

GHYLLSIDE

September Newsletter

2018

Telephone Number: 01539 814930
Website: www.ghyllside.cumbria.sch.uk



READING BOOKS

Our stocktake over the summer holiday has highlighted that about **£3000** worth of books were not returned to school last term. **PLEASE CAN YOU CHECK AT HOME AND SEND IN ANY BOOKS THAT YOUR CHILD MAY HAVE** as we obviously can't possibly sustain this loss. Thank you in advance for your help with this.

ATTENDANCE

Good attendance is vital for success at primary school and to establish positive habits for future success. The more pupils are in school the more they will achieve. We focus on attendance and punctuality and try to discourage holidays during term time. Over the last three years we have experienced a rise in trend of the number of holidays taken during term time. A list of our holiday dates can be found attached and are also available on the school website. Please try to ensure that wherever possible you take your holidays within these dates. It is important that you contact the School Office before 9.30am if your child is ill and not able to attend school.

EARRINGS

As you are aware we do a lot of PE as part of our school week (now including swimming for Y3 & Y4) and through the year, have a lot of sports clubs taking place. We do allow children to wear ear studs to school (not a 'dangly' earring) but so we can reduce the chance of an injury to a child we are not supposed to let any child take part in a sports or PE session wearing anything in their ears. I am aware that a number of parents have done the responsible thing in relation to this and had their

child's ears pierced on the first day of the Summer holidays, but they are still healing up when the studs are taken out, even for a short time. If this is the case we will still allow the use of plasters for the short term until it is possible for children to take out and replace their own earrings. But please ensure they have suitable plasters with them in school. If your child wears a studs to school they have had since well before the Summer holiday they must be able to take them out and put them back in themselves. If they are unable to do this then please do not allow them to wear studs to school. Many thanks for your help with this.

FREE SCHOOL MEALS & CLOTHING GRANTS

If you are entitled to certain benefits, you may be able to claim "Free School Meals and Clothing Grants". If you think you may be eligible, please visit www.cumbria.gov.uk/freeschoolmeals or call Cumbria County Council on 01228 606060.

Contact Details

It is important that all contact numbers and other information for your child are up to date. Please inform the School Office of any changes that occur, especially a change of mobile number.

As always if there are any questions about the contents of this letter please do not hesitate to contact us.

Lost Property

At the end of last term, there was a large quantity of unnamed uniform and clothing left in school. Please make sure all items are clearly labelled with your child's name. Thank you



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MESSAGE FROM THE HEAD:

I hope you have all had a great summer and if you were away managed to find some sun. The children have all come back in high spirits, settling into their new classes excellently and we welcome a number of new children who have started with us this week. I realise that this is very early in the term for a newsletter, but I want to make parents aware of some exciting changes to school we are implementing through this term to further improve our provision for your children.

FOOD IN SCHOOL

As most of you will be aware last year we altered the way we deliver PE through school to ensure that we are improving the children's health and fitness. As a continuation of this drive to give our children the best start to life possible we are this year tweaking what we do with food in school to reinforce the messages about the importance of a balanced diet that we give to children. To reiterate our stance on this we do not feel that any food is 'good' or 'bad' for you, but that any food types eaten in excess can be. As a result the changes we are initially making are:

- All children who have school lunches will have, as a matter of course, salad or vegetables put on their plate and not be allowed to select an exclusively, or almost exclusively, carbohydrate based meal. The children will be encouraged to try different vegetables
- We would ask that packed lunches provided by families, for children who do not have a school lunch, follow the guidelines provided by the government. A summary is included in this newsletter, more details can be found here <http://www.healthylunch.org.uk/government/>
- Any KS2 child in school is welcome to have snack at morning break, but this snack needs to be a piece of fruit/vegetable, a slow release carbohydrate (oat cakes for example) or an alternative healthy snack agreed with the class teacher*. (KS1 are already provided with a piece of fruit)
- Staying hydrated is important therefore children will continue to be able to have water bottles in class and have access to the water fountain. The children should only have water in the bottles they have in class
- We will not routinely use sweets for rewards in school and we ask that parents do not send sweets into school as a celebration of their child's birthday as this can be difficult for staff to manage
- We will still serve sweet treats on special occasions and at PTA events

*Please be aware that we have children with nut allergies in school so children will not be able to bring nuts in as snacks

This work will be supported this term by assemblies run by a public health practitioner, (formerly known as the school nurse) and staff with workshop sessions for parents.

