

BUCKINGHAMSHIRE COUNCIL
Education Department

Highworth Combined School & Nursery

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Newsletter 17th September Issue 2

Letters sent home & eSchool messages this week: Peripatetic Music Tuition (Y4, Y5 & Y6), Young Voices (Y4), Football Event (Y5), Change of Date for Meet the Teacher (Y3) Class Topic (YR)

Dear all

Short and sweet this week!

We are thrilled to have now been joined by all children and families new to Nursery and Reception. Your children have settled in beautifully and I hope you, as parents, are starting to feel equally at home here.

Please see below for information on Highworth Friends (the Parent Teacher Association or PTA) events coming up soon. This partnership is invaluable to our school and I hope lots of you will come along to one of the meetings to find out more.

Many parents have shared with me their concern about the safety of their children when arriving and leaving school. Yet again, children are being put at risk by the appalling parking of some of you. It is not acceptable to park where the cones are placed (to prevent you!); it is not acceptable to park blocking pavements, causing pedestrians to walk in the road. I have contacted the local Police Community Support Officers who will be visiting to issue fines. You have been warned.

A reminder that we still have a (shorter) staggered start to the day: 8.4am to 8.55am. It would help congestion in the morning if you remembered that your child will not miss any learning if they arrive at 8.55am rather than you standing in a queue at 8.35am! Further to this, we will revert to children in Years 1 to 4 coming into the quadrangle on their own, having said goodbye to you at the gate, from next Monday. The gate will be open from 8.45am to 8.55am.

As ever, best wishes for a happy weekend with your family

Clare Pankhania

ATTENDANCE

The display board at the front of the school shows each year group's weekly attendance.

SCHOOL ATTENDANCE TARGET IS 96%

BEST ATTENDANCE: 97.6% (CLASS 5S)

WELL DONE

**OUR WHOLE SCHOOL ATTENDANCE IS
BELOW TARGET AT 94.4%**

DATES FOR YOUR DIARIES THIS WEEK:

Tuesday 21st September

'Bags2School' collection day

'Meet The Teacher' virtual session for
Years 3; 9.30am

PARENT ZONE

Lunchbox tips

Keep them fuller for longer

Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.

Mix your slices

If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.

Cut back on fat

Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.

Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables

Freeze your bread

Keep a small selection of bread in the freezer. Make lunchboxes more interesting by using different shapes, like bagels, pittas and wraps, and different types of bread, such as granary, wholemeal and multi-grain.

DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day

Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes instead

Add bite-size fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown

Tinned fruit counts

A small pot of tinned fruit in juice – not syrup – is perfect for their lunchbox and is easily stored in the cupboard.

Swap the fruit bars

Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.

Swap the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).

Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.

Variety is the spice of lunchboxes!

Be adventurous and get creative to mix up what goes in their lunchbox.

Less spread

Cut down on the spread used and try to avoid using mayonnaise in sandwiches.

Get loads of easy-to-prepare ideas your kids will love, as well as tips on what else to put in their lunchbox

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#lunchbox-recipes>

PTA NEWS

The next 'Bags to School' event will take place on 21st September. Look out for bags coming home to you soon.

The next committee meeting will be on Tuesday 28th September at 7pm. All welcome, contact the office for a zoom link if you would like to attend

Annual General Meeting including Q and A with Head Teacher, Mrs Pankhania: Tuesday 12th October by Zoom. Further details to follow

Dates for your diaries now on the school website calendar! We hope to return to some in person events very soon.




Boloh

The Black, Asian and Minority Ethnic family Covid-19 Helpline and webchat

If you have been affected by the pandemic, are concerned about school, lost a loved one or need someone to talk to, you can contact one of our specialist support advisors today.

If you're not sure if we can help, it's okay to give us a call for free on

0800 1512 605

Or talk to us on our webchat by visiting helpline.barnardos.org.uk and click on the icon on the bottom right 

To find out more information visit helpline.barnardos.org.uk

You can tell us about yourself and, if we can't help you, we'll find someone who can. Our staff can talk to you in English, Urdu or Hindi.

You can call us between Monday and Friday 10am – 8pm Saturday and Sunday 10am – 3pm

We can usually help if:

- you are over the age of 11
- you are from Black and Asian communities

Believe in children
 **Barnardo's**

Please see below for information about a workshop to learn more about how to keep your children safe on line.



How Can I Help My Child?

Access to phones, social media and the internet means that young people can communicate with others without those caring for them knowing and this can make it difficult when we want to keep them safe.

A free online workshop for parents and carers

Facilitated through Zoom by Lawrence, Penny and Rhiannon from the Marie Collins Foundation



The Marie Collins Foundation (MCF) is dedicated to supporting victims of online child sexual abuse and exploitation. The foundation advocates for children who have suffered from online abuse so that they are able to recover and live safe and fulfilling lives. It has grown to become a dedicated team of specialists who support those harmed online through direct work with children and their families and advising professionals and governments at local, national and international level.

In this workshop you will have the opportunity to explore, in a safe environment:

- what **online harm** is
- ways you can **effectively help** and support your children
- understand **why and how** children can become victims, and
- how your response can be **vital** in enabling your child to recover.

To apply for a free place, please click on the dates below and complete the form

Tuesday, 5th October 2021 - 10am to 11.30am

Tuesday, 18th November 2021 - 10am to 11.30am

If you have any questions in respect of this course, or difficulties booking on to it, please contact

MCFevents@mariecollinsfoundation.org.uk