



31.03.23



Nurturing Today's Young People, Inspiring Tomorrow's Leaders.

Dear parents/carers,

This half term has almost flown by! The children have been working super hard and have fun along the way. **Just a polite reminder, we break up next week on Thursday 6th Apr and not this Friday.** A lot of families had the wrong holiday dates in mind. If you are ever in doubt, please refer to [Term Dates - Thornbury Primary Leadership Academy](#) or you can always ring the school office who will be more than happy to assist.

Competition



Thursday was the last day to enter the Easter bunny competition. Well done to everyone for all your fantastic entries! There is a massive Easter egg up for the grabs! We wonder who will win? Keep your eyes on Twitter and Dojo next week to see all the wonderful



WELL DONE MELODIE in 2WM. This is her entry for the Easter Bunny competition - a massive 3D bunny - the most colourful bunny we have ever seen! Well done Melodie (and family!)



Late arrivals

Please can we remind you all that if you are running late, you must escort your child into the main school building, even if they are a bit older! This is highly crucial for the sake of their safety and well-being. Unfortunately, our main entrance isn't monitored 24/7, this means that if your child's happens to fall over, staff will not know, and neither will you. We won't be able to go help them unless we know! Please make sure you bring your child in through the main entrance.



Absence reporting



You must report your child's absence every single day. Please aim to ring the school office before 9am everyday stating your child's full name, class and the reason. If we don't receive your call or voicemail, we will ring both parents. We need to record why your child is absent. It is illegal to keep your child off school without a valid reason and you may risk a possible fine! Please also note, any arrivals after 9am will go down as an unauthorised, so **please make sure you arrive by 8.20am, the gates do close at 8.27am.**



Reminder

Please take the time to read emails/texts sent to you, we try to make sure that everything you are sent relates to your child, so nothing is irrelevant. If you would like further information on any emails we send, please contact the class teacher or the school office for assistance. We also encourage you to follow us on Twitter, we post reminders, useful information, live updates from school and other community events of interest. Don't miss out, or let your child miss out, please keep up to date with everything via Class Dojo and Twitter.

Sickness/diarrhoea - 24 hours

If your child is absent with sickness and diarrhoea, please inform the school. If it has cleared up within 24 hours, your child may return to school the following day. Remember to encourage your child to practice good hand hygiene for up to 20 seconds espe-



Medicine in school

It is our school policy that only prescribed medicines can be administered by our staff. If your child requires medicine during school hours, then the medication must be labelled with your child's full name and dosage. You must complete documentations before we can administer the medicine. Please do not put any medicines in your children's bags.



Healthy eating

Our school is driven to ensure the positive mental and physical health of our pupils, therefore we regularly monitor packed lunches. Recently, we have noticed a rapid rise in the quantity of unhealthy snacks being brought in to school for dinner time.

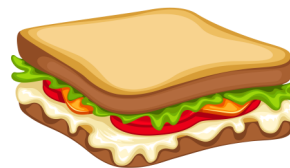
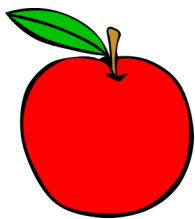
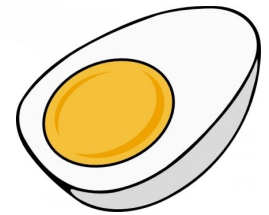
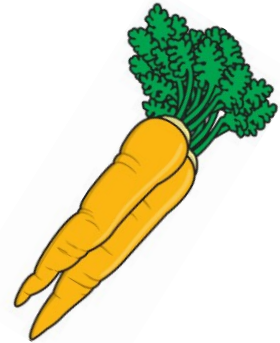
As a healthy school, we encourage children to bring fruit, a cereal bar or have a piece of bagel for snack time. We do not allow crisps, chocolate biscuits or chocolate cereal bars at snack time. Foods that are high in salt and sugar contribute to tooth decay and poor concentration in lessons. For healthier packed lunch ideas, please visit: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Statistics show that when families make healthy swaps, they can save a great deal of money and provide a more nutritious lunch that improves concentration in lessons.




Packed lunch

We have noticed a lot of packed lunches do not contain nutritious and filling meals. Please don't send your child in with only snacks. This is not a filling dinner. Your child requires the correct nutrients to help their growing bodies and mind. It will also help them stay focused in class and keep their bellies fuller for longer.



