

7th September 2017

Issue: 154

Upcoming School Events

Monday 11 th September	Afternoon	Violin Lessons Re-Start with Mrs Cane-Hardy
Friday 15 th September	8.45am	FoAS Meeting
Wednesday 27 th September	9am	Harvest Assembly – led by Sapphire Class

Dear Parents/Carers,

Welcome back after the summer break and to the first newsletter of this academic year. It's been lovely to hear the children's news of their summer break. We're looking forward to another busy year and one that will see the children living our motto – Fair, Friendly Fulfilling and Fun!

Attendance

Our target is 96%.

Week Beginning	Attendances	Authorised Absences	Unauthorised Absences	Lates
17 th July 2017	94.26%	3.70%	2.04%	1.79%

These figures were for the final week of term. We're going to be really focussing on attendance this year, as explained in the attendance letter and policy sent out on Tuesday, so hopefully we will see some very good attendance figures over the coming weeks.

School Staff

I am very proud of the fantastic team of staff we have built over the past couple of years. As well as high expectations of the children, it is also important to have high expectations of the staff: we have a clear school ethos and vision, and staff have excellent knowledge and understanding of how to teach and support any child in our care, and our staff training programme enables us to continually develop the skills needed, taking into account any new local or national developments. All, including our support and office staff, are trained to nurture children in order to develop their particular talents and to support those with individual needs. Below is a list of our school team:

Teachers

Mrs Hudson – Headteacher
Mrs Crystal – Deputy Head/Emerald Class Teacher (Years 5 & 6)
Mrs Golding – Sapphire Class Teacher (Years 3 & 4)
Mrs Hoyer – Sapphire Class Teacher (PPA cover)
Miss Foster – Ruby Class Teacher (Years 1 & 2)
Mrs Ottaway – Pearl Class Teacher (Reception Year)
Mr Gratwick – Inclusion Manager/SENDCo

Support Staff

Mrs Bliss – Higher Level Teaching Assistant
Mr Windsor – Higher Level Teaching Assistant (Weds & Thurs)
Mrs Nickalls – Higher Level Teaching Assistant

Mrs Stonehouse – Teaching Assistant (Mon, Tues & Wed mornings)
Miss Rogers – Teaching Assistant
Mrs Townsend – Teaching Assistant
Mrs Downton – Teaching Assistant (Fridays)

Office staff

Mrs Fitzgerald – Bursar
Mrs Downton – School Office (Mon, Wed & Thurs)
Mrs Kneller – School Office (Tues & Fri)

Premises staff

Mrs Hudson – Health and Safety Co-ordinator
Mrs Fitzgerald – Premises Manager
Mr McDonald – Pool Manager

Thank You

On behalf of all the staff I would like to say thank you very much for all the lovely cards and gifts you kindly gave us at the end of last term. We are very grateful.

Miss Howland

One of our teaching assistants, Miss Howland, has decided not to return to school after the holidays as she has secured a place on a teacher training course. We are sad to see her leave us and we are very grateful for her support over the last year. We wish her well with her future career.

Clubs

We have a full programme of clubs on offer for this term – all of which were detailed in the letter sent home earlier this week. Please note that there are still spaces in all clubs if you would like to sign your child/children up for any. All clubs **must** be paid for in advance of the first club session starting. Wendy, our dance club teacher, has asked that the fees for her club are paid by cash or by bank transfer please and **not** by cheque. If anyone wants her bank details, she can supply them; please ask. Clubs need a minimum number of attendees to run, and some clubs have not yet reached this point. Please could you sign up your child/children for the clubs which take place before and after school by **9am tomorrow, Friday**, to enable decisions to be taken as to whether the club can commence next week. Thank you.

Medicines and Inhalers

Please can parents/carers return to school any medication and inhalers that need to be kept in school for their children. Please see the school office as new medication consent forms need to be completed for this year.

Lunch Boxes

As we start a new year I would like to take this opportunity to remind parents/carers about lunch box content which forms part of our Healthy School Policy.

Foods to include:-

Below is a list of foods that **can** be included in packed lunches. This is based on information obtained from the Department of Education advice on food in schools, the Children's Food Trust and the NHS.

- Fruit and Vegetables - at least one portion of fruit and one portion of vegetables.
- Protein - meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or dhal).
- Oily Fish - such as tinned or fresh mackerel, sardines, salmon, tuna.

- Carbohydrate - starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.
- Dairy - food such as milk, cheese, yoghurt, fromage frais, or calcium, fortified Soya products.
- Drinks – water, milk or a small carton (no more than a 150ml portion size) of fruit juice is acceptable and should, where possible, be diluted with water. Smoothies are also acceptable as long as they are 100% pure fruit and have no added sugar.

