

Rivelin Primary School

Friday Newsletter – 8th February 2019

Headteacher's Weekly Message

Dear Parents & Carers,

I was really pleased to see a report this week from the country's four chief medical officers who have made recommendations about children's use of screens. Most staff in school believe that overuse of devices and social media are creating all kinds of communication and mental health issues for our children. This is because of the lack of face to face communication with other humans that children need to develop and also the amount of negative self-comparison around social media that children don't really understand how to manage.

I have seen again and again the lack of communication going on in families, including my own, when I am out and about in town, in restaurants, at bus stops where children are not communicating with adults because we are too busy looking at our phones instead of being present for the people around us. This is a worrying issue and is not without consequences for our children growing up today.

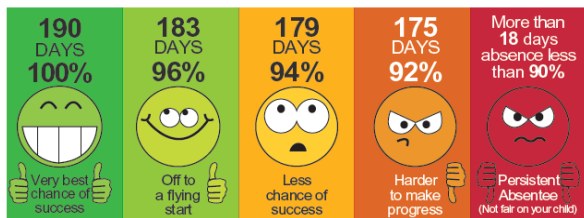
What does the guidance recommend parents do? *(taken from BBC news website)*

There are several clear steps for parents, which the chief medical officers say will help keep children safe and healthy. These include:

- not using phones and mobile devices at the dinner table - talking as a family is very important for development
- keeping screens out of the bedroom at bedtime
- talking as a family about keeping safe online and about cyber-bullying and what children should do if they are worried
- not using phones when crossing a road or doing any other activity that requires a person's full attention
- making sure children take a break from screens every two hours by getting up and being active
- policing their own use too - parents should give their children proper attention and quality family time and never assume they are happy for pictures to be shared

I hope you have a great weekend filled with talk and quality time together

Why is Attendance/ Punctuality so important



Number of minutes late every school day and days missed each year as a result

5 mins everyday = 3.5 days

10 mins every day = 7.2 days

20 mins every day = 14.4 days

Our attendance figure for Friday 1st January – Thursday 7th January was **94.70**

Attendance Champions for the week are **Y4EW with 97.4%**

Well done and thank you to all our attending children and their parents.



Attendance is really important to help ensure your child has the best education possible. Please help support your child by avoiding taking them out of school for appointments or holidays.

This week's class champions are...



Congratulations to....

Jasmine.T, Tina.M & Bay.H for receiving their **100** superstars!

PARENT'S EVENING

The sign up sheets for Parent's evening have been placed outside the Classrooms today.

If you have trouble getting into School, please ring the School Office who will do their best to book you an appointment.

CHANGE IN DINNER MENU CHOICE

Due to next Friday being a training day, we have decided to serve Friday's Fish & Chip options on Thursday

One more week to go!

PTA's Valentine's Bake Sale



The PTA are hosting a Valentine's Bake Sale on **Thursday 14th February** at the end of the School day!

Cakes/buns will be sold at 50p each.

Donations of buns on the day would be greatly appreciated!

Help raise money for

Rivelin Primary School



and
The Fire Fighters Charity

CRN 1093387



SEND YOUR DONATION IN ANY BAG

We would like: Adults & Children's Clothing, Coats, Paired Shoes, Underwear, Bags & Belts.

I'm sorry, we cannot recycle: School Uniforms, with or without logos, bedding or household textiles.

Bring your bag to school on:

Wednesday 27 February 2019

KS2 After School Sporting Activities: SPRING TERM 1

Monday: Cross Country (FULL)

Tuesday: Homework Club (FULL) //Art Club//Parkour (FULL)

Wednesday: Archery

Thursday: Basketball (FULL)

Friday: SUFC Football Skills & Dance (FULL)



There will be no clubs during the last week of the half term (week commencing 11th February) due to Parents Evenings and an inset day.

All payments for clubs must be done via SIMS Agora. If your child attends Wraparound, you must still register their place on SIMS Agora by using the 'Wraparound Attendees' Product.

Important Safeguarding Information

If your child has attended the club previously you will need to re-register them for the Autumn 1 Term.

If your child decides they would like to join once the sessions have begun we require one weeks' notice before they can start, you will not be able to sign up on the day.

If for any reason your child will not be attending a particular week, you must inform the school office.

SCHOOL WEBSITE

We are taking some time to re-vamp our School Webstie, therefore we ask that you bear with us whilst we go through this process.

Our website is such a useful recourse, therefore we want to make sure it is as accessible as possible!



Here are the following dates for our Family Coffee Morning sessions for the next half term.