Next weeks menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Pasta Bar with Quorn Bolognaise Or Vegetable & Tomato Basil	Halal Tandoori Chicken Wrap 	Halal Mutton Keema & Peas 	Halal Tandoori Chicken Pizza	Fish Fingers, Battered Fish Fillet or Fishcake (Salmon)
Vegetarian Main Dish	Quorn Hot Dog Served in a soft roll	Sweet & Sour Vegetable Stir Fry Served with Noodles	Vegetable Lasagne & Garlic Bread 	Cheese & Tomato Pizza	
Accompaniments 	Garlic Bread New Potatoes Assorted Mixed Salad Carrot & Green Beans	Vegetable Savoury Rice Assorted Mixed Salad Raita	Rice & Naan Bread Raita & Mango Chutney Roasted Vegetables Carrots	Chips Baked Beans Assorted Mixed Salad Coleslaw	Potato Wedges Broccoli & Cauliflower Tomato Sauce
Snack menu	Jacket Potato with Cheese/Tuna or Beans Cheese Panini Assorted Sandwiches/Wraps	Jacket Potato with Cheese/Tuna or Beans Cheese Panini Assorted Sandwiches/Wraps Halal Chicken Panini	Jacket Potato with Cheese/Tuna or Beans Cheese Panini Assorted Sandwiches/Wraps	Jacket Potato with Cheese/Tuna or Beans Cheese Panini	Jacket Potato with Cheese/Tuna or Beans Cheese Panini
Main Dessert	Lemon Drizzle Cake Served with Custard 	Carrot Cake Served with Custard 	Apple Pie Served with Ice Cream 	Chocolate Sponge Served with Chocolate Sauce	Fruity Flapjack 
Cold Dessert	Cheese, Biscuits & Grapes Selection of Yoghurts Selection of Fresh Fruit & Watermelon	Jelly Selection of Yoghurts Selection of Fresh Fruit & Watermelon	Chef's Cookie of the Day Selection of Yoghurts Selection of Fresh Fruit & Watermelon	Selection of Yoghurts Selection of Fresh Fruit & Watermelon	Selection of yoghurts Selection of Fresh Fruit & Watermelon

PRACTICAL TIPS FOR A HEALTHY LUNCHBOX

- Try to vary the contents of the lunchbox daily. That way you can ensure your child is getting the variety of nutrients their bodies need to function and grow
- Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves
- Wash your hands before handling food. Wash fruit and vegetables before use and put in clear containers
- To keep food fresh, make sure it is stored properly. Lunches packed the night before need to be stored in the fridge. If using rice, make sure it is cooled quickly and stored in the fridge overnight. To keep your lunch fresh during the day, use a cool bag and put in a frozen drink or reusable ice pack
- Keep different breads in the freezer so you can take out and defrost what you need for one day's lunchbox. Using different breads will make the lunchbox more interesting and enjoyable
- If your child refuses to eat brown bread, try a lighter variety or make sandwiches using a slice of white and a slice of wholemeal bread
- For variety, try using pitta strips, crackers, bread sticks, or fruit and vegetable finger foods with a dip
- Always try to add a little salad to a sandwich. To avoid soggy sandwiches, dry the salad before adding it to the sandwich or put it in a separate sandwich bag or tub
- Make a fruit smoothie by blending juice and fruit together, or a yoghurt or milk drink by mixing yoghurt or semi-skimmed milk with pureed fruit
- Make a lower fat salad dressing by mixing it with some low-fat yoghurt or semi-skimmed milk
- You can use leftovers; for example rice and curry, vegetable pizza or pasta and sauce
- Make a salad using rice, potato or pasta from the night before, mixed with vegetables and beans



HEALTHIER PACKED LUNCHES FOR CHILDREN



This leaflet provides information on how to pack a healthier lunch following the government's packed lunch guidelines.

WHAT IS A HEALTHY PACKED LUNCH?

A healthy packed lunch is a balanced meal providing a variety of nutrients to help your child grow and develop. These can be found in the four main food groups:

STARCHY FOODS

Base each meal on a starchy food such as bread, potato, rice, pasta, and yam. Starchy foods give energy, fibre, vitamins and minerals.

