



Newsletter

Spring first half 2019



Dear families and friends,

Happy New Year 2019 to all of you!

With cold weather on the horizon, please check the school website, facebook (Wensum Junior) Twitter (@WensumJunior) and your phone for texts for updates on school closure. It is very important the school always has your up to date mobile number so we can contact you in an emergency.

Comfort in school is important to us. Please make sure your child has appropriate footwear—they need sensible shoes for playtime, wellies for gardening, trainers or plimsolls for PE and can have slippers for indoor use should they require. We also request that children have their PE kits in school Monday to Friday so they always have it available for use.

I have felt very humbled to have recently been able to add to the nearly 100 bags of donated winter clothes and coats to the incoming refugees this winter. Thank you for all your kind donations.

As we no longer have a parent teacher association for fundraising, the school cannot organise disco's and out of school parties and events. Mr Hickey has kindly offered to organise a fundraising evening and talent show next month. Tickets are available in the school office – please come and join us! If you or your child(ren) have a hidden talent—don't be shy! Come and audition!

Lastly, younger children are welcome to play on our equipment at the end of the school day with the understanding that they are supervised by you as we cannot guarantee staffing on the playground at the end of the day. They need to be off the play equipment by 3.30 so we can lock the gates and after school club can use the playground.

*Thank you,
Victoria McConnell.*

Diary Dates:

Thursday 28 February—School Fundraising night 5.30-7.30 pm. Details from office.

Wednesday 13 February—Y5 Trip to Norwich Castle

Monday 18th to Friday 22nd February—School Closed

Wednesday 27 February—Y4 Trip to Strangers Hall/Bridewell Museum—letter home next week

Wednesday 6th March to Friday 8th March Year 4 Holt Hall Residential

Monday 29 April—Class/Y6 Leaver Photographs

Monday 6 May—School Closed. May Day

w/c Monday 13 May—Y6 SATs

Wednesday 22nd to Friday 24 May—Y6 Residential to Eaton Vale

Monday 27th to Friday 31st May—School Closed

Wednesday 24 July Last Day of Term

Term dates:We follow the Norfolk County Council term dates model to ensure least disruption for families with children at more than one school.

Message from the office:

Please ensure you pay for lunches on the week you take them. Any child with an outstanding debt of over £22 will not be allowed to order lunch. Our office staff do not have time to chase up bad debts and this detracts from them doing other work

Please let the school know of any collection arrangement changes in advance. There are lots of phone calls between 3-3.15 on the day of change where our secretary and receptionist spend the last part of every day running around with messages about collection arrangements. Obviously, there are emergency situations where this is unavoidable and cannot be helped.

Lost Property: We have a pile of clothes in lost property with no names on. If you could put your child's name in their clothes it would really help us to make sure they get them back if they get lost.

Healthy lunches:

Our school council have been very concerned about lunches and how much sugar we eat. The introduction of fruit for pudding every day except Friday seems to be going down well.

At breaktime, can we remind you that it is only a healthy snack—fruit or veg—which is allowed.

Water and milk are the only drinks which should be drunk throughout the school day.

How healthy is your child's lunch box?

Did you know:

The government recommends that free sugars – sugars added to food or drinks, and sugars found naturally in honey, syrups, and unsweetened fruit and vegetable juices, smoothies and purées – should not make up more than 5% of the energy (calories) you get from food and drink each day.

This means:

Children aged 7 to 10 should have no more than 24g of free sugars a day (6 sugar cubes).

Free sugars are found in foods such as sweets, cakes, biscuits, chocolate, and some fizzy drinks and juice drinks. These are the sugary foods we should cut down on.

For example, a can of cola can have as much as 9 cubes of sugar – more than the recommended daily limit for adults.

Top Tips for lunchboxes:

Use wholemeal or half and half bread for sandwiches.

Bulk lunches up with fruit and veg.

Why not try cheese or meat as an extra treat rather than crisps?

Limit each lunchbox to only one 'treat' (yoghurt, biscuit, snack bar, chocolate or crisps.)

Replace juice boxes with water bottles.

Sausage rolls and pork pies contain lots of sugar and salt—replace these with a fresh, home made sandwich.

Vacancies:

We are looking for PARENT GOVERNORS—If you are interested in joining our local governing body and helping with our journey of school improvement, please come and give your details to one of us or arrange an informal chat.

We are always looking for people to join our staff team of play workers every lunchtime. If this appeals to you—please come and see us!