PUT THESE IN YOUR DIARIES

Friday 8th March

Friday 22nd March

This is the perfect way to start your day!

Come and join us for a drink and a Danish only £1 or £1.50 to take away

Children and babies welcome

Located in the school library

All proceeds go directly back in to the school

Dinner menu for next week:

Week 3



| February | March |
|---|--|
| Tuesday 12 th – Parents Evening Thursday 14 th – Parents Evening Friday 15 th – Training Day Monday 25 th – First day back | Monday 25 th – Friday 29 th – Y5 Thornbridge Residential Friday 29 th – Last day of School |



RIVELIN PRIMARY



Colours in the left column represent the band colour your child should choose for the meal that day

| WEEK ONE | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------|---|---|--|---|--|--------|
| Main Course | Turkey Meatballs with Crushed Potatoes and Tomato sauce | Lasagne with Garlic Dough Balls | Roast Chicken with Mashed Potatoes, Stuffing and Gravy | Chicken Curry with Brown Rice and Garlic Naan Bread | Fish with Chips | |
| Vegetarian Main Course | Macaroni Cheese | Vegetable Sausages with Gravy & Mash | Roast Quorn with Mashed Potatoes, Stuffing & Gravy | Vegetable Tortilla Lasagne with Garlic Doughballs | Vegetable Spring Roll with a Curry Sauce and Chips | |
| Jacket Potato & Filling | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | |
| Sandwiches | Cheese | Tuna | Hot Roast Sandwich | Cheese & Ham Wrap | Cheese | |
| Vegetables | Garden Peas & Broccoli | Fresh Carrots & Sweetcorn | Sliced Green Beans & Savoy Cabbage | Roasted Peppers, Sweetcorn & Cauliflower | Garden Peas & Baked Beans | |
| Dessert | Banana & Chocolate Muffin | Cherry and Sultana Flapjack | Fruit Jelly & Ice cream | Pear and Cinnamon Cake with Custard | Chocolate Brownie | |
| WEEK TWO | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Main Course | Salmon and Tuna Pasta Bake and Garlic Bread | Meat and Potato Pie | Roast Pork with Mashed Potatoes, Yorkshire Pudding and Gravy | Shepherd's Pie with Gravy | Fish Fingers with Chips | |
| Vegetarian Main Course | Vegetable Pizza Slice with Half a Jacket Potato and Salad | Roasted Winter Vegetable Casserole Topped with Cheesy Croûtons | Roast Quorn served with Mashed Potatoes, Yorkshire Pudding & Gravy | Vegetable Curry with Coriander Rice | Bean Burrito with Chips and Tomato Sauce | |
| Jacket Potato & Filling | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | |
| Sandwiches | Cheese | Tuna | Hot Roast Sandwich | Cheese & Ham Wrap | Fish Finger Wrap | |
| Vegetables | Garden Peas & Baked Beans | Sweetcorn & Broccoli | Sliced Green Beans & Fresh Carrots | Braised Red Cabbage & Sweetcorn | Garden Peas & Baked Beans | |
| Dessert | Apple Crumble with Custard | Fruity Flapjack | Fruit Jelly with Ice cream | Banana Gingerbread Pudding with Custard | Blueberry Muffin/Cake | |
| WEEK THREE | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Main Course | Sausages & Mash with Gravy | Beef Bolognese with Penne Pasta | Roast Gannion with Mashed Potatoes, Stuffing and Gravy | Chicken with Rice and Tomato Sauce | Fish Fingers with Chips | |
| Vegetarian Main Course | Bubble and Squeak | Mexican Bean Stew with a Tomato Sauce and Flatbread | Roast Quorn with Mashed Potatoes, Stuffing & Gravy | Chickpea and Aubergine Curry with Brown Rice | Vegetarian Brunch, Vegetarian Sausage, Baked Beans, Mushroom & Hash Browns | |
| Jacket Potato & Filling | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | |
| Sandwiches | Cheese | Tuna | Hot Roast Sandwich | Cheese & Ham Wrap | Fish Finger Wrap | |
| Vegetables | Peas & Broccoli | Sliced Beans & Sweetcorn | Carrots & Savoy Cabbage | Roasted Mediterranean Vegetables & Broccoli | Garden Peas & Baked Beans | |
| Dessert | Eyes Pudding & Custard | Flapjack | Fruit Jelly & Ice Cream | Banana Muffin or Traybake | Chocolate Crunch Slices | |

Yoghurt and fruit will also be available each day as an alternative to dessert. A selection of breads, salads and fresh drinking water will be available daily.