- Try different types of bread such as pitta bread, wraps or bread rolls
- Whole grain varieties are best for fibre, which is vital for a healthy digestive system

MEAT AND ALTERNATIVES

Add some protein, for example meat, fish, eggs, beans or pulses. Protein builds muscles and provide minerals.

- Lean meats such as chicken, turkey or ham
- Include oily fish such as pilchards, sardines or mackerel at least once every three weeks
- Eggs such as omelette or quiche
- Try meat alternatives such as tofu or tempeh
- Dishes containing pulses, beans or meat, for example dahl, stew or bean salad
- Meat products such as sausage rolls, sausages and chipolatas, pies and pastries should not be included more than once a fortnight
- Use butter, margarine, mayonnaise or salad dressing sparingly as these can be high in fat, or try using lower fat alternatives
- The school has a no nuts policy as some children are allergic

MILK AND DAIRY FOODS

Include a dairy product or dairy alternative such as fromage fraise or tzatziki. These foods provide calcium necessary for strong bones and teeth, as well as providing protein and vitamins

- Lower fat varieties are healthier

FRUIT AND VEGETABLES

Don't forget to include fruit and vegetables. You can use fresh, frozen, tinned or dried. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy.

- Add tomato, lettuce, or beetroot to a sandwich
- A vegetable dish such as salad or roast vegetables
- Fresh fruit such as an apple, banana or pear
- Dried fruit such as raisins, apricots or figs
- Fruit or vegetable salad, this can be fresh or tinned in juice
- Finger foods such as cherry tomatoes, cucumber sticks or celery. Good with a dip such as houmous or guacamole
- Use fresh fruit and vegetables which are in season to help the environment and enjoy variety
- All packed lunches should contain at least one portion of fruit and one portion of vegetable or salad



Drinks

Drinks, especially water, help children to concentrate. Water is freely available in school.

- Other healthy drinks such as milk, pure 100% juice, sparkling water, and fruit smoothies can also be included

Snacks and confectionary

Snack foods may be included occasionally but aim to make healthier choices. Snack foods tend to be high in fat, sugar and salt. Foods high in fat can cause excessive weight and may lead to heart disease. High sugar foods are high in calories and bad for teeth. High salt foods may increase blood pressure.

For a healthier snack

- Replace sweets and chocolate with dried fruit, a small bunch of grapes or fruit salad
- Replace cakes and pastries with fruit bread or malt loaf
- Replace salted savoury snacks with rice cakes or biscuits
- Packed lunches should not contain chocolate, sweets, or salted snacks

This weeks attendance figures

Nursery AM	76.22%
Nursery PM	89.57%
Rec HCA	87.59%
Rec Mem Fox	90.69%
1 Darwin	93.67%
1 Goodhall	89.35%
2 Galileo	95.86%
2 Mathai	94.33%

3/4 Dali	91.67%
3 Matisse	88.62%
3 Kahlo	93.45%
4 Hockney	93%
4 Warhol	95.33%

5 Ijliya	93.04%
5 Nobel	91.82%
5 Shaw	91.82%
6 Anderson	95.81%
6 Singh Bhatti	96.77%

Coffee morning

On Wednesday 5th April at 8.30, we have a team of workers in school who can talk about and advise our families on:

- Mental health
- Debt
- Emotional support
- Benefits
- Parenting
- Employment
- Health



Do come and join us for coffee and find out how you can get help and support.

Our bodies have a built-in survival instinct from over 50,000 years ago, when we might have been living in the jungle. Let's go back to those days. Imagine you are walking through the jungle and a tiger jumps out in front of you.

Your life is in danger, so you need to run.



Our brain focuses on getting away

Our body starts to sweat

Our heart beats faster and our breathing gets quicker

We might get butterflies in our stomach, feel slightly sick or even be sick

2.

What happens when we get anxious?

When we see something scary, we tell our brains something frightening is about to happen.

Our brain then gives our body instructions so that it is ready to run fast.

3.

These changes are useful when you're in danger

These changes can save our lives when a tiger is chasing us in the jungle, as they help us to react quickly and run away.



4.

When do you feel anxious?

You may be seeing 'tigers' where they do not exist. For example, do you get these anxious feelings at the thought of starting the school day, going to the playground, attending birthday parties or getting lost?

When you get these feelings, you may want to try and stay away from the place that makes you feel like this, because you believe that something scary will happen.

