

Rothwell Primary School

Newsletter



Friday 4th October 2019

Dear parents and carers,

It has been another eventful and enjoyable week at Rothwell Primary.

I just wanted to address a few questions raised by a small number of year 5 parents at the meeting yesterday regarding our healthy schools and packed lunch policy.

Firstly, regarding our school being a nut free school. We are a nut-free school in all regards, just like many other primary schools including: Rob-in Hood, Thorpe, Rothwell Victoria and numerous other local and national schools. This rule is followed by all adults and children. The reason for this is very clear; one of our school rules is to ensure everyone is SAFE. As I'm sure you will understand, the safety of our pupils, and ensuring children with allergies are kept safe, is imperative,



Our Rules
R ESPECTFUL
P REPARED
S AFE

Another question raised was regarding the packed lunch policy, which I think is useful to share across school. Our policy is there to promote healthy eating habits. This policy has been in place for 3 years and should therefore not offer any surprises. We are proud to be a healthy school and take our role in supporting children's physical, emotional and mental health extremely seriously.

Why is it important?

Information from Public Health England states, **'Childhood obesity and excess weight are significant health issues for children and their families. There can be serious implications for a child's physical and mental health, which can continue into adulthood. The number of children with an unhealthy and potentially dangerous weight is a national public health concern.'**

They also share the following concerning statistics:

- More than 1 in 5 children are overweight or obese when they begin school
- 1 in 3 children are overweight or obese by the time they leave primary school

This is one reason why having a healthy packed lunch policy is so important. Please see extracts from our policy on the following pages. We understand the importance of children building healthy habits for life.

With regards to the lunches provided by our provider Pinnacle PSG: these meet the food standards and are designed with input from nutritionists. As part of our healthy schools validation last year, they looked at our lunchtime menu and were happy that this meets the healthy schools food standards. Just to be clear, school lunches do not have any chocolate in them and, for three of the five days, the desert is fruit/yoghurt.

As with any school policy, it is important to recognise that the teachers are not responsible for adopting these policies; myself and the governing board often adopt and amend model policies from our local authority or experts within that field. If you wish to discuss anything regarding this, please speak to myself. Sending children with things which are not part of our policy does not help them in anyway. Thankyou for you support with this; this is being implemented with your children's best interest at heart.

This half term is flying by and the children have been working hard; I have enjoyed seeing lots of them, sharing their learning. I have also enjoyed seeing the children responding well to our behaviour strategies and the systems we use. The pupil interviews conducted by SLT two weeks ago showed the children really enjoy coming to school and they feel staff are kind to them. They also said they like the meet and greet, visual timetable and rewards systems. We will continue to be embed these approaches across school., which is exciting.

Weekly attendance W/E 04/10/19	
Rec Miss Cal-ally	97.4%
Rec Mrs Petch	96.5%
Yr1	100%
Yr1/2	95.7%
Yr2	97.3%
Yr3	96.2%
Yr3/4	96.3%
Yr4	96.3%
Yr5	100%
Yr5/6	93.8%
Yr6	100%

Working together to



The purpose of the packed lunch policy is to help ensure that we help our children to build healthy life habits by eating a healthy, balanced and nutritious lunch.' With 1 in 3 children leaving primary schools obese, and knowing the impact this can have on children's well-being, we have a responsibility to promote the best life chances for our children.

Red foods
These foods are not allowed in school lunch boxes.

- Chocolate bars or sweets
- Crisps
- Cereal bars (these can be high in fat and sugar).
- Chocolate biscuits and cake bars
- Processed fruit products such as winders (these can be high in sugar).
- Sugary drinks such as Caprisun, Ribena, squash, fizzy drinks and energy drinks.

Amber foods
These types of foods could be included occasionally as part of a balanced packed lunch.

- High salt or fat snacks such as crisps, snack-a-jacks, crackers, bread sticks.
- Small plain or fruit cakes such as scones, tea cakes or malt loaf.
- Plain biscuits, flapjacks or fig rolls
- Processed meat products such as sausage rolls, pies, corned beef, pasties, pepperami or sausages.

Green foods
You can put these in lunch boxes everyday or as often as you like.

- 1 portion of fruit and 1 portion of vegetables. This could include fresh, tinned or dried.
- A type of starchy food such as bread, pasta, pittas, bagels, wraps etc. Try to include wholegrain varieties.
- Meat, fish or other sources of non-dairy protein (e.g. lentils, kidney beans, quorn, chickpeas, houmous, eggs).
- Dairy food such as milk, cheese, yoghurt or fromage frais.
- Oily fish such as salmon or sardines at least once every three weeks (tinned tuna doesn't count).
- Only water as we provide all pupils with free fresh drinking water throughout the day and at lunchtimes.

Exceptions

Due to original feedback from parents and children, we have decided that a small treat e.g. crisps, fruit muffin or a cereal bar will be permitted on a **Friday**. **Chocolate is not permitted as part of a packed lunch in the school.**

During lunchtime, children will be rewarded for the healthy packed lunches that they bring. The School Food Ambassadors will choose two children every week to receive a certificate. At the same time, reminders may also be given for any unhealthy lunchboxes.

