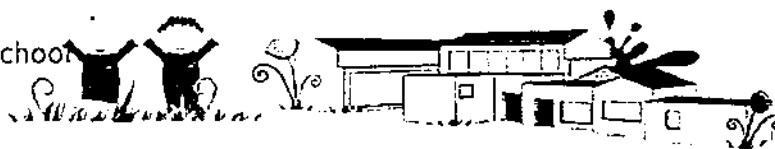




Acre Rigg Infant School



March Newsletter

Website information

<http://www.acrerigg-inf.durham.sch.uk/>

Our website is updated on a regular basis. You will find information about the curriculum, events in school and policies. All newsletters can be found on the website too.

World Book Day

On **Thursday 5th March**, children will be celebrating World Book Day in school. The whole day will be dedicated to reading and book related activities. World Book Day's mission is to offer every child the opportunity to own a book for free. As part of the event every child in school will receive a free book. All children are invited to dress up as a book character on World Book Day.

Comic Relief- Red Nose Day

It is Red Nose Day (Comic Relief) on Friday 20th March Children can come into school, wearing red/ non-uniform or their own uniform. If you would like to, please send a small donation into school to support the cause. This year's theme is "design your own nose".

Packed Lunch Policy

As a nut free school (to support children with allergies), it is important to ensure that no items containing nuts are put in packed lunches – this includes chocolate spread e.g. Nutella and Kinder Buenos etc. Please find attached Durham County Council's packed lunch policy.

Gymnastics festival

Children from class 7 represented our school at the gymnastics festival at East Durham College. If parents and carers would like to watch the children perform, please come to school at 3pm on Wednesday 18th March.

E-Safety Reminder

At Acre Rigg Infant School, keeping our children safe online is an important part of learning. Even at a young age, children can come across apps, videos, or messages that they may not fully understand. We encourage families to talk regularly with their child about staying safe on the internet—reminding them to only use age-appropriate apps, to ask an adult before

clicking on anything new, and to tell a grown-up straight away if something doesn't feel right. By working together, we can help our children develop the confidence and skills to explore the digital world safely.

Science Week

The week beginning 9th March is Science week. Children will take part in a range of Science activities. Parents and carers have been invited into school to work alongside children. Please see dates below:

	10th March	11th March	12th March	13th March
AM 9.30am	Class 9	Class 8	Class 1	Class 3
PM 2.00pm	Class 7	Class 4	Class 5	Class 2

School Council

Our school council is made up of two children from year 1 and year 2. Class mates chose their school council representative. They play an important role in school and meet with Mrs. Darby and Mrs. Airey every week.

Our School Councillors are:

Charlotte and Ella - Class 1
Ella and Jacob - Class 2
Maddison and Albie - Class 3
Aubree and Clark - Class 7
Izzy-Mae and Charlie - Class 8

After school clubs

After school clubs are running very successfully this half term will run until **Thursday 26th March**. We will offer different clubs after the Easter holidays.

Support for families

As a school we can provide additional support to families. The cost of living crisis is affecting lots of people. I have listed below some of the ways in which school can support you:

Feeding families

We have linked in with Feeding families, to provide food parcels for families. The parcels will be shared in school and can be accessed as, and when you need them.

The Bread and Butter thing

The Bread and Butter Thing is an affordable food club which offers low cost weekly shopping bags made up of fruit and veg, fridge favourites and cupboard staples for £8.50. For further information please visit www.breadandbutterthing.org.

Family Hubs

Family Hubs support families from pregnancy right up until your child turns 19, or 25 if they have special educational needs and disabilities. They can offer help and advice. For further information please look at familyhubsnetwork.com

School swap shop

In school we have some lovely pieces of uniform, donated by parents. We also have new uniform we buy as a school.

We would like to offer the uniform to parents as a "swap shop". You can bring items your child no longer uses and swap them for the next sized clothes. Alternatively, you can take uniform without donating anything. There will be a rail, in school, with uniform on for you to choose. This will be open at all times. Please email school with your child's name and size of clothes and we can try and help you.

As a school we also recognise that paying for uniform, all at once, in September can be an expensive time for parents. We have a savings scheme available. You can send money into the office and pay money on a regular basis. This will enable you to save for uniforms and buy them once you have enough money on your payment card.

