



AM/LH

12 May 2017

Dear Parents/Carers

### Forest School Spring Event

Thank you to all who supported the Forest School Spring Event last Friday afternoon. It was a fabulous afternoon which seemed to be enjoyed by all. In total, the afternoon raised £650 – a tremendous and much appreciated effort.

The Forest School Cabin was opened and Jamie Scott won the naming competition with “Hedgehog House”.

Welly Throwing winners were:

- EYFS : Ashton Ayre (11.3m)
- KS1 : Ryan Cavanagh (15.5m)
- Lower KS2 : Callum Spiers (19.2m)
- Upper KS2 : Matthew Thornley (29.6m)

### Living Eggs

From Monday, Forest School will be taking part in the Living Eggs project. The school will be incubating eggs and hatching chicks. Your children will be learning about this process during lessons. Due to this, all Forest School lessons for the next two weeks will be indoors therefore no Forest School clothing is required. If you would like to visit the eggs – and subsequently the chicks – you can visit Forest School through the main entrance each afternoon straight after school from Monday.

### Fidget Spinners

Fidget Spinners seem to be the latest craze spreading across the globe! Unfortunately in school they are causing a huge amount of distraction as well as many arguments over ownership. They are also causing an increasing number of problems in lessons. From Monday, Fidget Spinners will be banned at Mowbray. The exception is for children with additional needs where their use has been agreed with Miss Lisle our Special Needs Co-ordinator.

### Packed Lunches

I have been asked to clarify the school position on packed lunches. We follow the new School Food Standards as set out by the Government. Within this are guidelines for parents on Packed Lunches. This is guidance and is not a school policy. We do recommend that when making packed lunches the guidance is followed but it is up to each family to ensure that packed lunches are a balanced diet with little sugary food. The Government advice is below:

- One portion of fruit and one portion of vegetable to salad every day to be included in packed lunches
- Meat, fish or another source of non-dairy protein should be consumed every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter 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
- Free, fresh drinking water should be available at all times
- 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 nuts, seeds, vegetables and fruit (with not added salt, sugar or fat). Savoury crackers or breadsticks served with 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

**Please be aware that no fizzy drinks or glass bottles should be sent as part of a packed lunch.**

#### Facebook

I will remind parents that whatever is posted on Facebook is public. If anyone has questions or complaints, please speak to the school in the first instance. In the past two weeks many staff hours have been spent speaking to worried parents about incorrect information they have read on Facebook. This included a false allegation that we had left a child on a school trip as they hadn't been seen return from the trip – the child was actually absent from school that day and had never been on the trip in the first instance. The result of this was many concerned parents understandably contacting school with regard to visit safety and a huge amount of stress for the staff involved on the visit. A further effect is the amount of time senior staff have to spend out of the classroom dealing with the unfounded issues.

If anyone has any issue or concern with the school, the best way to have is resolved is to contact the school directly.

#### Email

As explained on our last newsletter, we will be moving towards email only newsletters in the future. This newsletter has also been emailed to those who have provided email addresses. We will continue sending email and paper copies until the end of the academic year. From September we will use email only unless you have no means of receiving email and have informed the office of this.

Yours sincerely

**Mr A Miller  
Headteacher**

Friday 26 May	Break up for half term
Monday 30 May – Friday 2 June	Half term
Monday 5 June	Pupils return to school
Monday 5 – Friday 9 June	Book Fair / Themed writing week
Tuesday 13 June	Reception assembly
Thursday 15 June	Mulberry, Chestnut and Oak class assemblies
Friday 16 June	Fathers' Day lunches
Tuesday 20 June	Larch, Beech and Elder class assemblies
Thursday 22 June	Maple class assembly
Wednesday 5 July	Sports Day / Summer Fair
Friday 7 July	Reports issued
Wednesday 19 July	Open afternoon
Thursday 20 July	End of term disco
Friday 14 July	French day
Friday 21 July	Leavers' assembly / Break up for Summer holiday