



# Alfriston School



Fair, friendly, fulfilling and fun!

## Newsletter - 31st January 2022

### Packed Lunch Contents

As a school we recognise the important connection between a healthy lifestyle and a child's ability to learn effectively and achieve high standards in school. We believe that all messages about food and drink within the school should be consistent in that good food choices are something that each of us are able to make so that we can all maintain life-long healthy eating and drinking habits which is why we introduced the Healthy School Policy. We would like to take this opportunity to remind you of the requirements around the contents of packed lunches.



#### Content of Packed Lunches

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 source of non-dairy protein (e.g. lentils, kidney beans, chickpeas or hummus).
- 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 of 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.

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. Any 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.

The Healthy Schools policy which includes links to ideas and tips for a healthy lunch box can be found on our [school website](#).

### Assembly Visit



Sapphire Class had an assembly visit from the Vice Chairperson from Wealden District Council in which she spoke about the work of the council. As ever the children were polite and engaged, and asked lots of questions.

### Cross Country Area Finals

A number of our year 5/6 children qualified for the South Downs Area School Games Cross Country Finals which took place in Lewes on Thursday 20th January. Over 120 children took part from various schools across the area and once again our children were amazing with Bodhi and Sophie qualifying for the Sussex School Games Finals which takes place in March.

Well done to all of them, we are so proud of you!



### School Drop Off & Collection

To keep everyone safe when dropping off and collecting, please ensure you do not pull up on the yellow zig zag lines.

As a temporary measure, we have made other arrangements with some parents, specifically outside of the main school drop off and collection time, as they are unable to get out of the car as they have Covid-19.

We thank you for your support with this.



## Important Friends of Alfriston School News

It is with GREAT excitement that we can announce the next BIG fundraising event.

The FoAS have secured a day at the Bluebell Woods, in Arlington and will be in charge of the cafe and walk, on **Wednesday 13th April 2022**. This is an event we have wanted to do for a few years and this year, we were lucky that they were able to accommodate us.

We are going to need volunteers to bake cakes, scones, flapjacks and more, but essentially we really need volunteers to help in the cafe, either with food preparation or front of house and volunteers to take money at the gate, greet our visitors and much more. We will have a rota so the work will be shared and all volunteers can also then enjoy the day with their families/friends.

This is an amazing opportunity and could potentially raise a substantial amount of money, which will help to reach our goal of having enough funds to erect an extra building, enabling the school to offer much needed extra space for our pupils.

**If you are able to help in any way, please leave a message on the FoAS Facebook page, or speak to your class representative.**

**This is an amazing opportunity but we can't do it without you!**

We very much look forward to seeing as many of you and your friends/families there on the day. All proceeds from the cafe will go straight to the school, along with a percentage of the entrance fee. So **PLEASE** come.

Many thanks in advance - The Friends of Alfriston School and support the school.

### Covid-19 Update

It has been a difficult 2 weeks with a substantial increase in Covid-19 cases in school. We would like to say a big thank you for all your support with keeping everyone safe. We continue to review the school's risk assessment and will keep you updated.

We would like to take this opportunity to request that children have regular lateral flow tests, we are finding that children have very few symptoms and Covid-19 is only picked up following a lateral flow test.

If your child tests positive for Covid-19 they can end their self-isolation after 7 days, following 2 negative LFD tests taken 24 hours apart as long as they do not have a high temperature. The first LFD test should not be taken before the sixth day.

If you have any further questions, please use our school office email address to contact us.

### Former Pupil News

Some of you will remember Honey and Lola Brown who used to attend our school. We have received news from their mum that we thought would be nice to share:

Lola is a fantastic footballer and has been called up to play for England U16's in Portugal and Honey has recently appeared in the Addams Family show at the Devonshire Park Theatre.

Their mum says "both Honey and Lola have such fond memories of Alfriston and it's largely down to them having such a supportive primary school that they are doing so well!"

### Sapphire Class



of Medusa. The sculptures are amazing with fantastic detail.



As part of their Ancient Greece topic, Sapphire Class have been busy making clay art sculptures

### This term's events .....

Fri 4th February	Secret Agent Day - Emerald Class
Mon 7th - Fri 11th February	Children's Mental Health Week
Tues 8th February	Safer Internet day
	Open classroom (after school)
Thurs 10th February	Last day of term
Fri 11th February	INSET Day
Mon 14th - Fri 18th February	February holiday