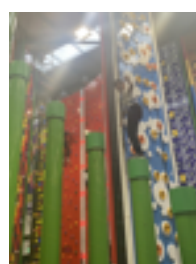


28th January 2022

Dear Parents and Carers,

‘Summit Up’

A small group of children rewarded for their model learning behaviours were rewarded this week with a trip to Oldham 35 Climbing walls. This action packed climbing activity was thoroughly enjoyed by the children and they demonstrated their true resilience.



Parents/Carers Meetings - Deferred and rearranged

Some class teachers will have contacted parents/carers to carry out meetings to discuss your child's progress in school. With high levels of staff absence in school please be reassured that these meetings will take place in the near future. If you are still waiting for your child's parents meeting we thank you for your patience. It will be an opportunity to also share with you any extra support that your child may be receiving. Due to the revised Covid Risk Assessment, these meetings will be carried out via a Teams meeting or via a phone call. Parents/carers will receive a paper report based on the discussion through Class Dojo.



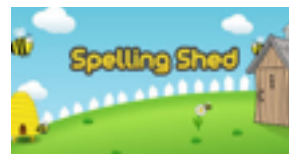
Packed lunch



Thank you to all parents and carers this week for your support in providing a packed lunch for your child/ren. Please could we ask that parents/carers do not send any food into school that contains any form of nuts, including Nutella. It is our duty of care to safeguard our children and we do have children in school with nut allergies. Please find attached our school Packed lunch policy. Thank you once again for your patience in these challenging times where we face high levels of staff absence.

Maths Number Day

As part of our commitment in driving our maths engagement further we will be taking part in a friendly UK competition for the NSPCC Number Day. This will take place next Friday the 4th of February. It will all be carried out online via play.trockstars.com. We would love the children to get into the mood by dressing up in fun Numbers or Maths related homemade costumes. If parents would like to donate a contribution of £1 this money will contribute towards the charity NSPCC (National Society for the Prevention of Cruelty to Children). More information about the day has been posted on Class dojo.



Spelling Shed Winners

Place	Winners	Total points awarded for correct spellings
1st	Class 6	28,406,541
2nd	Class 5	21,099,256
3rd	Class 4	10,472,161

What an amazing increase in points this week. Class 6 you have been working extremely hard indeed!

Congratulations to our top speller this week 'Brett Morriss' Class 5 with the most points. Amazing determination!

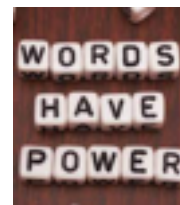


TT Rockstars - CELEBRATIONS!

The most accurate Class	Class 7
The most active class	Class 5
The most improved child	Zorez Khan Cuevas - Class 1
The most active child	Safa Bashir - Class 4

Word Aware

This week's word is '**Resilience**'. Please encourage your child to use this word when out and about and complete the activities, which Miss Varley will share on Class Dojo.



ATTENDANCE

Well done to classes 1, 4, 6, 9, 11 and 12 for achieving over 96% attendance in the last week before the holidays.

A SUPER well done to class 4 for achieving 100% last week. AMAZING!

Over the next few weeks we will be celebrating children who have achieved 100% attendance. Certificates will be presented in assembly. Attendance in school everyday has a significant impact on children's achievement and attainment. As a reward for this they will be allowed to come into school in their own clothes. Parents/carers will be informed if your child has achieved this highly recognised award and the dates for the non-uniform day are below. A HUGE well done to all these children and their families.



Day for children with 100% attendance to wear non- uniform

Year 3 - 14.01.22

Year 4 - 21.01.22

Year 5 - 28.01.22

Year 6 - 03.02.22 (Changed to Thursday due to Number Day)

COVID UPDATE

From Monday 17th January, people with COVID-19 in England can end their self-isolation after 5 full days, as long as they test negative on day 5 and day 6.

For more information visit:

<https://www.gov.uk/government/news/self-isolation-for-those-with-covid-19-can-end-after-five-full-days-following-two-negative-lfd-tests>

COVID Test results - REMINDER

A reminder to parents to send any results to us directly regarding COVID test results. This email is covid@alexandrapark.oldham.sch.uk



We thank all parents for the immediate responses we have had. You have certainly worked with staff to support the safety of children and staff with high levels of communication.



Packed lunch Policy
September 2021

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 pupils.

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.

Aim

To ensure that packed lunches (brought in from home) reflect the new standards for school meals.

Rationale:

- Schools are required to positively promote the health and well being of its pupils. Work around healthy eating is a high priority.
- The content of lunchboxes needs to reflect the requirement of schools to meet minimum food and nutrition standards for school meals.
- To encourage healthy eating habits from an early age and improve the overall nutrition of pupils
- 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.

Implementation

This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating.

- Children's packed lunches should include items from the 5 main food groups;

Bread, Potatoes, Pasta

These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions e.g. pasta salad, sandwich.

Fruit and Vegetables

These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more e.g. carrot/ cucumber sticks, cherry tomatoes, a piece of fruit.

Milk and Dairy foods

These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch e.g. yoghurt, fromage frais, milk.

Fish, Eggs, Beans or processed meats

These foods provide protein for growth. Packed lunches should include 1 portion of these foods e.g. boiled egg as filling in sandwich, mixed bean salad.

Restricted foods

To ensure consistency and to keep packed lunches in line with food standards for school meals, packed lunches should not contain the following:

Fizzy / sugary drinks in cartons, bottles or cans
Chocolate-coated products / sweets / confectionary
Chocolate spread as a filling for sandwiches
Chewing gum

Sugared / toffee and salted popcorn

Crisps or any packet of savoury snacks high in salt and fat
Salted nuts

Energy drinks

Takeaway meals such as burgers, pizza and chips. These foods must be stored at cold temperatures or heated to kill bacteria which is not possible in a school environment.

Packed Lunch Containers

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack.

Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them which will cause stomach upsets.

Storage of Packed Lunches

The school will provide storage area / facilities for packed lunch bags, in the most convenient and appropriate place possible. However the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

Dining Facilities for Pupils Bringing Packed Lunch

The school will provide an appropriate area where pupils who choose to bring packed lunches can eat.

