

News from the Office

Letters sent home this week Thursday 7th January 2016

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| 07/01/2016 | Y3/Y4/Y5 parents | Notification of reading workshops this term |
| 07/01/2016 | Topaz Class Parents/Carers | News about the class teacher |

Coming soon

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|--------------------------|---|
| 11 January | Parent Workshop on reading Zircon Class 9 – 9.30am Year 1 Peridot Class to South Norwood Library |
| 13 January | Parent Workshop on reading Topaz Class 9 – 9.30am |
| 14 January | Parent Workshop on reading Citrine Class 9 – 9.30am |
| 15 January | Parent Workshop on reading Amber Class 9 – 9.30am Year 3 Trip to Dulwich Picture Gallery |
| 18 th January | Year 1 Diamond Class to South Norwood Library |
| 22 nd January | Year 1 Emerald Class to South Norwood Library |

Reception 2016

The closing date for receipt of primary school applications is 15 January 2016.
You can apply for a school place at www.eadmissions.org.uk .
If you require assistance please speak to either Cleo or Miss Dickens.

School Menu

The new spring term menu can be found on the school website.
<http://heaversfarm.com/information-for-parents/school-meal-menus/>.
Paper copies are available from the office

Free Rail Travel

Children under 11 can now travel for free on all national rail services in London.
Children will need a Zip Oyster photocard to qualify for free travel even if they are travelling with an adult. <http://londonist.com/2016/01/children-travel-for-free-on-trains-from-today>.

School Meal Menu week 2

Events next week

| Monday 11 Jan | Tuesday 12 Jan | Weds 13 Jan | Thurs 14 Jan | Fri 15 Jan |
|--|----------------|--|--|--|
| Parent Workshop on reading Zircon Class. Peridot Class to South Norwood Library | | Parent workshop on reading Topaz Class | Parent Workshop on reading Citrine Class | Parent Workshop on reading Amber Class Year 3 Trip to Dulwich Picture Gallery |

Happy New Year

We would like to wish all of our families a successful and prosperous 2016.

We are focusing on healthy eating this term so we are sending you a reminder of our Packed Lunch policy

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 **semi-skimmed milk, cheese, fruit yoghurt, fruit fromage frais** or **custard** everyday
- A drink such **100% fruit juice, semi-skimmed milk, yogurt drink** or a bottle of **water**

PACKED LUNCHES SHOULD NOT INCLUDE:

- Snacks such as **crisps**.
- **Nuts and nut products** (we have a number of children with severe nut allergies in school)
- **Drinks with added sugar, sweeteners, colouring or additives** (school will supply water for all children)
- **Confectionery** such as **chocolate bars** and **sweets**.
- **Meat products** such as **sausage rolls, individual pies, corned meat** and **sausages / chipolatas, Mattesson meat products** should be included **only occasionally**.

One cake or biscuit is allowed but encourage your child to eat these **only as part of a balanced meal** which includes a good range of the elements on the '**should include**' list above.

BREAK TIME SNACKS SHOULD INCLUDE:

- Fresh fruit
- Fresh vegetables (**carrot, cucumber, celery sticks etc**)
- Dried fruit (**raisins, sultanas**)
- Water (water fountains are available to fill up bottles)

BREAK TIME SNACKS SHOULD NOT INCLUDE:

- **Confectionery** such as **chocolate bars, chocolate-coated biscuits, cakes** and **sweets**.
- **Cereal bars**
- **Crisps** or **any crisp like products**
- **Any products with nuts in.**
- **Meat products** such as **sausage rolls, individual pies, corned meat, Mattessons meat products** and **sausages / chipolatas, chicken nuggets** and **chicken goujons**. (**Meat products are allowed for packed lunches only**).

SPECIAL DIETS AND ALLERGIES

- The school recognises that some pupils may require special diets for medical or religious reasons that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also **not permitted to swap food items**.
- If your child has a medical need that means they cannot meet the above standards then a **Medical Action Plan** should be completed and given to the office staff. Parents should bring to the attention of the class teacher and the Phase Leader any issues connected with their child's diet. Consultation can be arranged with the **school nurse** if required.