



Friday 27th May 2022.
Multiple page issue.

Dear Parents, Carers and Friends,

It has certainly been a very busy half term with visits out of school and visitors in school. We hope the children have a wonderful half term and are able to re-charge their batteries as next half term is even busier and we are really looking forward to our Sports and Open Day, Trips out, Sporting Competitions, new playground equipment and learning spaces too! We hope to be able to re-open the school grounds and are a step further following our meeting with a Health and Safety Lead and Governors earlier this week. We have signage to arrange, a user agreement to create and risk assessment to be developed and I am hoping that this can be completed soon after the half term holiday. During the half term holiday we are having new play equipment installed so there will be builders on site so due to this and the need to complete some checks and balances the school grounds will be closed over half term but will be open for a short time so the village Jubilee Picnic can take place as I will be in attendance on site. If you wish to come and join this there are posters in the village with further details.

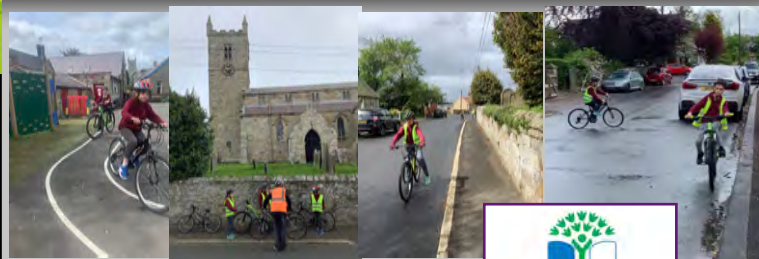
Best wishes,

Belinda Athey - Headteacher.



Walk to School Week and Bikeability

Well done to the great efforts this week. Many children, adults and staff walked, scooted or rode their bike to school last week. This has continued this week with some children choosing to cycle to school prior to their Level 2 Bikeability sessions. Level 2 mainly includes lots of cycling on the roads and is pretty challenging so well done to everyone who took part and to those who achieved their Level 2 Award.



Eco Schools

We are heading towards our Eco School Award in recognition of the work we do to support the environment and be sustainable. Mrs Marsden is leading this initiative and the children had their first meeting this week and have some wonderful ideas and are photographed together here. One of our strengths is the work we do outside in Forest Schools and Gardening. Some of the children in Class 1 can be seen on our blog this week. Another thank you so much for your kind donations to our gardening area following our non uniform day last week.



Big Sing for the Earth and Big Sing for Little Singers

As part of our Artsmark journey and because we had such a fantastic time in 2019 we will be attending on different days for Class 1 and Classes 2 and 3. Very shortly your class teacher will be sending out more details and as there are lots of songs to learn we would be very grateful if you could practice at home too!

Queens Jubilee Bank Holiday reminder -to make things easier for families we have set the same date as DCHS- Monday 27th June 2022. School will be closed on this day.

Teacher Training Day
School has a training day on Monday 6th June 2022 and will be closed to pupils.

Attendance

Now that the impact of COVID is affecting school absences less we will be re-introducing methods to ensure that all children attend school consistently and do not take time off for minor ailments or appointments as this does mean that learning can be missed and not caught up. This is especially important with all the missed learning time the children have experienced over the last 2 years.

Sporting Success at Whittingham C of E Primary

Our children enjoy taking part in a range of sporting competitions and for a number of years now we have had our own equestrian team which is led by a committed band of parents.

Millie and Georgina from Year 4 and 5 competed on their ponies at the Prestigious Floors Castle International horse trials from 13th May.

Georgina, in Year 5 completed two classes on Friday and was 5th individually in the 65cm jumping and 7th in the 75cm showjumping.

Millie won her first class on the Friday and rode again on the Saturday picking up two second places qualifying her for the national championships in October!

There was hot competition from local schools and some travelled from as far as Warwickshire. Past pupils who were on the school team at Whittingham and now ride for DCHS also had a very successful day.



Success already!

