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Dear Parents/Carers,

Friday 23rd October 2020

I would like to start by thanking you all for your support and positivity during this first half term. We are so proud of the way the whole school community has come together, adjusted to the huge changes and challenges, and made it a really positive experience for our children, families and staff team.

At a time of great uncertainty, there has never been a more important time to work together. Please know that we are here to support you during any stresses and difficulties you may face. There are a range of services we are able to connect you with for a raft of different areas; please email and ask a member of the pastoral team to contact you when we return after the break if you would like more information regarding this.

As I mentioned last week, I continue to be proud of what we have achieved as a school.

A few successes have been:

- ✓ Enabling 365 children to safely return back to school and successfully implementing our health and safety plan, to keep our community as safe as possible.
- ✓ Implementing clear procedures and systems in managing positive cases.
- ✓ The focus on wellbeing and re-connecting to ensure our children have felt safe, happy and ready to learn.
- ✓ High quality learning for our children in school throughout the curriculum.
- ✓ We have received really positive feedback from yourselves regarding the home learning provided.
- ✓ We have focused assemblies around wellbeing, growth mindset, self-talk, filling buckets with kindness, and pushing ourselves out of our comfort zone and into our learning/stretch zone. We have also focused on the importance of equality and how we celebrate difference and show respect to everyone, as well as exploring Black History, focusing on significant leaders and their achievements.

We are proud to be recognised as a 'Healthy School.' We are passionate about the importance of healthy choices including the importance of physical activity, healthy eating and habits, plus the importance of supporting the mental health and well-being of all children as a Mindmate Friendly school.

As you will be aware, like most schools and all healthy schools, we have a healthy packed lunch policy. The whole purpose of this is support our children and help them to have better life chances. The NHS Statistics from a report (Obesity, Physical Activity and Diet, published 2019) showed that 9.5 % of children starting Reception Class were classed as obese and 20.1% of pupils nationally leaving Y6 were classed as obese. We are all aware of the impact this can have in terms of health and wellbeing.

How can I help my child to be healthy?

We have noticed that the quality of packed lunches seem to vary greatly. We have the most incredible examples of packed lunches, however, there are an increasing number of children who are bringing packed lunches to school which contain many unhealthy items in them. We

have a packed lunch policy, which is summarised later in this newsletter, which shows all the relevant information regarding packed lunches.

As a school, we consulted with yourselves three years ago when the packed lunch policy was introduced. These expectations are not new; they have been part of our school policy for several years. During Autumn 2, we will once again raise the profile of the importance of having a healthy packed lunch. This is an area which can cause conflict in some schools. Please let me be clear - this is not about me dictating what your children eat; it is purely about supporting your children to develop healthy life choices, which will not only support physical wellbeing, but also support them with their mental health and wellbeing.

With this area, sometimes parents will make a link to the school lunches and say things like, 'children who have dinners have a pudding every day.' To clarify, the children who have school lunches have fruit for pudding two days, yoghurt for 2 days and every Friday, they have a fruit muffin or something similar.

This matches the packed lunch policy, as we have said that children are able to bring crisps a fruit muffin or something similar on a Friday. Some schools have said no crisps on any day; in response to your input when introducing the policy, we said this would be ok on a Friday. In the same way, children should not bring any sweets or chocolate into school. (Children who have school lunches do not have chocolate either, so this is fair for all).

I know from recent conversations with staff that many children are bringing crisps and treats into school each day. From previous experience, I wanted to share with you why it is helpful for your child to support our healthy packed lunch policy. Not only is it helping them to build healthy life habits, which can impact on physical and mental health, but one of the biggest reasons is the position this places your child in when in school. Children know we are a healthy school and promote all of the aspects this incorporates. Sending them with crisps or chocolate every day is not helping them; this may actually make children feel awkward for not having a healthy packed lunch. We always want to work in partnership with yourselves and we need to work together on this crucial element.

As a parent myself, I have heard other parents in my child's school saying things like, 'I'll be putting in whatever I want. School won't tell me what my child should and shouldn't have in their packed lunch,' and 'Children who are dinners have puddings every day.' Quite simply, in our school, this is not true. For children who have school lunches, as mentioned previously, have fruit or yoghurts for their pudding 4 days a week. The menu is balanced over the cycle and approved to meet National Food Standards.

For ideas for healthy packed lunches, there are lots of useful information, recipes and ideas on the link below. We will be having assemblies about developing our healthy minds and healthy bodies next half term. Please help your children to feel good about their choices and to 'Be the best they can be!' Help them feel part of the school team, celebrating the healthy choices they are making.

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>



I have selected some useful parts of the Packed Lunch Policy below.

