



Alfriston School



Fair, friendly, fulfilling and fun!

Newsletter - September 2026

New Pearl Class



The new Pearl Class children are settling in to school really well and they are enjoying their learning and making new friends.



Health & Safety Reminder

Grapes

Whole grapes pose a significant choking risk for young children. If you send your child to school with grapes in their packed lunch or as a snack, they must be cut in half lengthways before being brought into school.

Contacting the School

If you have any questions or information to share with us relating to your child's **class work** or **friendships**, then please email your child's class teacher. Class emails are checked after school every day. For all other queries or questions please contact the school office, they are always there to help.

Pearl Class - pearl@alfriston.e-sussex.sch.uk

Ruby Class - ruby@alfriston.e-sussex.sch.uk

Sapphire Class - sapphire@alfriston.e-sussex.sch.uk

Emerald Class - emerald@alfriston.e-sussex.sch.uk

School office - office@alfriston.e-sussex.sch.uk
Telephone number: 01323 870203

Home Learning

We set Home Learning for all age groups through Google Classroom. If you don't have your child's login details please contact the school office.

Important Reminder

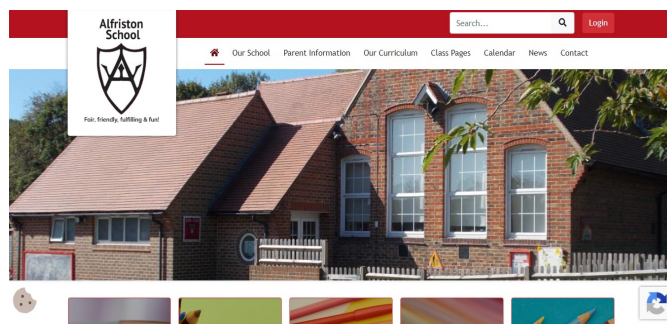
We are still finding a lot of uniform that has not been named. Please ensure all uniform items are named to enable us to reunite them with their owner.

Class Learning

Information about your child's learning can be found on the class pages of the school website -

https://www.alfriston.e-sussex.sch.uk/web/class_pages/54918

Our website also includes lots of other useful information including a calendar of events and will continue to be updated.



Safeguarding Team

If you have any safeguarding concerns about a child, you can contact Lindsey Hudson, our Designated Safeguarding Lead (DSL) or Tanya Fitzgerald, our Deputy Designated Safeguarding Lead (DDSL) through the school office. It is also possible for you to make a referral to the Single Point of Advice (SPOA) on 01323 464222.



Lindsey Hudson
Designated Safeguarding Lead
(DSL)



Tanya Fitzgerald
Deputy Designated
Safeguarding Lead (DDSL)

Packed Lunch Contents

The school recognises the important connection between a healthy lifestyle and a child's ability to learn effectively. We would therefore like to remind you of the school policy on packed lunches.

Foods to include:-

Below is a list of foods that can be included in packed lunches. This is aligned with the Department for Education School Food Plan and the NHS.

Fruit and Vegetables - at least one portion of fruit and one portion of vegetables.

Protein – meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel) every day.

Oily Fish - such as tinned or fresh mackerel, sardines, salmon, tuna, at least once every 3 weeks.

Carbohydrate - starchy food such as bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day.

Dairy - food such as milk, cheese, yoghurt, fromage frais every day.

Drinks – water, fruit juice or smoothie (no more than a 150ml portion size). Smoothies should be 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 (eg. 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. 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.

Helpful ideas and tips for a healthy lunchbox can be found on the following website: <https://www.nhs.uk/change4life-beta/healthier-lunchboxes>

If you would like to read our Healthy Schools Policy, this can be found on our website - https://www.alfriston.e-sussex.sch.uk/web/school_policies/676673

Uniform Policy

We are seeing an increasing number of short skirts, skorts and shorts in school. For consistency with our uniform expectations, these should be **close to knee length or longer**.

We kindly ask that children with hair longer than shoulder length keep it tied back for school, and that long fringes are clipped away from the face. Please also note that dyed hair is not permitted.

To help keep everyone safe, children should not wear jewellery to school, except for a watch and small plain stud earrings if they have pierced ears. If children have their ears pierced, children must be able to remove them themselves before PE or parents must tape the earring with micropore style tape before children arrive at school. Please note that no earrings can be worn when the children swim so please bear this in mind before having your child's ears pierced.

We also ask that children do not wear nail varnish, temporary tattoos, or make-up to school.