

BUCKINGHAMSHIRE COUNTY COUNCIL
Education Department

Highworth Combined School & Nursery

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Newsletter 24th September Issue 3

Letters sent home & eSchool messages this week: Music Lessons - Guitar & Woodwind (Y4-Y6), Letter to Reception Parents

Dear Parents & Carers

I hope you have enjoyed the beautiful weather this week as much as we have. I can't remember an Autumn term when we have been able to continue to make use of our fields so late into the year. Long may it continue.

Thank you to all of you with children in Years 1 to 4 for your support and co-operation with the change to the morning drop off routine. I hope it has reduced congestion in the mornings. It has certainly helped us to start lessons more promptly for which we are very grateful.

A reminder that the school photographer will be in school on Monday to take individual photos. Unfortunately it will not be possible to have sibling photos taken this year.

Please find below a reminder of our Healthy Lunch leaflet which we hope you will use to ensure that lunchboxes meet requirements. In the event that there is a problem with the contents of lunch boxes, we will send the item that cannot be eaten back to you with a slip explaining why this is. Your help with this would be appreciated as the requirements are in place to keep everyone safe (we have a number of pupils with a nut allergy).

I wish you all a happy weekend

Clare Pankhania

ATTENDANCE

The display board at the front of the school shows each year group's weekly attendance.

SCHOOL ATTENDANCE TARGET IS 96%

**BEST ATTENDANCE: 99.3%
(CLASS 4M & 4S)**

WELL DONE

**OUR WHOLE SCHOOL ATTENDANCE IS
WELL BELOW TARGET AT 92.5%**

DATES FOR YOUR DIARIES THIS WEEK:

Monday 27th September

Individual School Photos

Y1 Vision Screening

Tuesday 28th September at 7pm

PTA Committee Meeting. All welcome, contact the school office for a zoom link if you would like to attend

Friday 1st October

Y2 Football Event

PARENT ZONE

Sensory Artists



Saturday 25th September

Holmer Green Village Centre, HP15 6XG 10.30am to 12pm	Join Claire for a sensory art & messy play session. £7 per Sensory Explorer For UNDER 18's with additional and special needs. Siblings welcome. <i>Limited spaces - booking essential</i>
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Sensory Social



Friday 24th September

Holmer Green Village Centre, HP15 6XG 10.30am to 12pm	Join Claire for a sensory play & tactile art session. £9 per Sensory Explorer For over 18's with profound and multiple learning disabilities. <i>Limited spaces - booking essential</i>
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Get support from our friendly experts and meet other parents and families of deaf children

We have a range of events and courses to support parents, carers and families of deaf children. Run by our experts, they cover a variety of topics and issues, from finding out your child is deaf or has a hearing loss, to supporting them as they become a young adult. Many are free unless stated otherwise.

Our events and courses are also a great way to meet other parents and families in a similar position, share experiences, and be part of a community.

Escape Room Family Fun *Information & Advice Sessions* *Family Halloween Spooktacular* *Baby & Toddler sessions* *Expert Parent Programme* *Parents as Partners* *Family sign language course*

<https://www.ndcs.org.uk/our-services/services-for-families/>




Boloh

The Black, Asian and Minority Ethnic family Covid-19 Helpline and webchat

If you have been affected by the pandemic, are concerned about school, lost a loved one or need someone to talk to, you can contact one of our specialist support advisors today.

If you're not sure if we can help, it's okay to give us a call for free on

0800 1512 605

Or talk to us on our webchat by visiting helpline.barnardos.org.uk and click on the icon on the bottom right 

To find out more information visit helpline.barnardos.org.uk

You can tell us about yourself and, if we can't help you, we'll find someone who can. Our staff can talk to you in English, Urdu or Hindi.

You can call us between
Monday and Friday 10am – 8pm
Saturday and Sunday 10am – 3pm

We can usually help if:

- you are over the age of 11
- you are from Black and Asian communities

**Believe in
children**
 **Barnardo's**

Please see below for information about a workshop to learn more about how to keep your children safe on line.



How Can I Help My Child?

Access to phones, social media and the internet means that young people can communicate with others without those caring for them knowing and this can make it difficult when we want to keep them safe.

A free online workshop for parents and carers

Facilitated through Zoom by Lawrence, Penny and Rhiannon from the Marie Collins Foundation



The Marie Collins Foundation (MCF) is dedicated to supporting victims of online child sexual abuse and exploitation. The foundation advocates for children who have suffered from online abuse so that they are able to recover and live safe and fulfilling lives. It has grown to become a dedicated team of specialists who support those harmed online through direct work with children and their families and advising professionals and governments at local, national and international level.

In this workshop you will have the opportunity to explore, in a safe environment:

- what **online harm** is
- ways you can **effectively help** and support your children
- understand **why and how** children can become victims, and
- how your response can be **vital** in enabling your child to recover.

To apply for a free place, please click on the dates below and complete the form

Tuesday, 5th October 2021 - 10am to 11.30am

Tuesday, 18th November 2021 - 10am to 11.30am

If you have any questions in respect of this course, or difficulties booking on to it, please contact

MCFevents@mariecollinsfoundation.org.uk

Highworth Combined School

Lunchbox Guide for Families

Please see below what your child is allowed to have in their lunchbox.

Savoury Options—Lunch boxes must contain at least 1 item from this list.

- ⇒ Bread, roll, wrap, savoury bagel, naan bread, savoury croissant
- ⇒ Crackers, breadsticks, oatcakes
- ⇒ Sausage roll, samosa, pepperoni, cocktail sausages, cold pizza (not takeaway pizza!)
- ⇒ Cheese, ham, chicken cooked meats, tuna, salmon
- ⇒ Boiled eggs, humus, savoury dips
- ⇒ Vegetables and salad
- ⇒ Crisps
- ⇒ Popcorn—savoury and plain
- ⇒ Hot food such as pasta, curry, spaghetti bolognaise, baked beans
 - Food must be heated at home before coming to school and put in an insulated container.



***Remember to send your children in with a bottle of water every day.**

Healthy Lower Sugar options - Try to make sugar swaps.

- ◇ Fresh Fruit
- ◇ Tinned fruit in fruit juice
- ◇ Lower sugar yoghurt , plain natural yoghurt with fruit or honey
- ◇ Sugar free jelly
- ◇ Lower sugar rice pudding or custard
- ◇ Malt loaf/fruit loaf
- ◇ Low sugar biscuits or cereal bars
- ◇ Dried fruit
- ◇ No added sugar drinks

Sweet Treat list—ONLY 1 of these items are allowed in the lunchbox.

- ◆ Chocolate biscuit bar such as a Club, Penguin, 2 finger KitKat.
(Bought from the biscuit aisle at the supermarket.)
- ◆ Plain brioche, chocolate brioche, croissant (sweet)
- ◆ Cake—1 cake bar not pack of 2
- ◆ Cereal bar eg. Coco Pop, Rice Krispie
- ◆ Jam sandwich

ITEMS THAT YOUR CHILD IS NOT ALLOWED

If your child brings one of these items into school they will not be allowed to eat it and the item will be sent home with a slip explaining why.

- * Anything containing nuts including chocolate spread, chocolate or cereal bars containing nuts. This is due to the severe nut allergies which some of our children suffer from.
- * Chocolate bars that have no biscuit in or are bought at the counter or sweet aisles. These include 4 finger kit Kats and Kit Kat Chunky bars
- * Takeaway food such as pizza, burgers and chips
- * Double pack of cake bars.
- * Fizzy drinks and energy drinks