5.

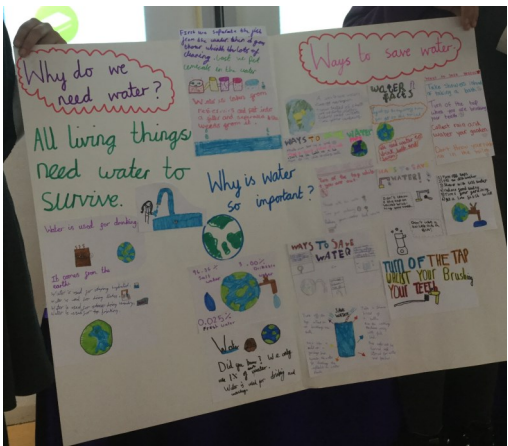
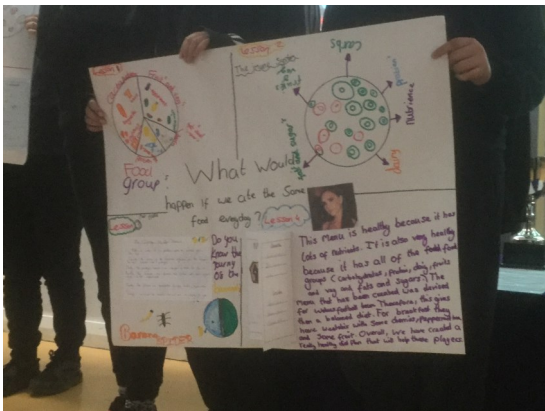
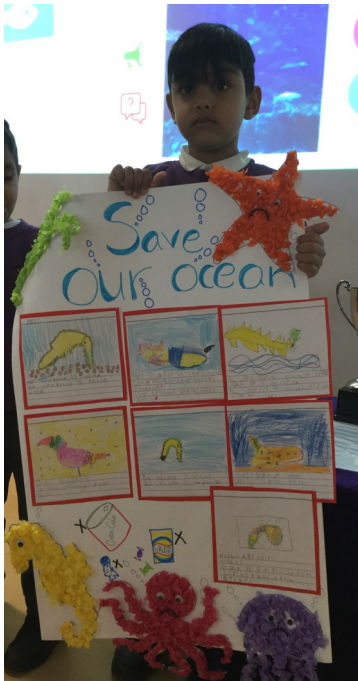
Do you feel anxious at night?

You may get these feelings at night, and struggle with nightmares.

