

## Key Dates

2<sup>nd</sup> October  
KS2 Harvest Church  
Service at 09:30

9<sup>th</sup>/11<sup>th</sup> October  
Parent's Evenings

10<sup>th</sup> October  
World Mental Health Day  
activities in school

19<sup>th</sup> October  
Tag Day

29<sup>th</sup> October  
Staff Training Day

## Term Dates 18/19

### Term 1

Tuesday 4th September  
until  
Friday 19th October

### Term 2

Tuesday 30th October  
until  
Tuesday 18th December

### Term 3

Thursday 3rd January  
until  
Friday 15th February

### Term 4

Tuesday 26th February  
until  
Friday 5th April

### Term 5

Tuesday 23rd April  
until  
Friday 24th May

### Term 6

Tuesday 4th June  
until  
Tuesday 23rd July

## Headline

School meals provided at this school are contracted out to a company called Chartwells. Chartwells work in many schools in the Kent and Medway area.

For children in Years R, 1 and 2, school meals are provided free through a government subsidy. For children in Years 3-6 at this school, they cost £1.85 per day.

Each day there are two hot menu choices as well as cold sandwich based options, a desert, bread, salad and fruit. The children are encouraged by school staff to eat their meal and we report home any persistent none eating of a school dinner or home packed lunch.

There are strict guidelines for school meals. Each month, I have to submit a report to the contractor covering things such as quality, quantity and menu compliance. In order to do this, I discuss the meals with staff and children, as well as randomly sampling the meals myself.

With strict guidelines for school dinners, the government also produce guidance for packed lunches brought in from home. Schools are expected to actively encourage these meals to follow this guidance.

We have amended this guidance to

remove the mention of nuts owing to a number of severe nut allergies in our school population.

The guidelines are:

- One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches
- Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus and falafel
- An oily fish, such as salmon, should be included at least once every three weeks
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day
- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies
- Snacks such as crisps should not be included. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with

## Uniform

A navy blue jumper, sweatshirt or cardigan. Navy, black or grey trousers, tailored shorts, skirt or dress/navy and white checked dress. A white or blue polo shirt, shirt or blouse. Flat plain black shoes or trainers (no heels or open toes). [www.tesco.com/ues](http://www.tesco.com/ues)

## Key Staff

**Mr Carthy** *Headteacher*

**Mrs Langthorne** *Deputy Head*

**Mr Chantler** *Deputy Head*

**Ms Gould** *Chair of Governors*

**Mrs Hill & Miss Knight** *SENCO*

**Miss Masters** *FS Leader*

**Miss Scudder** *KS1 Leader*

**Mr Chantler** *LKS2 Leader*

**Mr Atkins** *UKS2 Leader*

**Mrs Vella** *Family Liason Officer*

This school is committed to safeguarding and promoting the welfare of children, achieving equal opportunities and combating discrimination.

We operate a very clear whistleblowing policy for staff.

fruit, vegetables or dairy food are also a good choice

- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal
- Meat products such as sausage rolls, individual pies corned meat and sausages / chipolatas should be included only occasionally

If we feel as though any child is not getting a regularly balanced meal, we will contact you and offer you advice.

Children work very hard at school and a balanced meal at lunch time helps provide concentration for the afternoon.

Further advice and support can be found by searching 'change for life' through your preferred search engine.

Mr Carthy

## News

### UNICEF

This term our focus United Nations Convention on the Rights of the Child article is Article 3: The best interests of the child must be a top priority in all decisions and actions that affect children. Children will be doing work on this in school and will also be asked to do some home learning at some point during the term. We hope that you will

ask your child what they have done in school to support this article and have a discussion of what this means.

## Reminders

### Nut-Free School

We are a "nut free" school because we have children who are allergic to nuts. This can be a life threatening condition. We do not use nuts in any of our food prepared on site at school.

Please can you help us to protect these children by being vigilant when providing your child with packed lunch and when bringing any foods such as snacks and birthday cakes.

### Christmas Card Designs

Children will be bringing home Christmas card designs this week. If you would like to place an order, these must be returned to school by Friday 5<sup>th</sup> october.

## Pat On The Back

The classes with the best attendance for the week beginning the 10<sup>th</sup> September 2018 were 3/4T with an 99.3% 6C had no late pupils during this week, and a fantastic 100% of children arrived on time.

## Also Coming Home

- Parent Consultation appointments
- Data Collection Sheets
- Christmas Card Designs
- Year R Walk letter
- 'America' Themed Lunch Menu