

Frenchay C Of E Primary School Newsletter

Dates to Remember:

New dates are in yellow

Term 1 2018-19

OCTOBER

Sund St John's Church
ay 7th Harvest Service
10.30am

8th Open morning –
new intake
2019/20 11am

16th Gruffalo trip to
Berkeley Castle

18th Girls Hockey
Tournament

18th PTA Movie Night
3.30 – 5.00pm

Week
comm
encing
22nd Parents Evening

25th Race For Life

25th End of term for
pupils

26th INSET day

November

5th Term 2 begins

8th Parent Forum
2.30pm

9th Dress Down Day
in aid of
Christmas Fair

12th Anti-Bullying
Week

12th Odd Socks Day
for Anti Bullying
Week

15th Safer Fitter
Greener Yr 4
activity with
Walk to School

20th Flu Vaccinations
YR to Y4

21st Open morning
for new intake
2019

24th Christmas Fair
11am – 3pm
Village Hall

Message from the Head Teacher

We end this week with the Harvest celebrations led by Phoenix class. It was so lovely to see so many of you at our service and we want to thank both Mr Backett, Mrs Murdoch and Phoenix class for their hard work in leading such a lovely service. Many thanks to all for your contributions of food for the selected charities. The table was brimming with produce.

Walk to School This week we welcomed back Walk to School with Living Streets. As we begin to make plans for the new school we are conscious of the impact of increased numbers of pupils over time, on the local community. We want to continue to work with Walk to School to encourage as many of our pupils to use either park and stride or walk, scooter or cycling methods of transport twice a week. All those who are successful will earn a badge based on this year's new theme. Good luck everyone.

Packed lunches There have been many discussions over recent months about the approach to healthy lifestyles. As a school we want to promote a health balanced diet and are working together with the PTA to aim to provide a good balance in our future events. As part of our approach we would like to draw your attention to the guidance on our Whole School Policy relating to lunch boxes. The policy states:

2.4 Packed Lunches

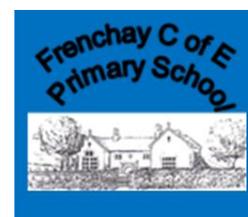
Alternatively children may bring a packed lunch to school. As a school we support the recommendations made by the British Nutrition Foundation which are outlined below.

We recommend a packed lunch should include the following:

- A portion of starchy food, e.g. wholegrain roll/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrot sticks, mini fruit chunks, etc.
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy), a low sugar carton of squash, water or milk.

As a school we appreciate that children also like to have a 'treat' in their lunchbox and are happy for the children to have **one** of the following items:

- A cake type item e.g. fairy cake, small apple pie, finger slice of cake



- A biscuit covered in chocolate e.g. penguin, 2 finger kit-kat, rocky, wagon wheel
- A packet of low fat and low salt crisps

In addition, the school requests that parents do not include the following items in packed lunches:

- Sweets (including fruit winders),
- Any form of chocolate that could be purchased from a confectionary stand
- Any packeted savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks
- Sweet nut bars, cereal bars etc.
- Foods containing salted nuts, or any other nuts (due to allergies)

Parents who have difficulty following these guidelines are requested to contact the school.

No nuts must be brought to school, as stated in our Allergy Policy.

Lunchbox food is never shared with friends for reasons of hygiene and allergies.

Let's work together to teach our children that treats are part of a healthy balanced diet, in the right proportion. We very much appreciate your support.

Parent Forum In previous years the school has held Parent Council meetings, giving opportunities for elected parents to share their ideas about the school. I would like to introduce a slightly altered version of this, by beginning Parent Forum meetings as of next term. This will be an opportunity to join together and celebrate our successes as well as areas for tweaking and improving. We would like this to be an opportunity open to all of you rather than an elected few. Our first Parent Forum will take place on Thursday 8th November at 2.30pm. Further information will be provided in due course. We hope to see you there.

Drop Box We would recommend that no cash is left in the drop box for security reasons but if you do choose to then it is at your own risk. Please do use it for all reply slips, forms and requests as it is a good system to reduce the time you spend queuing at the office. Many thanks.

Parents Evening Next week we shall be texting and emailing the link for booking your parents evening slots. Look out for the email for booking on Teacher to Parent.

After School Clubs As you are aware we are improving our provision for after school clubs. These are all hugely popular across the school, which is fantastic. Next week I shall send out an overview of all the planned clubs in order to support you and your child in making the decision as to which is the most exciting one to try to book onto. There will be an expression of interest letter for a Robotics club. We want as many children as possible to benefit from these clubs.

Collective Worship

The value for this term is **Thankfulness**. Here is the weekly 'Pause for Thought' which can be discussed at home as well as in school.

Each term we send home the Home School Values linked to the terms focus. If there are ever any comments or pieces of work that your children have done based on these we would love to see them.