As a parent I understand the likes and dislikes of individual children and that sometimes these can be difficult to cater for. As a result we see the above as a starting point – parents will have opportunity to comment on these changes in our upcoming parental survey. I am sure you understand that as a school we have a responsibility to be setting a good dietary example to complement the education our children have around health and wellbeing and to play our part in expanding some children's tastes and know you will support us in this. We will be sending out a parental questionnaire this term and will ensure that there is room to feedback on these changes if you wish to.



SWIMMING

In line with our skills based school vision, we are this year moving swimming down through school so that Y3 & Y4 become our regular swimming years rather than Y5 & Y6. The reasons for this are; given we live on the edge of the Lake District we feel strongly that we should develop this skill in our children earlier, it will open up more opportunities for children who are non-swimmers in school (the Keswick festival triathlon for example) and it will still give us the ability to work with those children who have not reached the national standard by the end of their swimming sessions (the end of Y4), when they are in Y5. To enable this to happen without any year group missing their statutory swimming sessions it means all junior years – Y3,4,5 & 6 – will swim this year and next year. This has already been discussed with parents at the 'meet the next teacher' sessions at the end of last term and the dates are also attached to this newsletter.

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DATES FOR YOUR DIARY

Tues 11 Sept:	Pinocchio by M & M Productions for Y1 - 6
Wed 12 Sept:	Y2 Transport Trip
Fri 14 Sept:	Kendal Torchlight Procession
Wed 19 Sept:	Y4 Swimming Lessons begin
Fri 21 Sept:	Y5 Swimming Lessons begin
Mon 1 Oct:	Reception and Nursery (am) Individual Photographs
Tues 9 Oct:	Y1-6 Individual Photographs
Wed 10 Oct:	Nursery (pm) Individual Photographs
Fri 12 Oct:	Harvest Festival at Kendal Parish Church, am
Fri 20 Oct:	Half Term, school finishes at 3.20pm
Mon 29 Oct:	Term re-starts
Weds 31 Oct:	Reports to Parents
Tues 6 Nov:	Parents Evening, 3.30 – 7.00pm
Wed 7 Nov:	Parents Evening, 3.30 – 7.00pm
Fri 30 Nov:	PTA Christmas Fair
Fri 7 Dec:	Christingle Services
Fri 21 Dec:	Term ends, 2.00pm

SCHOOL TERM DATES

Please keep for reference and use when planning any holidays so that absences in term-time can be avoided. Headteachers cannot authorise holidays in term-time unless there are exceptional circumstances. At least four weeks' notice should be given for any application.

2018/2019

AUTUMN TERM (73 days)

Starts: Wed 5 Sept 2018
Half Term: Mon 22 Oct – Fri 26 Oct 2018
Ends: Fri 21 Dec 2018

SPRING TERM (59 days)

Starts: Tues 8 Jan 2019
Half Term: Mon 18 Feb – Fri 22 Feb 2019
Ends: Fri 5 April 2019

SUMMER TERM (58 days)

Starts: Tues 23 April 2019
Bank Holiday: Mon 6 May 2019
Half Term: Mon 27 May – Fri 31 May 2019
Ends: Fri 19 July 20

2019/2020 (Provisional)

AUTUMN TERM (73 days)

Starts: Wed 4 Sept 2019
Half Term: Mon 21 Oct – Fri 25 Oct 2019
Ends: Fri 20 Dec 2019

SPRING TERM (54 days)

Starts: Tues 7 Jan 2020
Half Term: Mon 17 Feb – Fri 21 Feb 2020
Ends: Fri 27 Mar 2020

SUMMER TERM (63 days)

Starts: Tues 14 Apr 2020
Bank Holiday: Mon 4 May 2020
Half Term: Mon 25 May – Fri 29 May 2020
Ends: Fri 17 July 2020

healthier lunches for children



Government Packed Lunch Advice

The UK government produced packed lunch guidance to support the implementation of the school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

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
- 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 seeds, vegetables and fruit (with no 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