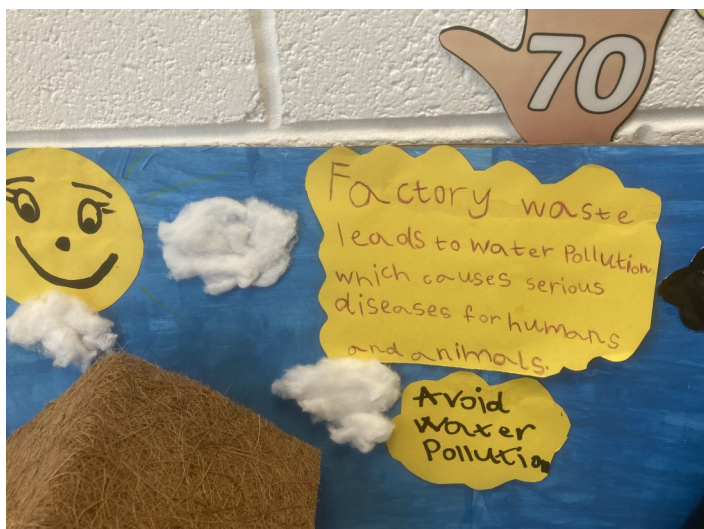
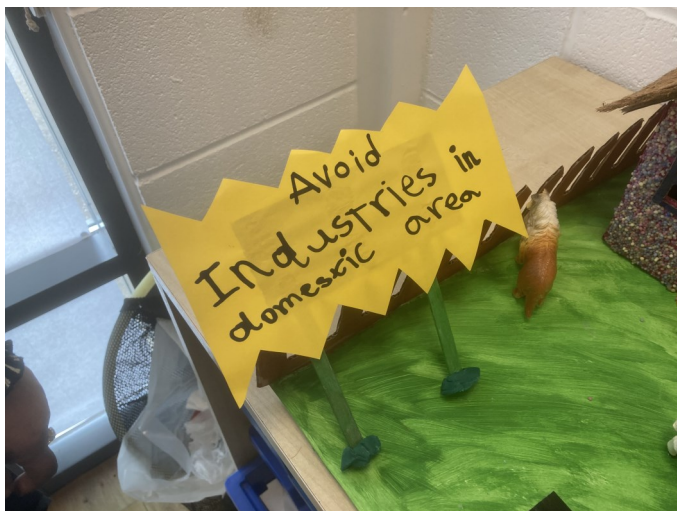
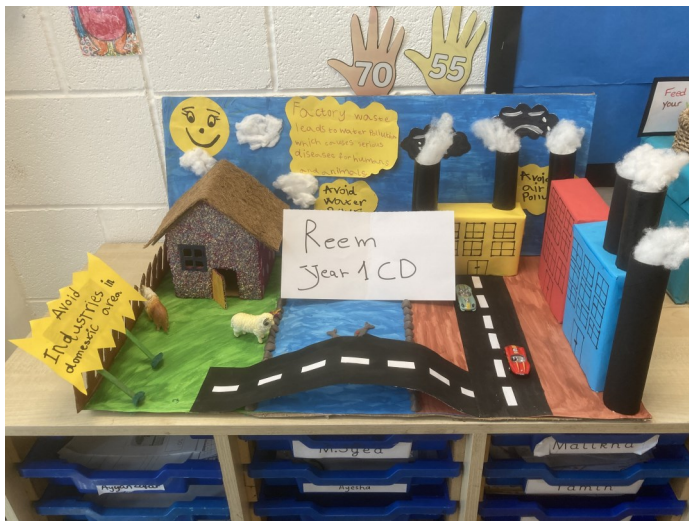
Anxiety can leave you lying awake at night, worrying about what you could have done differently that day and what frightening things might happen the next day. You may also worry about the future and possible frightening things that could happen.



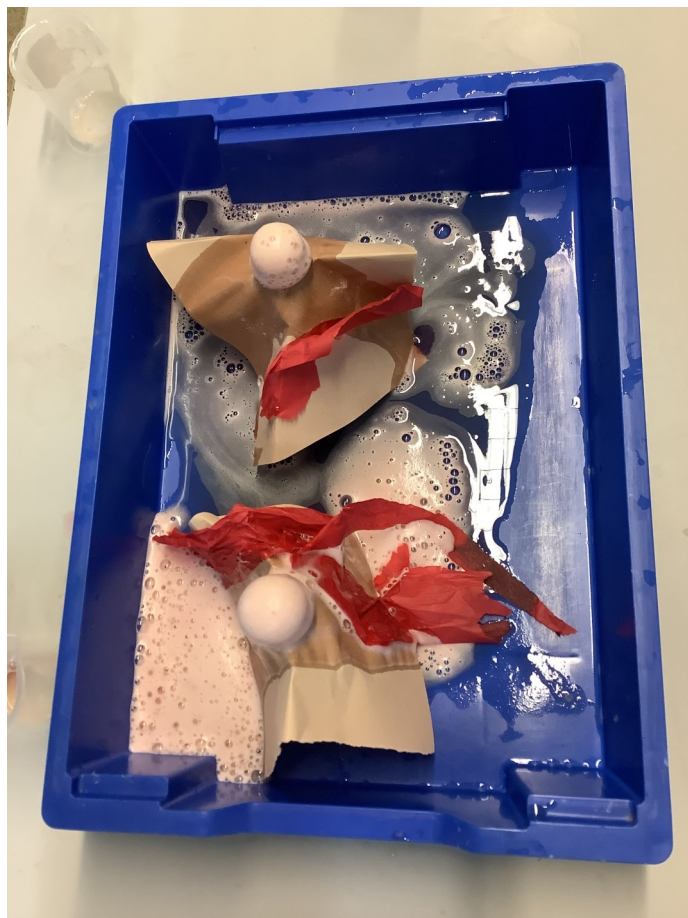
All the classes shared their work for Science week on Friday in assembly! There has been some amazing work going on.



Well done to Reem in 1CD for this wonderful entry into the Science week competition!



