



Sacred Heart RC Primary School and Nursery

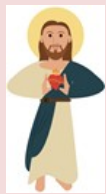
Newsletter Summer 1

Learning to Love, Loving to Learn

Love God, Love Each Other, Love Learning

Love God, Love each other, Love Learning

Sweet Heart of Jesus we implore,



**help us to love thee
more and more.**

Sacred Heart RC Nursery

There are still a few places available in our Nursery Class for September 2019.

If you know of anyone who might be interested in taking up a place please advise that they contact the school office. We provide both full and part-time places see www.childcarechoices.gov.uk

SCHOOL CLOSSES FRIDAY 19TH JULY 3.30 PM

School re-opens Wednesday 4th September 2019

Y4 Swimming commences Thursday 12th September

Whole school photographs Tuesday 24th September

Year Six Residential

Our Year 6 pupils enjoyed a fantastic Residential visit to Robinwood Activity Centre. The children took part in lots of activities including canoeing, caving and climbing and all report that they had a great time and made lots of memories which they will take with them.

To round off a year in which children enjoyed lots of trips out and visitors into school, our year 5 pupils have also enjoyed a very exciting day in Liverpool at the Spaceport Centre.

In readiness for next year, the children in year 5 have watched a video about Robinwood and the activities they will enjoy next year. Payment cards have also now been sent home to parents so that you can start to pay a small amount each week.

We have once again come to the end of another school year and once again, it has flown by. Thank you to all pupils and staff for their hard work this year and to parents and carers for your continued support.

I really believe that the success the school enjoys is because of the unique partnership we have with our families and that this makes our school such a wonderful place to attend and to work in.

I look forward to seeing all of our families again in the new year when school reopens for pupils on Wednesday 5th July 2019.

Finally, on behalf of the whole school community, I'd like to wish you all a very happy, safe and restful summer.

God Bless

Mrs P Dungworth

Headteacher



Lunches in School

The cost of a school dinner next year will be £2.20 per day. We have a wonderful cook and kitchen staff and the high quality and choice of the meals provided are frequently commented upon.

Children in Reception Class, Year 1 and Year 2 are all entitled to Universal Free School Meals, this means that there is no charge for any pupils meal. From Year 3 onwards, parents can apply for the Pupil Premium Grant, which entitles pupils to a free school meal.

Packed Lunches

It has come to our attention that many of the children's packed lunches contain a lot of high sugar and processed foods. The policy below should provide parents with useful guidance when preparing children's packed lunches;

National guidance

The policy was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in schools toolkit (Department of Health)

Where, when and to whom the policy applies:

To all pupils, parents and carers providing packed lunches to be consumed within school or on school trips during normal school hours.



Food and drink in packed lunches

The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.

- The school will provide appropriate dining room arrangements.
- The school will work with parents and carers to ensure that packed lunches meet the standards listed below:

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- Oily fish, such as salmon, at least once every three weeks
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday

Packed lunches might sometimes include:

- Meat products such as sausage rolls, individual pies, corned beef and sausages/chipolatas should be included only occasionally.

Packed lunches MUST not include

- **Nuts – including peanut butter and Nutella – because of the life threatening risk to any other child who may have a severe allergy**
- Confectionery such as chocolate bars and sweets (fruit strings are considered to be sweets). Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Drinks other than water – fresh water is available at all times so you do not need to include this.
Snacks such as crisps or cheddars. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat).
Breadsticks served with fruit, vegetables or dairy food are also a good choice.

St Cuthbert's Opening Evening

St Cuthbert's will be holding an Open Evening on

Wednesday 25th September 2019



St. Cuthbert's
Roman Catholic High School

All pupils and their families are most welcome to attend to hear more about our Catholic High School, meet the new Headteacher and staff and to have a look around at all that it has to offer.