The aim of our policy is...

To keep up our success of being a Healthy School, we think all children should enjoy a healthy lunch. This guidance is to help packed lunches be as healthy as school meals which meet the School Food Standards.

www.schoolfoodplan.com/standards

How we will support the policy ...

- We will ensure that free, fresh drinking water is available at all times and we strongly encourage a water only policy. It is not essential to include a drink in packed lunches as water is provided.
- We will provide menu ideas and practical advice for healthy, affordable packed lunches.
- We will reward pupils who bring in healthy packed lunches with praise, prizes and/or certificates.
- We will allow pupils who bring a packed lunch and pupils who have a school dinner to sit and eat together.
- We will ensure we listen to our pupils' and parents' views and ensure that this policy is fair and meets everyone's needs.
- Our traffic light system is in line with the School Food Standards for school meals.

Why have a policy for packed lunches?

Eating a healthy packed lunch or school meal is important to help children stay healthy, feel good and improve their ability to learn.

Our packed lunch guidance has been developed in response to parent surveys and observations of children's packed lunches, that found some less healthy foods that can affect energy levels, concentration, behaviour and health.

A healthier packed lunch focuses on the four main food groups of the Eatwell Guide, foods in purple the small section are not allowed to be eaten in school.



TOOL 21

PACKED LUNCH POLICY LEAFLET



Leeds Packed Lunch Guidance

This policy has been created in consultation led by our School Council, supported by parents, governors and the Leeds Health Wellbeing Service

After consulting parents/carers previously, we decided to adapt the Leeds guidance -allow crisps on a Friday.

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, 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.

Wellbeing/Counselling Cluster Services

We are proud to have earned the recognition of being a Mindmate Friendly School. As part of our offer, we are part of the Rothwell Cluster of schools. Rothwell Cluster consists of all the primary and high schools in the Rothwell and Robin Hood Wards (this includes Carlton, Robin Hood, Woodlesford, Thorpe and Rothwell). We all recognise that it is important for children to be able to access this service as quickly as possible. Any additional fundraising helps to offer more counselling places for children as well as reduce the waiting list/time for when a child/young person is seen.

I wanted to make you aware of the incredible fundraising efforts of a local Rothwell mother who, with her family, have decided to fundraise for the counselling service in memory of her daughter, Afrika Yearwood who sadly lost her battle with mental health and took her own life on 25th May 2018. Afrika did not have a history of mental health problems and only had difficulties for six months before her death. By fundraising for a local counselling service such as the Rothwell Cluster, the family are pleased to be able to help many children and young people access help earlier, and help prevent their mental health issues exacerbating. Mum says that 'we cannot change what happened to Afrika, but hopefully we can provide help for others'. Over the last 2 years, they have made incredible efforts and raised thousands of pounds to fund additional counselling hours for children in the cluster, which some of the children in our school have benefitted from.

They have a new fundraising event (a walk to Ben Nevis) which will raise funds for our Cluster to purchase more counselling hours for the children in our local area to access counselling services quicker.

If you are wanting to learn more or donate, please read the family's story in the link below.

https://www.justgiving.com/crowdfunding/beverley-yearwood-4?utm_term=nZKbj97XG

Any donations are appreciated and will go towards purchasing additional counselling hours for local children. Already £3692 has been raised for this event. Help reach the target of £5000.

KS1 and Nursery Consultations.

This week, teachers have enjoyed speaking to parents/carers in KS1 and Nursery via telephone, regarding their child's wellbeing, settling in and learning behaviours. We hope you have found these calls useful.

Key Stage 2 children.

When we return after half term, we will be sending out the information and link to book a telephone appointment for children in Key Stage 2. Please check your emails for this information on Monday 2nd of November, with the actual phone call appointments taking place during the second week back.

This new system seems to be working really well. Thank you to Mrs Copley for coordinating this.





Thank you to Class 5 parents who completed the feedback survey regarding their home learning. We are currently looking at this and will feedback after half term.



NO SMOKING

Please can we ask you to keep the entrance gates clear. It has been mentioned that there is a small group of parents who have been smoking outside of the front gates. Please keep this area clear to help keep our school community safe.

Year 6 parents

Just a reminder, the deadline for applying for a secondary school place for September 2021 is Saturday 31 October.

Homework challenge!

Last week, we were really pleased with the large number of children who had logged onto Google Classroom and Tapestry to complete their homework task. Mr Burmo's class were the champions last week and received an extra break time. 93% of children in the class completed their homework task. Wow!

