



St Erme with Trispen Community Primary School
Growing Confidence, Knowledge and Creativity



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NEWSLETTER 322ND JANUARY 2016

STARS OF THE WEEK

CONGRATULATIONS to this week's stars, who are:

TREHANE - Arthur P - For his independence and enthusiasm

FROGMORE - Lexé D - For looking after Indie at school

BOSWIDDLE - Owen N - For being a great friend and helping in a time of need

TRUTHAN - Jack E - For improvement in his independent writing

Harvey R - For using adventurous and imaginative language in his writing

TREVELLA - Alex G - For his ideas in literacy and understanding history



and our maths stars:

FROGMORE - Sam S - For applying his addition and subtraction skills to money word problems

BOSWIDDLE - Rachel S - For super addition and subtraction work using a 100 square

TREVELLA - Brayden M - For

CLASS ATTENDANCE LAST WEEK

Congratulations to the class with the highest attendance last week -

BOSWIDDLE!

Trehane: 83.3%

Frogmore: 95.7%

Boswiddle: 97.3%

Truthan: 95.9%

Trevella: 96.6%



SPRING TERM DATES FOR YOUR DIARIES

Years 1 and 2 supermarket visit

Monday 25th January

Whole school Eden trip

Wednesday 27th January

Young sports leaders day at Penair

Friday 29th January

PTA Discos

Friday 5th February

School closure day for staff training

Friday 12th February

Half Term week

Monday 15th - Friday 19th February

Planned end of topic trip

Wednesday 23rd March

Last day of Spring term

Thursday 24th March



Class Arrangements

Our classes in the infant years have now reached the legal maximum of 30 pupils, and our school roll is now 121 full time, with 19 part time pupils in the Nursery making a total of 140. We are at the point now of being in a position to reconfigure the classes in the infant half of the school to teach the children in straight year groups rather than mixed age classes, running separate morning classes for Nursery, Reception, Year 1 and Year 2, as we have done in the afternoons for the past year.

This is something we have been working towards for a long time, and we hope to start working this way after half term. We are fortunate in having the space to do so, and you will have noticed that over half term we upgraded the ICT room into a teaching classroom in preparation.

We are in the process of appointing a new teacher to our teaching team - exciting times - and we will of course confirm class arrangements nearer to the time so that you are fully informed.

PTA DISCOS

The PTA have planned discos for the children for the evening of FRIDAY 5th February. Arrangements will be as follows:

Nursery, Reception, Year 1 : 6pm to 7pm Parents of Nursery age children - we request that you stay with your child please. Due to fire regulations and numbers it will not be possible for other parents to stay with children, so take advantage of a child-free hour!

Years 2 - 6 : 7.15pm to 8.15pm

The theme for the discos is **RED**.

If you would like your child to come to the disco, please sign them in at the front door at the time above. Children will be dismissed to parents from the hall side door at the times above.

Entrance is £2 per child, or £5 per family. The children may want to bring some pocket money as there will be goodies for sale!

THANK YOU PTA AND STAFF FOR ORGANISING THIS EVENT FOR THE CHILDREN

HEALTHY LUNCHBOXES

As part of our healthy school provision, we would encourage parents to send healthy lunchboxes to school for those children having a packed lunch. Children need a balance of food groups for a healthy meal, and it does concern us to see some lunchboxes with no healthy content. There are some ideas below from the Cornwall Healthy Schools Team which might give you some new ideas.

A few ideas for healthier lunchboxes

For a healthy balanced lunchbox include something from each of these groups every day:

- ✓ **Starchy food:** include a good portion of starchy food, e.g. wholegrain roll, tortilla wrap, chapatti, pitta pocket, bagels, breadsticks, pasta, cous cous or rice salad;
- ✓ **Protein:** portion of lean meat, fish or alternative, e.g. chicken, ham, beef, tuna, egg, beans or hummus;
- ✓ **Fruit and vegetables:** Aim for at least 3 portions of fruit and vegetables and salad during the school day, e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, small tub of fruit salad or small box of raisins (*remember raisins are very high in sugar, so have with a meal rather than as a snack*);
- ✓ **Dairy products:** A portion of semi-skimmed milk or other dairy food, e.g. soft or hard cheese, yogurt or fromage frais;
- ✓ **Healthier drink:** A drink e.g. fruit juice, semi-skimmed milk, yogurt drink or a bottle of water;
- ✓ **And remember...** A healthy lunch can include an occasional treat from time to time for variety and appeal.

Try these Top Tips

Make sure lunchboxes come back empty by trying these top tips:

- Variety is a good way to get a healthy balanced diet and makes having a packed lunch more interesting.
- Make lunchboxes bright and colourful by including different tastes and textures.
- Soggy sandwiches are not very popular - try to keep the bread dry.
- Clip top plastic tubs are good for mixed salads or chopped fruits.
- Make lunch the night before and keep it in the fridge in an insulated lunchbox (and freeze the drink the night before so it keeps the lunchbox cool during the morning).
- Involve children in making their lunchboxes and deciding which healthier foods to have.
- Check labels for levels of salt, sugar and fat on foods you buy. If making your own keep levels to a minimum.
- Cut down on crisps and use low fat varieties.
- Go easy on spreads and mayonnaise.
- Check out school lunch menus such as those offering lasagne and salad, baked potato and cheese or curry and rice to help vary your child's menu.

For more ideas and information about healthier lunchboxes visit our website:

www.cornwallhealthyschools.org/ or try these sites: www.schoolfoodtrust.org.uk/packedlunches; www.eatwell.gov.uk/; www.bhf.org.uk/; www.nhs.uk/change4life