



Weekly Update: 12th March 2021

Dear Parents/Carers,

Thank you all for the warm 'good mornings' and 'it's good to backs' that you have been offering this week. It is our words, our care and our smiles that have made all the difference to the children. Thank you to the Curry Rivel staff who have supported the children back into school, reassuring them that they have been missed, that they are valued and that there is great hope for the future.

Being with the children this week has reminded us that children are resilient, adaptable and creative. There is a desire to be together, an aspiration to learn with and from others, to make great progress and to be amazing human beings. There is a desire to contribute positively to community, to treat others with dignity and respect, to bring hope into hopeless situations.

Drop-off/Pick-up

Thank you for your continued support in keeping the flow going and wearing face-coverings. The only slight issue is on Water Street- if possible please can families keep to the pavement and avoid parking near the Water Street entrance. Also, please can I encourage the wearing of face coverings outside of the school grounds as these areas are busy and social distancing is not always possible.

Testing

As you will be aware, NHS Test and Trace announced earlier this week, that all adults in households with school and college age children without symptoms can now access regular rapid coronavirus (COVID-19) testing. Test kits can either be collected or ordered online. See the attached letter for further details.

Headphones

If your child is able to bring in their own set of headphones for school, this would be really helpful. Please ensure they are labelled and are not expensive- we would ensure they are kept in your child's tray for their use only. We do have our own sets, but this additional capacity would be beneficial. Thank you.

Science Week

British Science Week: 'Innovating for the Future' British. Science Week is a ten-day celebration of science, technology, engineering and maths that is taking place 5-14th March 2021. "Innovation is the creation, development and implementation of a new product, process or service, with the aim of improving efficiency, effectiveness or competitive advantage." Mrs Batchelor, our science leader, has organised learning around this special week and children have been doing extra sessions this week. Please see the school's Facebook page to see what the children have been doing. Some quotes from the children:

"Science week was incredible because we learned lots of fun things, such as if you put salt onto ice, it sticks. Also, Rosalind Franklin discovered the structure of DNA and I learned that innovation means you think outside the box."

MISS ARI POOK

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Red Nose Day: Friday 19th March

We are keeping things simple for this event: A non-uniform day (suggested voluntary donation of £1). Please no face paints, hair dye or make-up- thank you.

September 2021 & Increasing Numbers

It has been pleasing to see that school pupil numbers are increasing as families move into the area or are applying from out of catchment. I am working with the Board of Governors and the Business Manager on our school budget for next year, and it is our hope to be able to maintain our 6-class structure. Due to increasing numbers applying to the school, particularly in Key Stage 2 (Years 3-6), we are also having to consider how to ensure we can maintain a good quality of education across all year groups, and therefore we are likely to utilise mixed year classes across the whole school. Once I am able to confirm arrangements, I will inform you.

Packed Lunches

The Government's food-based standards for school lunches do not apply to food and drink that has been brought in from outside school. However, our school and nursery endeavours to ensure that pupils' packed lunches are healthy and nutritious as we recognise the importance of a nutritious, balanced diet for pupils' health and well-being.

To grow and stay healthy children need to eat a nutritionally well balanced diet.

Schools are an influential setting and can contribute significantly to improving the health and well-being of pupils. Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious. In addition, a balanced packed lunch with low levels of processed and sugary foods can help children regulate their behaviour and aid concentration.

The content of lunchboxes needs to reflect the requirement of schools to meet minimum food and nutrition standards for school meals. The contents of lunchboxes in schools can be unhealthy; audits of lunchboxes have shown that they can contain foods with high levels of fat, sugar and salt, and very few fruit and vegetables.

Children's packed lunches should include items from the 5 main food groups;

- 1) Bread, Rice, Potatoes, Pasta. These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions eg pasta salad, sandwich.
- 2) Fruit and Vegetables. These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more e.g. carrot/cucumber sticks, cherry tomatoes, a piece of fruit.
- 3) Milk and Dairy foods. These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch e.g. yoghurt, fromage frais, milk.



4) Meat, Fish, Eggs, Beans. These foods provide protein for growth. Packed lunches should include 1 portion of these foods e.g. boiled egg as filling in sandwich, mixed bean salad.

5) Drinks - any drinks provided in lunch boxes should only include either plain water, milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies.

Please support us by not including these items in a packed lunch

It is important not to fill up on too many foods that are high in fat and / or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes.

- Fizzy Pop/Fruit shoots
- Sweets
- Chocolate bars

A choice of only **one** of the following is recommended per day:

- A cake bar
- Packet of crisps
- Biscuit

Waste and Disposal

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

Looking for lunchbox inspiration? <https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>

Award winners for this week

Class cup:

Pippin: Oliver

Maigold: Alex

Gala: Ross

Discovery: Akaisha

Camelot: Mia

Blenheim: Lily

Lunchtime awards:

Pippin: Rosie

Maigold: Riley S

Gala: Ross

Discovery: Oscar

Camelot: Riley D



Headteacher awards:

Mia (Camelot); Yusef (Discovery)

50 Merit Certificates:

Pippin: Archie, Bella, Elliot, Maisy, Oliver

Gala: Ashton

100 Merit Certificates:

Discovery: Harriet

Have a restful weekend.

Mrs Ali Pook
Head Teacher

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