Please check help your child access Google Classroom in order to keep track of their home learning. A message has been posted for each phase with some learning suggestions or tasks. Accessing this weekly not only reinforces their learning, but also allows us to work with you to iron out any difficulties using Google Classroom or Tapestry as these will be the platforms we will be using if a bubble needs to close. As always, we are here to support you with any challenges you may have.

Home Reading Update

Dear Parents/Carers,

We are pleased to have been able to send your child home with a reading book and Reading Record today.

Reading books with children stimulates their imagination and expands their understanding of the world. There is a clear link between reading outside of school and a child's literacy achievement. A study by the National Literacy Trust found that young people who read outside of the classroom every day were 13 times more likely to read above the expected level for their age.

Whilst Rising Stars online is a really useful additional resource, we know curling up to have a child read a real book to you still has many advantages. We will still be assigning Rising Stars reading books online alongside this - there is a Parents' Guide to Rising Stars under the [New Home Learning](#) tab on the website, as a few children are forgetting to quiz and 'finish' a book, so this would be worth a read. There is also some useful guidance on there around the importance of reading with your child in general.

From the first day back after half-term, to stay safely within current risk assessments, we will be operating this system:

Monday – books to be returned, along with the Reading Record, either in a book bag or the plastic wallet provided (no larger bags accepted), into the box outside your child’s classroom. **Please also return any other school books you may still have at home into this box.**

Thursday each week – your child will be issued with a new book, which they should return the following Monday. (No sooner please – as we have to quarantine books in sets).

How often your child is reading will be recorded based on entries written into their Reading Records. Online reading and reading other books from home should also be recorded. Please aim for 2 reads a week to be from the book supplied by school or Rising Stars Online, and a minimum of 4 reads in total. Remember comics and children’s newspapers are still reading. There will also be two children chosen to be celebrated as the ‘Reader of the Week’ in each class and certificates sent home. This may be for reading lots at home, improved reading or other reading related achievements.

Nursery: will be given a bag of stories to share at home each Wednesday to be returned to following Wednesday please.

Q: What do I do if my child has a longer book and they have not finished?

A: They can return it on the following Monday. If they finish their school book earlier than the next Monday, Rising Stars online or other books/comics/magazines at home can still be recorded. Shorter books being read again will help fluency.

Q: What do I do if I have been sent a book my child has already read?

A: We have done our best to cross-reference on-line reading and send a different book, however, evidence shows there is no harm, in fact it often benefits, for a child reading a book more than once to increase their fluency. **Please still do not return this until the following Monday.**

Q: What do I put in my child’s Reading Record?

A: We just need to know the days they have read, what book they have read and how many pages have been read. It is up to you whether you also add comments.

Q: How do I record reading when my child’s Reading Record is in school?

A: Please just keep a note and add this in when the Reading Record is returned.

Q: What do I do if I lose my child’s book?

A: To cover our costs, we would need to charge £5 per missing book and £2 to replace a Reading Record.

Thank you for your support – Happy Reading.

The Rothwell Primary School Team

COVID Update – Half Term

- Like all schools, for any children who we are awaiting test results, if there is a positive case, which means your child is asked to self-isolate, we will contact you via email during half term. This is to help you to keep your own families and vulnerable family members safe. (Children or adults would only be considered a close contact if they had had close contact with a positive case 2 days prior to them developing symptoms).
- If your child develops symptoms during half term, you do not need to inform us if you are going for a test. Once you have the results, you only need to inform us if the results are positive.
- If you have a positive result – please email us immediately with the subject named as POSITIVE TEST and a copy of the conformation, so we can review any action that may need taking to keep people safe. admin@rothwell-pri.leeds.sch.uk

Assembly Theme.

October is Black History month. Our assembly theme this week is linked to British Values and being respectful of others.



Once again, to our incredible staff team, THANK YOU ALL so much on behalf of our children, parents/carers, governors and myself. You really are an amazing team and you have modelled our school motto and values every day, through these challenging times, to make this half term such a successful and happy experience for our wonderful children. Time for a well-earned rest!

I would also like to thank you to you all; we are extremely grateful to have so many caring, supportive and positive parents and carers. So many staff have commented on the appreciative kind words you have shared, and I know personally how your kind comments of appreciation and understanding make this job possible. We will all continue to work in partnership as always.

Have a safe and happy half term.

We look forward to seeing you back in school on Monday 2nd November.

Many thanks.
Leila Rothenburg
Headteacher

The following children have been selected for as being role models for inclusion, fairness and showing respect to others.

Class 1 - Matilda H, Class 1/2 – Stanley R and Class 2 - Elouise T

Class 3- Jake T, Class 3/4- Emily F and Class 4 - Noah M

Class 5- Millie W, Class 5/6-Maisie B and Class 6- Jembe W