Easter holidays

School will close Thursday 2nd April for the Easter holidays and reopen on Monday 20th April. I hope you all have a lovely break.

Important spring term dates:

Thursday 5 th March	-	World Book Day
W/C Monday 9 th March	-	Science Week
Friday 20 th March	-	Comic Relief
Tuesday 31 st March	-	Dance Festival (Class 3)
Tuesday 31 st March and	-	Year 2 Seaham Trip
Friday 1 st April		
Thursday 2 nd April	-	Easter Holidays
Monday 20 th April	-	Return to school

Thank you for your continued support



Every child Every day Every way Experiencing success

PACKED LUNCH POLICY

Acre Rigg Infant School

School Food – Policy for Packed Lunches (brought in from home)

Introduction

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.

Aim

To ensure that packed lunches (brought in from home) reflect the new standards for school meals introduced in September 2006.

Rationale:

- Schools are required to positively promote the health and well-being of its pupils. Work around healthy eating is a high priority of the Every Child Matters agenda.
- 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 some schools can be extremely unhealthy, recent audits of lunchboxes have shown that in the main they contain foods with high levels of fat, sugar and salt, and very few fruit and vegetables.
- To encourage healthy eating habits from an early age and improve the overall nutrition of pupils.
- The short term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may have an impact on a child's learning.
- The longer term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.

Objectives

- To improve the nutritional quality of packed lunches in schools and the eating habits of children at lunchtimes.
- To develop an awareness in pupils, parents, staff and the wider community that the school takes a pro-active approach to promoting healthy eating.
- To encourage healthy eating habits in childhood that can influence health and wellbeing in later life.
- To ensure that food brought into school (packed lunches) reflects and meets food standards for School Food (2006).

Implementation

This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating.

- Children's packed lunches should be based on the 'Eatwell Guide' model which shows items the 5 main food groups; (Food Standards Agency).

Bread, Rice, Potatoes, Pasta

These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions.

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.

Milk and Dairy foods

These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch.

Meat, Fish, Eggs, Beans

These foods provide protein for growth. Packed lunches should include 1 portion of these foods.

Foods and drinks high in fat and / or sugar

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. This is why sweets, chocolate, crisps, cereal bars, fruit bars, toffee/salted popcorn, squash and fizzy drinks are no longer available in schools.

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.

To ensure consistency and to keep packed lunches in line with food standards for school meals, packed lunches should not contain the following:

- Fizzy / sugary drinks in cartons, bottles or cans
- Sweets / confectionary
- Chocolate spread as a filling for sandwiches
- Chewing gum
- Sugared / toffee and salted popcorn
- Nuts or any bars etc including nuts
- Grapes

Additional information is available from the School Food Trust (ideas and examples of foods that can be included in packed lunches) by accessing www.schoolfoodtrust.org.uk

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 what their child's food intake with the school.

Packed Lunch Containers

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them. Please label all food containers and bags with your child's name.

Storage of Packed Lunches

The school will provide storage area / facilities for packed lunch bags, in the most convenient and appropriate place possible. However, the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

Dining Facilities for Pupils Bringing Packed Lunch

The school will provide an appropriate area where pupils who choose to bring packed lunches can eat.

Monitoring and Evaluation

The school will carry out monitoring of packed lunch provision - where there may be concerns over a child's food / nutrition intake and / or content of packed lunches, this can be dealt with timely and sensitively.

OfSTED are required to report on how the school promotes the personal development and well-being of all pupils – this may include food provision including packed lunches brought into school.

The Local Authority will work with the school to review packed lunch provision and will provide advice and support to members of the school community.

National Healthy School Programme (NHSP)

In order to achieve National Healthy Schools Status, schools are required to:

- “ensure healthier food and drink options are available and promoted in breakfast clubs, at break and at lunchtimes – as outlined by Food in Schools guidance”
- “monitors pupils’ menus and food choices to inform policy development and provision”

Schools that have achieved National Healthy Schools Status (NHSS) may be monitored as part of a national and local quality assurance process.

Policy Review

This policy will be reviewed as part of the schools agreed policy review process. In addition, any major legislative or governmental changes regarding school food may lead to this policy being amended.

Endorsement

The School Governing Body, Pupils, Parent / Carer Representative and Staff endorse this policy for implementation.



Healthy Schools