Only **ONE** of these foods in packed lunches per day:-

- Small packet of crisps or a small cake (not chocolate) or a plain biscuit or a snack size portion of dried fruit.

Packed lunches must **NOT** include any of the following:-

- Fizzy/sugary drinks in cartons, bottles or cans (including squash, fruit shoots, diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionary such as sweets, marshmallows and candy
- Chocolate to any type including chocolate bars, chocolate cake, chocolate coated biscuits or items containing chocolate
- Chocolate spread as sandwich filling
- Nuts or nut products, including coconut

Helpful ideas and tips for a healthy lunchbox can be found on the following websites:

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/your-childs-food-at-school/packed-lunches/>

<https://www.nhs.uk/change4life-beta/healthier-lunchboxes>

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Lighterlunchboxes.aspx>

If a packed lunch contains an item that does not adhere to the 'content of packed lunches' above, we will take care to deal with the child sensitively, and will contact the parent to discuss the issue. If necessary items will be removed by staff and returned to the parent at the end of the day although we would always aim to resolve any issues by speaking to parents first.

Food safety

We have children in school with food allergies so do not allow nuts or nut products, including coconut. If children are bringing grapes to school either as a snack or in their packed lunch they must be cut length ways. If your child's lunchbox contains a sausage, this must also be cut length ways and then in to small sections. This is due to them being a potential choking hazard and follows safety guidelines. Packed lunches should be in a container where food items can be stored securely and appropriately until the lunchtime period. We recommend parents/carers to include an ice pack, to reduce the risk of harmful bacteria growing if left in warm temperatures.

News From The Friends of Alfriston School (FoAS) Email foaschool@gmail.com

A big welcome back to school to old friends and an equally big welcome to school to all our new friends - the families of any new children.

We are the 'Friends of Alfriston School' - a committee of mums and dads who organise a wide range of fund raising events across the academic year. We are a small hard working group but would dearly love to be a bigger (perhaps slightly less hard₃ working 😊) group. We're friendly and fun and,

mostly, get things done. Our first FoAS meeting will be next Friday, 15th September, at 8.45am in the library and everyone is welcome. We'll share ideas for activities for the forthcoming year and it would be wonderful to see some new faces with some fresh ideas.

Our big news is that we now have a Facebook page - with a huge thanks to Geoff Sheridan! We have all been feverishly inviting parents, staff and friends of the school to join but if you haven't had a Facebook invite please let someone know and we'll sort it out...

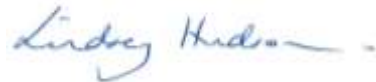
Our '100 Club' will be up and running soon with our first draw at the end of the month. If you are new to the 100 Club then the idea is that we sell 100 numbers for £1 a month (we would ask you to buy the number for the year so £12 for the year) and each month a number is drawn and the owner of the winning number wins half of the kitty (the other half going to the school). If all 100 numbers are sold then the winner wins £50 and the school gets £50. Woo hoo! This has the potential to raise an easy £600 over the academic year and, of course, everyone gets 12 chances to win up to £50! If you already have had a number then we'll be sending out forms next week to ask you if you would like your number again. If you haven't had a number before then the numbers will be available very soon... please buy one - or more - and please play... it's fun and a great way to raise a nice amount of money for the school.

'Flapjack Friday' starts again in the playground on Friday after school this week - a big thank you to Yvonne for organising this each week. Please remember your 50ps! We would really appreciate some extra bakers though... if you could bake any nut-free cakes, cookies, biscuits or prepare something such as a fruit kebab then please get in touch via our Facebook page or speak directly to Yvonne.

I think that's it... please check our Facebook page for updates and we hope to see you at our meeting at 8.45am next Friday.

Love, Eleanor and the FoAS committee members 😊

Yours sincerely,



Lindsey Hudson – Headteacher

Community News

Alfriston Rec – Alfriston Parish Council have been trying to source funding to be able to improve the playground for the younger generation. They have approached 'Tesco Bags of Help Scheme' and have been successful in being shortlisted. The next step is for the public to vote. The voting system is being held at the following Tesco stores in September and October:

Lewes (BN7 2BY)

Peacehaven Express (BN10 7DY)

West Street Rottingdean Express (BN2 7HP)

Seaford Express (BN25 1QX)

For those of you who have not done this before, when you purchase something in the store, you will be given a small plastic blue coin and there will be 3 voting boxes near the exit of the store. You will need to drop the coin into the slot for Alfriston Community Playground Regeneration. The Parish Council will be grateful for any help with voting by spreading the word to family and friends.