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our potential.

WHY DOES IT MATTER?

Obesity harms children and young people



Emotional and behavioural

- Stigmatisation
- bullying
- low self-esteem



School absence



- High cholesterol
- high blood pressure
- pre-diabetes
- bone & joint problems
- breathing difficulties



Increased risk of becoming overweight adults

Risk of ill-health and premature mortality in adult life

TOOL 22

5 steps to a healthy tasty packed lunch!

STEP 1:

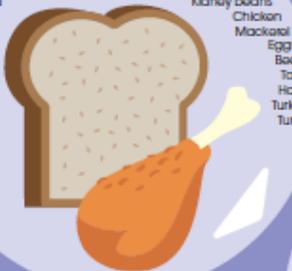
Choose your starchy food + a source of protein

Starchy food

Bread
Wrap
Pitta
Bagel
Pasta
Noodles
Chapati
Rice
Potatoes

Sources of protein

Kidney beans
Chicken
Mackerel
Eggs
Beef
Tofu
Ham
Turkey
Tuna



STEP 2:

Add some salad and/or a side portion of vegetables

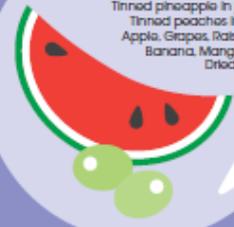
Grated carrot or carrot sticks
Sugar snap peas
Pepper sticks
Lettuce
Cucumber
Tomato
Sweetcorn
Onion
Rocket
Coley



STEP 3:

Choose something sweet ... fruit!

Tinned pineapple in juice
Tinned peaches in juice
Apple, Grapes, Raisins, Kiwi
Banana, Mango, Melon
Dried apricots



STEP 4:

Add a nutritious snack and/or some dairy

Crackers with peanut butter or houmous
Small plain or fruit cake
Bread sticks and dip
Portion of cheese
Fromage Frais
Nuts or seeds
Rice pudding
Fruit loaf
Yoghurt



STEP 5:

WATER!



Creative ideas and top tips for exciting packed lunches

Write little notes or surprise messages in lunchboxes.

EAT ME

Use fun and colourful Tupperware and swap it throughout the week.

Use stickers in and on lunch boxes to reward children for choosing to eat the healthy option in their lunchbox.

Play the smart swaps game - ask your child/children to swap food items to healthier alternatives. It's not about cutting food out but just making similar swaps.

MENU

Create a menu for the week and ask your child/children help and take ownership for their own menu. Make sure you guide them to choose a balance in line with the packed lunch standards.

How to include more fruit:

Core and slice an apple then put it back together and pop an elastic band around it - bite size crunchy slices that are ready to eat and won't go brown!

Make fruit kebabs - putting fruit on a stick makes it much more exciting!

Make a pick 'n' mix style fruit selection - more colours, more flavours and more fun.

Mix grated hard cheese with grated apple a squeeze of lemon and a little mayonnaise - this makes a fruity coleslaw!

How to include more vegetables:

Try sticks of carrot, cucumber or pepper or cherry tomatoes. Children are much more likely to eat veg if it's in bite-sized pieces, and if they don't have to peel it themselves.

Try grated carrot or pepper as sandwich fillers - these are sweet and crunchy and less likely to make bread go soggy.

Pasta and rice salads are an easy way to pop some extra veg in - try pea, sweetcorn, grated carrots, courgette, celery or pepper.

Operation Christmas Child 2019



The Operation Christmas Child Appeal

Helping our Community

This year, we are taking part in the Christmas Child Appeal linked with Holy Trinity Church, Rothwell. This appeal is running a little differently this year compared to previous appeals.

For those who would like to take part, we are asking for small donations to fill the shoe boxes (outlined below) and ideally a £1 donation towards the cost of transporting the shoeboxes to the children and families so in need of our support. We will also be asking for any old shoe boxes that we could use for this too.

The boxes will be sorted in 4 groups:

Younger boy; younger girl; older boy and older girl.

Suggested items:

- Face cloths, soap, toothbrush, toothpaste,
- Socks, hats, hair bobbles,
- Pens, pencils, notebooks,
- Small toys such as marbles or playing cards
- Individually wrapped treats for Christmas, such as Haribos.

Any help with this would be greatly appreciated.

Dates for Autumn 1

Autumn Term 1 2019		
Date	Event	Time
Tuesday 8th October	ClassDynamix performance at Leeds Leadership Conference	1pm Leaving school. Return back to school at approximately 5:15/30pm
Wednesday 9th October	Whole school individual photos	Pre-school can come into school from 8am.
Tuesday 15th October	Y5 Robinwood meeting for parents	3.30pm
Wednesday 16th October	Nursery Art Exhibition	11am (for children who attend at the start of the week). 2:30pm (for children who attend at the end of the end of the week).
Thursday 17th October	Reception Art Exhibition	2:30pm
Tuesday 22nd October	Nursery Bedtime story	4pm
Wednesday 23rd October	Halloween Disco	Reception and KS1—3:15-4:15pm KS2 4:30pm—5:45pm.

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