Linked to this terms theme, we have been talking about saying thank you for our food by saying Grace. If any of the children would like to write their own Grace, again I would love to see it. We can then produce a book where we can select the children's Grace to say together at lunchtimes.

"All things are possible for one who believes." Mark 9:23.



Pause for Thought

Week 8th October 2018: What can you think of that you are thankful for?

Learning in Dragon Class



Dragon Class had a fantastic trip to The Swindon Steam Museum last week as part of their topic on the Second World War. They enjoyed dressing up and taking part in various workshops. They experienced a bomb shelter, an evacuee train, a steam train used to transport weapons, toys from the 1930s and 40s and heard from people who experienced life during the war. It was a memorable experience for us all; the children learnt a huge amount and had a lot of fun. We have also been enjoying our weekly ukulele lessons with Mr Davies. We are learning some fun tunes and songs and we even have some George Formbys in the making!

Net Aware APP The NSPCC recommend an APP called Net Aware. This is for you as parents, to support you in knowing the most up to date information on the apps and games that our children are interested in playing. This includes the age restrictions, information on what the game or app entails and the views of children of all ages who have used the game or app. We hope you find it useful.

PTA Last week the PTA met for their AGM. It was amazing to hear that the total sum raised by all their hard work last year was a whopping £6,921.66! Thank you so much to all those involved and to you as parents who has supported all the different events and activities that have taken place.

The money raised has been used to fund the significant changes to the playgrounds for the lunchtime provision. This has been very well received by all the children, has impacted positively on their behaviour, enjoyment and problem solving skills.

The PTA have also funded the new benches in KS1 playground, reduced the cost of school trips by subsidising them on your behalf including the Panto, the Christmas entertainer and finally providing new books for the revamped library, another huge success!



With diminishing budgets and further cuts facing schools these additional funds are essential to ensure we can provide opportunities to the children that might not normally be affordable. Thank you to all involved.

Secondary Admissions Deadline Don't forget the deadline for applications for secondary schools is 31st October 2018.

Half term club Please find a flyer for Half term clubs through Progressive Sports along with our newsletter.

Frenchay Parish Church On Sunday 7th October at 10.30am St John's Church will be holding their Harvest Service. All are welcome.

You're invited to:



Free event for all ages!

Messy Church begins at Stapleton Church on 12th October with another session on 9th November, 4pm – 6pm. A meal is included in the session. All are welcome.

Lego Club The next session of Lego Club is 13th October in Downend Library.

Sports Clubs Along with the attachment of the newsletter you will find several flyers for sports clubs over the October half term.

LEGO CLUB
Downend library

Join us for theme-based creative building fun for primary school aged children

Saturday 15 September
11.00am-12.00pm

Following meeting
Saturday 13 October

It's FREE to come along
All children must be accompanied by a grown up

www.southglos.gov.uk/childrenslibrary
@southgloslib @spslibraries

Community Children's Health Partnership
Bristol Community Health

Getting Started with Signing for Parents

An Introduction to Makaton sign language

FREE Speech and Language Training for **parents, carers and families** of children who would benefit from learning and using Makaton signing, and are attending Bristol Schools

Over 2 weeks you will learn 100 signs

Please see www.makaton.org.uk for details of Beginners courses

Topics Covered

- People
- Greetings
- Toys and Activities
- Actions
- Questions
- Feelings
- Places
- Animals
- Transport
- Food and Drink

To learn 100 signs you will need to attend both signing sessions

Reasons to attend

- To learn and practise 100 early Makaton signs to use with your children
- To become more confident when signing
- To learn more about communication and the benefits of Makaton

Location: Knowle Clinic, Broadfield Road, BS4 2UH

Dates: Tuesday 2nd & 9th October 2018

Times: 9.30-12.30

To book a place, email SLTTrainingTeam@cchp.nhs.uk
By Friday 21st September





School Age Speech
and Language
Therapy Team

Training for
Teachers and
SENCo's

Getting started with PECS for Parents

How to use the Picture Exchange Communication System (PECS) at home to support your child's communication

FREE Speech and Language Training for
Parents and Carers of children with
social communication difficulties or
Autism



Topics Covered

Session 1

- Communication development
- Why do we communicate?
- And overview of the PECS stages
- Planning to use PECS at home

Session 2

- Feedback from using PECS at home – how did you and your child get on?
- Discussion of positive and challenging experiences and how to move on

A chance to meet other parents and
chat with PECS trained Speech and
Language Therapists

Refreshments provided

You must attend both training sessions

Location: Long Cross Children's Centre, Long Cross, Bristol BS11 0LP

Dates: Wednesday 17th October & 7th November 2018

Times: 9.30 – 12.30

To Book a place, email: SLTtrainingteam@cchp.nhs.uk

By Friday 12th October 2018