In the past we always entered the Quad Kids (Athletics) competitions with a team from Class 2 and Class 3. We have done again this year to be informed that we are the only school on the Alnwick Partnership to enter and therefore qualify automatically for the School Games Finals in June (letter to follow)

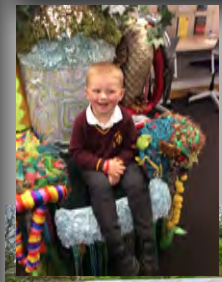
Healthy Schools and Packed Lunches / snacks

We continue to be accredited as a 'Healthy School' and as part of this accreditation process we have committed to developing a Packed Lunch Policy. A copy of this was last shared in 2020. It is stored on the Policy page of the school website but for easy reference I have attached it to this week's blog. We appreciate you supporting us in our mission by providing your child with a balanced packed lunch.

Snacktime - Children in Early Years and Class 1 have a piece of fruit as part of the free fruit scheme run by the government. Children in Class 2 or 3 are welcome to bring their own snack to school but this needs to be a portion of fruit or vegetables and should not be biscuits or cereal bars as these often contain a large amount of refined sugar whilst appearing to be healthy.

Early Years Trip

The children in Early Years experienced their first trip out of school this week. I was delighted to be invited too. Thank you to Miss Dick and the Early Years team for organising this, to Clare, Kirstie and Jess for helping on the day and to the wonderful staff at Alnwick Library and the volunteers at All Valley Railway who came in especially for us on their day off. Here are some of the photos. More can be found on our school website and Tapestry.



Attention anyone creative to help?

I must admit I was very envious of the story chair in Alnwick Library which can be seen on the photos. I wondered if there is anyone creative who would like to help us create our own version? Also if anyone has a similar chair that they would be willing to gift for this purpose? Please let me know.

Sports and Open Day 23rd June

EY and Class 1 9.30 -10.30

Class 2 and 3 1.30-3.00

Pop Uk 13th, 14th and 15th July - Pop Uk will be working with our pupils on these days, culminating in a CD recording and afternoon and evening concerts on 15th July at 2.15

-3.00 (all children including nursery) and 5.30 -6.30 (nursery and reception class may have the option of staying at home but Classes 1,2 and 3 to attend.

PTA -AGM in school Tuesday 7th June.

Childcare provided. Please see poster attached



Whittingham
C of E PRIMARY SCHOOL

WHITTINGHAM C OF E PTA AGM

Pre Pandemic we had a very vibrant Parent Teacher Association (Open to families and friends of our school) who raised money to provide school with additional items, subsidise trips, purchase leavers hoodies and much more. They also arranged social events for families. Now that we are heading out of the pandemic we would like to re- launch our PTA.

Our Annual General Meeting takes place in school (face to face!) on **Tuesday 7th June from 3.30 p.m.**

For families attending who would like their school aged children to be looked after please contact the school office and we will arrange childcare for the duration of the meeting. We also hope to share with you some new equipment installations that have been put in place since you may have last been on school grounds.

Please come and join in, without a PTA our children and their families may miss out!

WE'VE MADE A **PLEDGE**

**Are committed to growing
girls' football in 2021/22**

We will provide opportunities for girls to:

- Learn through football in PE lessons
- Participate in girls' only football sessions
- Compete in girls' football school fixtures/events
- Lead girls' football activity for others

We are part of the movement to achieve the vision to ensure every girl has equal access to football in school by 2024

#LetGirlsPlay

#GirlsFootballInSchools



Whittingham C of E Primary School School Food - Policy for Packed Lunches

Autumn 2020.

Introduction

This policy is updated from the 2017 policy.

It will be approved by the governing body policy committee in the Autumn Term 2020 and it will be reviewed in Autumn Term 2025

A schedule for the review of this, and all other policy documents is set out in the school's five-year cycle of policy reviews.

Our School Vision

The children know these as the 3R's:

'Hand in hand together we will become **resilient**, **respectful** and **responsible** citizens of our community and the wider world.'

