



## Thurton Primary School News

### Friday 6th September 2019

#### **Welcome Back!**

With many new parents joining our community, I would like to warmly welcome them to our first newsletter of the year!

A paper copy of our Newsletter is sent out to all parents. Newsletters are also sent via email, via the Classlist site (please ask in the office if you would like to know more about Classlist) and are available on our website ([www.thurton.norfolk.sch.uk](http://www.thurton.norfolk.sch.uk)) under the 'News' section.

Please make sure that Mrs Howard in the school office has your latest e-mail to ensure you receive the Newsletter.

#### **After School Clubs**

The children will be bringing home a letter next week with details of the after school clubs we will be running this term. There will also be a choices form to be completed and returned to the school office by Thursday 12<sup>th</sup> September.

Clubs will start the week of Monday 16<sup>th</sup> September (with the exception of choir) and we will advise which clubs your child has a place on, together with the cost of these clubs, on Friday 13<sup>th</sup> September. Payment for clubs should be made by Monday 16<sup>th</sup> September, preferably by online banking. Our bank details will be provided on the letter home.

#### **Jeans for Genes**

We are supporting Jeans for Genes again this year, on Friday 20<sup>th</sup> September. Come to school in your Jeans and donate £1 to help children with genetic disorders

#### **'Meet the Teacher Meetings'**

Every year we hold an initial 'Meet the Teacher' meeting for parents. These will take place during next week at school pick up time.

This is intended to give you the opportunity to meet your child's teacher (if they are new), find out what your child will be learning this year and receive information regarding e-safety and the summer term residential.

It will also give you an opportunity to ask any questions you may have at this point in the term. The meetings are as follows:

**Tues 17<sup>th</sup> Sep** - 3.15pm – Rec / Yr 1  
**Wed 18<sup>th</sup> Sep** - 3.15pm – Yr 1 / 2  
**Thur 19<sup>th</sup> Sep** - 3.15pm – Yr 3 / 4  
**Fri 20<sup>th</sup> Sep** - 3.15pm – Yr 5 / 6

#### **Best Foot Forwards**

We are very lucky to have Norwich Community Sports Foundation come into school to take our PE lessons! These take place every Monday and Friday for all year groups, so please could we ask that children have their PE Kit in school for this. There are other occasions when PE Kit may be required, so it is suggested that PE Kits are left in school all week.

Please could we also ask that children have the correct footwear in their PE Kit: when the weather is warm/dry enough, we try and get the children outside in the fresh air for PE lessons, therefore, please could all children have a pair of suitable outdoor trainers in their PE Kit.

#### **What to do if I have a query or concern?**

If you have any parental queries or concerns, please come and see us at school. In the first instance please talk to your child's class teacher, who will work with you to ensure that your query is resolved. If you still have concerns after talking to your child's teacher, then please make an appointment to talk to Mr Barber. It is really important that you contact class teachers in the first instance, as they will have more information about the children they teach. If your query is of a safeguarding nature, Mr Barber, Mrs Scorey and Miss Debenham are trained as Designated Safeguarding Leads for the school.

If a query is raised, it is important that staff are given time to investigate fully (which includes talking to all children), and this can sometimes take a couple of days. However, staff will get back to parents to let them know what is happening. This communication may be face to face, via a phone call, email or letter, depending on what is appropriate at the time, including the time available to school staff.

We look forward to working with all the children and parents within our school community this year.





### Don't Forget....

Our website is full of useful information and helpful links for parents.

You can find spare copies of letters home, information about school lunches, read our policies and find out about school events by going to:

[www.thurton.norfolk.sch.uk](http://www.thurton.norfolk.sch.uk)

### Dates for your Diary

**Fri 20<sup>th</sup> Sep** – Jeans for Genes Day

**Tues 24<sup>th</sup> Sep**

– Poppyline Visit (Yr 5/6)

– Amazona Zoo Visit (Yr 3/4)

**Tues 10<sup>th</sup> Oct** – School Photos

**Tues 17<sup>th</sup> – Fri 20<sup>th</sup>** - Meet the Teacher sessions (please see above).

### Birthdays

This week our birthday wishes go to **Evie, Dylan** and **Joseph** – Happy Birthday to you all!

### Reminders

- Children who have moved up to Year 3 will now need to bring in a fruit snack from home for break time, as the Free School Fruit and Veg Scheme only extends to KS1. We are still exploring the School Council's idea of KS2 children paying to buy a healthy snack at break time. We will let you know if/when this is to start once we have finalised the details.
- Please could we ask parents/carers to ensure their child has a clearly named water bottle with them at school each day.

*Thank you!*

### Look out in Book Bags for....

- Photo / Video Consent form
- Attendance Reminder letter
- Pupil Premium letter
- Yr 5/6 Poppyline Letter
- Yr 3/4 Amazona Zoo Letter

### Nutritional Nosh!



As a healthy school, we aim to ensure all the children benefit from eating quality food during the school day. School meals, provided by EATS, are nutritionally balanced and healthy. However, we also aim to encourage children who bring in a packed lunch from home to eat healthily. The following recommendations from the Government provide an idea about what should be included in a healthy lunch box!

- One portion of fruit and one portion of vegetable or salad every day
- Meat, fish or another source of non-dairy protein should be included every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel
- An oily fish, such as salmon, should be included at least once every three weeks
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day
- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies
- Snacks such as seeds, vegetables and fruit (with no added salt, sugar or fat) should be included.
- Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Healthier crisp snacks, with a low salt and saturated fat content can be included.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal.

Thank you for your support with this.


## Next Week: Mon 9<sup>th</sup> – Fri 13<sup>th</sup> September 2019

	In School	After School
<b>Mon</b>	<ul style="list-style-type: none"> <li>• PE</li> <li>• Bandwagon Music Lessons</li> </ul>	
<b>Tue</b>		
<b>Wed</b>	<ul style="list-style-type: none"> <li>• Lauren Talford Music Lessons</li> </ul>	
<b>Thur</b>		
<b>Fri</b>	<ul style="list-style-type: none"> <li>• PE</li> </ul>	

## Schools Childhood Flu Immunisation Programme

**Nasal Flu Vaccine**  
**Reception to Year 6**



**Sept 2019**

Please look out for an email from your school inviting you to submit consent / non-consent for your child's nasal flu vaccine this year!

Parents will consent or decline the nasal flu vaccination through our online portal.

The email from your school will contain all the information you need.

To find out more watch our short video here: <https://vimeo.com/341806601>

If you have any problems with access please contact: the School Imms Team on 0300 555 5055

**Scan me:**

