are entitled to free school meals funded by the Government to encourage a healthy diet and good eating habits from a young age. These meals are nutritionally balanced. From year 3, children may be entitled to a free school meal but an application which is means tested needs to be completed for this to happen. You can also choose to pay for a school meal for your child.

If your child prefers to bring a packed lunch then please could you ensure you provide a healthy lunch box. Some parents have asked for suggestions about what a healthy packed lunch could contain. The following website contains some very useful suggestions about what you could include in your child's lunchbox. Please avoid peanut butter/nuts etc because some children may have reactions to these products. Thank you.



**[www.nhs.uk/change4life/recipes/healthier-lunchboxes](http://www.nhs.uk/change4life/recipes/healthier-lunchboxes)**

### **Keep them fuller for longer**

Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.

### **Mix your slices**

If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.

### **Freeze your bread**

Keep a small selection of bread in the freezer. Make lunchboxes more interesting by using different shapes, like bagels, pittas and wraps, and different types of bread, such as granary, wholemeal and multi-grain.

### **DIY lunches**

Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.

### **Less spread**

Cut down on the spread used and try to avoid using mayonnaise in sandwiches.

### **Cut back on fat**

Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.

### **Ever green**

Always add salad to sandwiches – it all counts towards your child's 5 A DAY.

### **Always add veg**

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.

### **Cut down on crisps**

If your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes instead.

### **Add bite-size fruit**

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.

### Tinned fruit counts

A small pot of tinned fruit in juice – not syrup – is perfect for their lunchbox and is easily stored in the cupboard.

### Swap the fruit bars

Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.

### Watch the teeth!

Dried fruit counts towards your 5 A Day, but can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.

### Swap the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup)

### Go low fat and lower sugar

Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.

### Check your cheese

Cheese can be high in fat and salt so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties of cheese.

### Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.

### Variety is the spice of lunchboxes!

Be adventurous and get creative to mix up what goes in their lunchbox.

### Attendance and Punctuality

Good habits which are established early in life, continue into adulthood and help to develop good working routines and relationships, which in turn lead to personal success and self-esteem. Good attendance at school underpins success in all areas of the curriculum. For the pupils of Barwick and Stoford School to gain the greatest benefit from their education it is vital that they attend regularly, be at school on time, every day the school is open unless the reason for the absence is unavoidable. It is very important therefore that parents/carers make sure that their child attends regularly. Poor punctuality is not acceptable. If your child misses the start of the day they can miss work and do not spend time with their class teacher getting vital information and news for the day. Also late arriving pupils disrupt lessons. Pupils should arrive in school by 8.55am on each school day with classrooms opening at 8.45. The register for the first session will be taken at 9.00am The register for the second session will be taken at 1.00pm. If children arrive after registers close this will be counted as an unauthorised absence. Parents should be aware that if children arrive after registers close this will be considered as an unauthorised absence. The School will monitor all Children's attendance throughout the year and if your child's attendance dips below 95% this may trigger Attendance Letters and Meetings and further monitoring by the Schools EWO.

## **Emergency Contact Details**

The Government has recently published new requirements for schools in the document 'Keeping Children Safe in Education' 2018. This requires all schools to ensure that they have at least 2 emergency contact details so that parents can be contacted. Somerset is recommending that we have 3 emergency contacts if possible. This has become a requirement following the tragic death of a young child who starved to death clinging to his parent who had collapsed and died. Also please can you ensure that you inform the school office if your phone number(s) have changed. Thank you for your co-operation in this matter.

## **Site Security**

To ensure the safety of all the children, the school gates will remain locked until just before the end of the school day. In this way we can ensure that any unwanted visitors are unable to access the school site. Thank you to the Ladybirds parents for waiting by pre school for their school age children and not waiting near the classrooms.

## **Celebration Assembly**

On Friday mornings at 9am we will be holding a 'Celebration Assembly' in the school hall. Every week ,one child from each year group will receive a Headteacher Award for super presentation/pride in their learning leading to good progress. Everyone is welcome. I do hope you can join us.

## **Dates**

13.9.2018	FOS Bingo 6pm
20.9.2018	Photos for the website
27.9.2018	Individual photographs with sibling photographs at 8.30
28.9.2018	Harvest Service at 10am
22.10.2018	Parents' Meetings from 1.10pm to 4.50pm (Booking forms to follow)
25.10.2018	Halloween Disco 6 to 7.30pm
26.10.2018	Non - pupil day
29.10.2018 to 2.11.2018	Half term break
5.11.2018	School re- opens
23.11.2018	Flu jabs for Reception to Year 5 pupils (more information to follow)
7.12.2018	Christmas Fayre 2 to 3.15pm
12.12.2018	Christmas Concerts Ladybirds and Chestnut 2pm, Year2 to 6 at 6pm
13.12.2018	Christmas Concert Ladybirds and Chestnut 2pm, Year 2 to 6 at 6pm
20.12.2018	Nativity 10am , Christmas parties pm
21.12.2018	Non- pupil day
24.12.2018 to 7.1.2019	Christmas Break
7.1.2019	School re-opens for the Spring Term