Our little nursery scientist loved visiting the science lab! Their story of the week is 'Ten more minutes little dinosaur' and they have been exploring lots of learning around dinosaurs and volcanoes





Ramadan

KAREEM

The month of charity is here!

- Rice
- Pulses
- Lentils
- Tomatoes
- Tinned food
- Milk
- Tea/Coffee
- Dates
- Pasta
- Oil

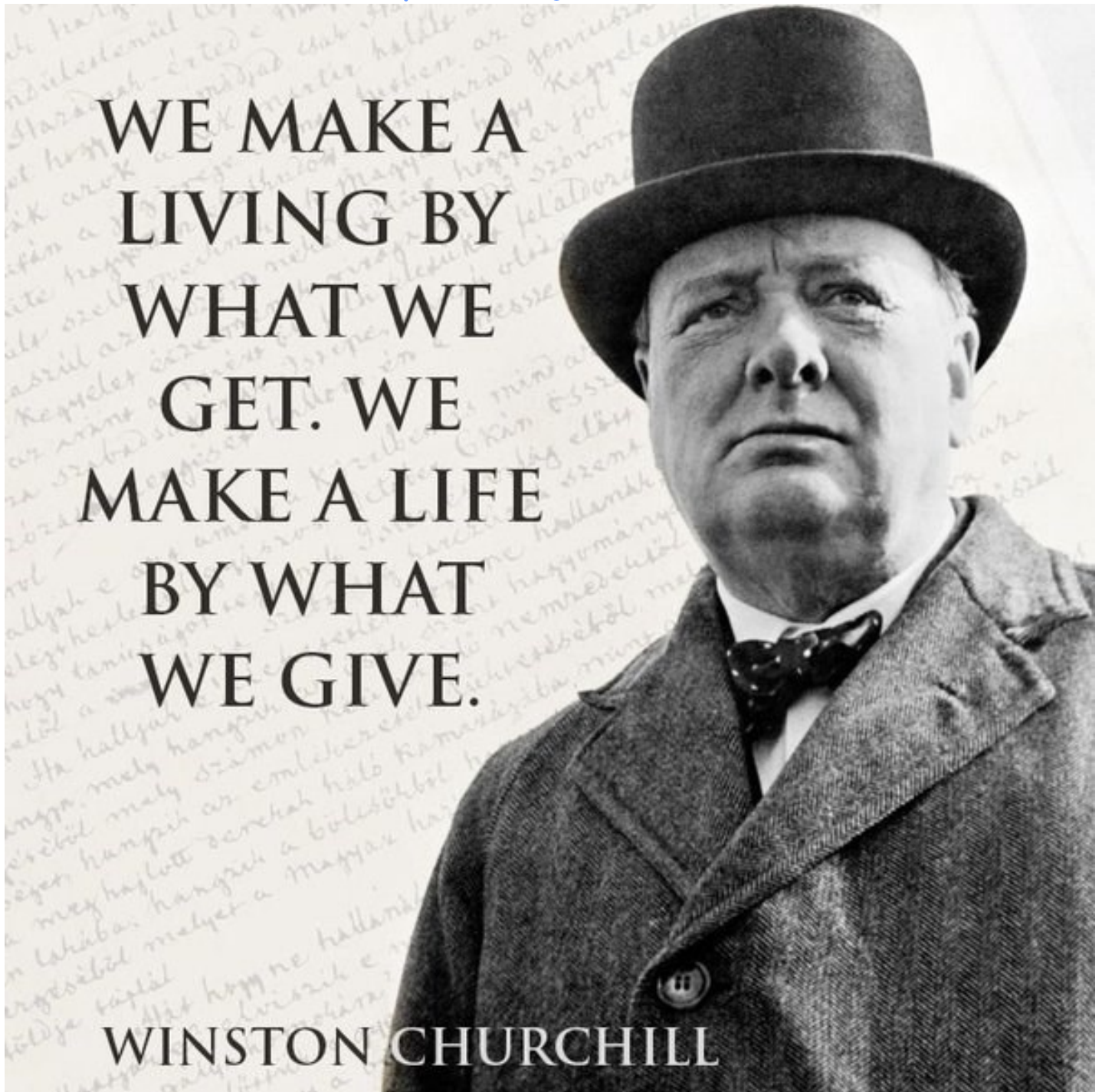
Our Food Bank is open for donations



Let's all come together to give to hungry families this Ramadan.



