

Autumn 1, 2018

Dear Parents and Carers,

## School Snacks

A few parents new to us have asked about the school snacks at break time. Our children are fantastic with their choices of snack during morning breaks but just as a reminder the School Kitchen provides snacks and drinks that meet the School Food Standards. Snacks are 20p each and include drinks as well as healthier versions of flapjack, cookies, etc.

If you wish to send your child with their own snacks from home then our school food policy recommends that children bring in fruit, dried fruit, vegetables (e.g. carrot sticks), plain biscuits or cereal bars that are not chocolate or yoghurt based. Most cheese based snacks such as Cheese Strings are fine.

Many parents wish to send in a drink, however fruit juices are only recommended alongside a main meal due to the level of sugar and the effect of fruit acids on teeth. We would recommend water, however a very low sugar flavoured water is acceptable.

We aim to ensure children know about healthy options through this system. However, we know that reducing higher sugar based snacks/drinks has proven impact on pupils' concentration and focus in class especially in our school. This benefit cannot be underestimated as a calm and focused class learns at a much greater rate with fewer losses of concentration.

If you are unsure about your snacks just ask. Please note that if a child is bringing snacks to school that do not meet the School Food Standards then we will offer an alternative and ask them not to bring it in again. Thank you for your support.

## Pupil with Nut and Peanut Allergy

Parents of a child in Y3/4 have asked us to remind you that their child has a severe peanut and nut allergy. The allergic reaction can vary in severity but in this case we need to be extremely careful with the foods this pupil comes in to contact with. There is a possibility that such contact, even at a minor level, could lead to ANAPHYLAXIS which unless treated immediately can be life threatening.

As many of you will already know peanuts and nuts may be present within many foods - even where they are not listed in the ingredients there is often there is a note saying that food may have been prepared in a factory containing nuts.

For the safety and care of our pupils, we would ask that you check the ingredients of any food you provide for **snack** or for **packed lunch** to ensure there are no peanuts or nuts present. The more careful you are the more we can protect the health and wellbeing of our pupils. Thank you for your support with this matter.

## School Photographs

Individual School Photographs will take place on Friday, 28<sup>th</sup> September. We will send out a letter early next week to complete if you wish any family photographs.

## Toys

We know that children enjoy bringing a toy to school and for many it works as a comfort. Please understand that we simply cannot keep an eye on each and every toy in school. Some will get lost, some will get broken and therefore we would highly recommend that any toy a child brings to school is not precious or important to them.

Recently, we have had a number of pupils bringing in superhero masks, shields, swords, etc. These are super toys for the home but are not suitable for school as they cause play to become quickly overly physical. This often leads to upset and someone getting hurt when it could be easily be avoided. Thank you for your support in this.

## Diary Dates / School Events

### 2018

26<sup>th</sup> September Choir at North Wingfield School  
28<sup>th</sup> September Individual School Photographs  
2<sup>nd</sup> October Harvest Service at Church (10.30am)  
3<sup>rd</sup> October Choir at Tupton Hall School  
4<sup>th</sup> October Cats Protection Talk, Reception and Year 2  
9<sup>th</sup> October Year 2 Trip to the Butterfly House  
9<sup>th</sup> October Bikeability, Year 6  
10<sup>th</sup> October Choir at Tupton Hall School  
11<sup>th</sup> October Year 3 trip to Creswell Crags  
17<sup>th</sup> October Choir at Winding Wheel  
22<sup>nd</sup> October Year 6 Trip to National Justice Museum  
24<sup>th</sup> October Year 1 Trip to Hardwick  
25<sup>th</sup> October School Immunisation Team at school for Flu Vaccinations (Years 1 - 5)  
29<sup>th</sup> October - 4<sup>th</sup> November Half Term  
6<sup>th</sup> November Year 3/4 Trip to Magna  
6<sup>th</sup> November Crackpot Assembly  
9<sup>th</sup> November Nursery new starter parents meeting  
3<sup>rd</sup> December KS2 Christmas concert dress rehearsal  
4<sup>th</sup> December KS2 Christmas concerts (1.30pm & 6pm)  
11<sup>th</sup> December Foundation/ KS1 Christmas concert dress rehearsal  
12<sup>th</sup> December Foundation Nativity  
13<sup>th</sup> December KS1 Christmas concert  
22<sup>nd</sup> December – 6<sup>th</sup> Jan 2019 Christmas Holidays

### 2019

7<sup>th</sup> January Back to school  
28<sup>th</sup> January Big Bird Watch Theme School Dinner Day  
14<sup>th</sup> February Viking Theme School Dinner Day  
18<sup>th</sup> - 24<sup>th</sup> February Half Term  
5<sup>th</sup> March Pancake Day Theme School Dinner  
7<sup>th</sup> March Year 3 Trip to Chesterfield Library  
15<sup>th</sup> March Red Nose Day  
15<sup>th</sup> April – 28<sup>th</sup> April Easter Holidays  
6<sup>th</sup> May Bank Holiday  
27<sup>th</sup> May – 2<sup>nd</sup> June Half Term  
14<sup>th</sup> & 15<sup>th</sup> June Lea Green Trip/ Residential (Year 1 to go for the day on 14<sup>th</sup>, Year 2 to stay overnight)  
28<sup>th</sup> June INSET DAY (TBC)  
1<sup>st</sup> July INSET DAY (TBC)  
22<sup>nd</sup> July INSET DAY (TBC)  
23<sup>rd</sup> July Summer Holidays commence