Our School Aims and Values

- To provide an open, secure and welcoming Christian environment for each pupil. This is expressed through daily worship which acknowledges the presence of God in our lives.
- To further develop and value the partnership that exists between school and the local churches, in particular, through sharing weekly worship and to encourage an appreciation of the Christian faith and a familiarity with the local Christian heritage.
- To care for each pupils' safety, happiness and well-being.
- To value our pupils as individuals, developing their ability to take responsibility for themselves and their actions, promoting confidence and self-esteem, and respect for others and their environment.
- To equip our pupils with the knowledge to make informed choices about having a safe and healthy lifestyle.
- To offer opportunities for our pupils to become involved in the daily life of the school and to prepare them to play an active role as citizens locally and in the wider world.
- To provide a learning environment, which is challenging and stimulating yet ordered and disciplined.
- To provide a broad and balanced curriculum, setting realistic targets for each pupil.
- To extend and reinforce our pupils learning, making expectations clear, and raising achievement levels.
- To develop and maintain a mutually supportive partnership between home and school.

National guidance

- This policy was drawn up using recommendations from the registered charity Children's Food Trust. More information can be accessed via their website link_ <http://www.childrensfoodtrust.org.uk>

Special diets and allergies:

- The school is aware of food allergies. A procedure is in place to manage food allergies and other individual special dietary requirements of children within school including those with

religious observance.

- The school is currently reviewing its policy and whether to introduce a nut free policy. In the meantime, it would be helpful if families DO NOT include nuts or nut products in packed lunches. Your comments with regards to this are most welcome prior to our Autumn Term Policy Review in September 2020.

Introduction

- To grow and stay healthy, children need to eat a nutritionally well balanced diet. Schools are an influential setting and can contribute significantly to improving the health and well-being of children.
- Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.
- Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.
- The Office for Standards in Education (Ofsted) is required to report on how the school promotes the personal development and wellbeing of all children – this may include food provision, including packed lunches brought into school.

Aim

- To ensure that the content of packed lunches meet minimum food and nutrition standards for school meals.

Rationale:

- Schools are required to positively promote the health and well-being of its children. Work around healthy eating is a high priority.
- To encourage healthy eating habits from an early age and improve the overall nutrition of children.
- The short term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may have an impact on a child's learning.

The longer term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.

Objectives

- To improve the nutritional quality of packed lunches at school and the eating habits of children at lunchtimes within school and on school trips.
- To develop an awareness in children, parents, staff and the wider community that the school takes a pro-active approach to promoting healthy eating.
- To encourage healthy eating habits in childhood that can influence health and well being in later life.

Food and drink in packed lunches: what the policy states

- The school will provide appropriate and attractive facilities for children eating packed lunches.
- The school will work with parents to encourage packed lunches to meet the standards listed below.
- As fridge space is not available, children are advised to bring packed lunches in insulated bags with freezer blocks where possible. Packed lunches should be brought in a suitable container that is easily cleaned (preferably plastic).
- The school will encourage children eating packed lunches and children eating school lunches to sit together.

The 'Always, Sometimes, Never' approach to Packed Lunches at Whittingham C of E Primary

Packed lunches should 'Always' include:

- at least one portion of fruit and one portion of vegetables every day. Grapes and cherry tomatoes should be halved lengthways for Early Years children
- meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel) every day.
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day.
- a dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- a drink of water, fruit juice or smoothie, milk, yoghurt or another milk drink.

Packed lunches can 'Sometimes' include:

- A meat product such as a sausage roll or an individual pie or corned meat.
- A cake or biscuit.
- A packet of crisps.

Packed lunches should 'Never' include:

- Any confectionery such as chocolate bars and sweets.
- Any extremely sugary soft drinks, such as a fizzy drink (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value).

Waste and Disposal

- The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

Monitoring and Support

- Where there may be concerns over a child's food and nutrition intake and /or concerns with the content of the packed lunch, this will be dealt with by school staff in a timely and sensitive manner.

Sharing the policy

- The school will ensure that all parents/carers and children are aware of the policy by sharing information via letters, website, school brochure and during assemblies.
- The school will use opportunities such as parents' evenings and healthy living topic in science, Roots and Shoots project and DT to promote this policy as part of a whole school approach to healthier eating.
- The policy will be shared with all school staff and appropriate professionals.

Policy Review

- This policy will be reviewed as part of the schools agreed policy review process. In addition, any major legislative or governmental changes regarding school food may lead to this policy being amended.