Leadership thought of the week:



Dates for your diary

- Monday 3rd April - Reception Trip to Quarry Farm
- Tuesday 4th - Reception Trip to Quarry Farm
- Wednesday 5th - Early Help Coffee Morning
- Thursday 6th - Celebration Assembly
- Thursday 6th - End of Spring 1, School closes for Easter break
- Friday 7th - Good Friday
- Monday 24th - Summer 1, School re-opens for all pupils and staff



SCHOOL TERM AND HOLIDAY DATES

2022 - 2023

(All dates are inclusive)

AUTUMN TERM 2022

Staff Inset Day - 1	Wednesday 31 st August 2022
Re-open (for students) on	Thursday 1 st September 2022
Mid Term Closure	Monday 24 th October - Friday 28 th October 2022
Closure after school on	Friday 16 th December 2022
Christmas Holiday	Monday 19 th December – Monday 2 nd January 2023
Number of openings	72

SPRING TERM 2023

Staff Inset Day - 2	Tuesday 3 rd January 2023
Re-open on (for students) on	Wednesday 4 th January 2023
Mid Term Closure	Monday 13 th February - Friday 17 th February 2023
Closure after school on	Thursday 6 th April 2023
Easter Holiday	Friday 7 th April – Wednesday 19 th April 2023
'Eid ul Fitr 1444 * holiday	Thursday 20 th April and Friday 21 st April 2023*
Number of openings	62

SUMMER TERM 2023

Re-open on	Monday 24 th April 2023
May Day Closure	Monday 1 st May 2023
Mid Term Closure	Monday 29 th May - Friday 2 nd June 2023
'Eid ul Adha 1444 *	Wednesday 28 th June and Thursday 29 th June 2023*
Closure after school on	Thursday 20 th July 2023
Number of openings	56
TOTAL NUMBER OF OPENINGS	190

Staff Insets : two full days and six twilight sessions

* Please note – 'Eid holidays may be revised slightly depending upon sighting of the new moon



Parent/Carer Support Group

About Us:

The Parent Support Group is an online support group, facilitated by NHS mental health practitioners. The group is a safe space for parents to get together, share their experiences and build positive relationships. A different subject is discussed each month and parents will receive useful information and strategies around the chosen monthly topic. For an invite, please email: mhstparentsupport@bdct.onmicrosoft.com

Next Parents Support Group details: Tuesday 18th April 2023
Topic: "Supporting your child: Exam Stress".

BRADFORD AND CRAVEN
trailblazer

Parent/Carer Support Group

Supporting Emotional and Mental Health



Tuesday
18th April



10:30am
or 7:30pm



Zoom
Email the address
below for the link

THIS MONTHS TOPIC:
SUPPORTING YOUR CHILD: EXAM STRESS



In this month's Parent Support Group we will be looking at exam stress. At this time of year, Year 6's are beginning SATs and GCSE's are starting. We will be looking at strategies to support your child

mhstparentsupport@bdct.onmicrosoft.com



PARENTS & LOCAL COMMUNITIES!

Here's your chance to become a local hero and win enough sports equipment for an entire primary school of your choice!

We are going to kit-out two primary schools...and you guys will decide which schools win.

Here is how you can win it for them in 3 easy steps...

- 1) Follow & Like Family First's page
- 2) Type the name of the school you want to win in comments section, and tag at least 3 friends too (no limit).
- 3) Share this competition page

Spread the word & get your local community involved with this competition- This prize will make a huge difference to the lives of local children!

GOOD LUCK EVERYONE!

Good Luck!

BECOME A LOCAL HERO ★ WIN ★

SPORTS EQUIPMENT TO KIT OUT 2 PRIMARY SCHOOL'S OF YOUR CHOICE!

Terms: The winner will be randomly selected on 21st April 2023



ALL YOU HAVE TO DO

- 1 Like & Follow Family First's page.
- 2 Type the name of the school you want to win in the comments section, and tag in a minimum of 3 friends.
- 3 Share this competition page.

Why not get your local community involved: The more people you tag & nominations your school receives, the greater the chance.

FACEBOOK: [familyfirstuk](https://www.facebook.com/familyfirstuk)

FamilyFirst *Helping to make all sports accessible for every child*