

# Eastlands Primary School

October 2017

EPS Attendance  
Target **96.5%**

R— 99%

Y1— 95%

Y2—98%

Y3—98%

Y4— 98%

Y5—98%

Y6— 96%

Overall attendance  
for the whole  
school for  
September was  
averaging at

**97.4%.**



**This is above  
our target.**

Please help us to  
maintain this high  
% by ensuring your  
child attendance is  
good or better.

**Is your child's  
class**

**"On time at  
5 to 9" ?**

School opens at  
**8.45am** when chil-  
dren can go to their  
classrooms and get  
ready for the start  
of the school day.  
Please make sure  
that your child is in  
their class, ready to  
work by **8.55am** at  
the latest.

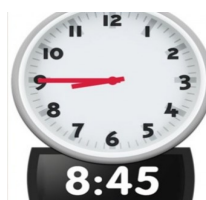
Dear Parents,

Please ensure your child is supervised on the play-  
ground before school until staff open the school  
doors at 8.45.

A reminder of school times:-

8.40—back school gate opens 8.45—school doors open

Registers: 8.55 register is taken. The register is electronic so it is  
completed and sent to the office promptly. At 8.55 your child is late  
and you will need to bring your child to the front office to be marked  
present and order lunch.



## Term dates. -

3.10.17—Individual photos

16th / 19th .10. 17—  
Termly Learning Confer-  
ences

22.12.17—training day—  
school closed to pupils

**Happy Birthday** to all our children  
who celebrate their birthdays in October:

Rec: Riley, Finn, Evie, Jaxon

1: Daniel, Robert, Alaina

2: Jayan, Esme, Diya

3: Robert, Jack, Tyler, Rafe, Daniel S,  
Samuel, Lily-Mae, Lola

4: Chloe Kursten

5: Shannon Tanya, Maya, Imogen

## School Data & SATS — 2017

EYFS — There is a slight drop in Good Level of Development reflect-  
ing the increasing number of children with English as an additional  
language. Year 1— Phonics is at the highest level for 3 years. Year  
2—there is an increase in maths at 'Greater Depth'.

Year 6.—there is an increase in Reading, Writing and Maths at  
'Greater Depth'. As children progress through our school they make  
good progress as shown by the increase in percentage at 'Greater  
Depth' in all subjects. Many thanks to parents for all your support  
over the year to achieve these strong results.

**Staffing** Please be aware that Mrs Vikmanis is absent from school.  
E-cadets club will resume on her return.

**Polite notice for in /near school** – Can all parents ensure they are  
modelling appropriate language when children are in earshot. Thank  
you.

**Safeguarding is Everybody's Responsibility**

Eastlands Primary School

Lansdowne Place, Rugby CV21 3RY Tel: 01788 57328

# Eastlands Primary School

## Health & Well Being

We are a **nut free school** as we have a child with a life threatening allergy to nuts. Please can we ask that you do not send your child into school with any nuts or products including nuts. Many thanks for your immediate support on this matter. Can I urge parents who have a child with an allergy or chronic health condition to arrange an annual appointment with their practice nurse or the school nurse. Please see below for details.



I have published here a healthy lunchbox leaflet. I hope the leaflet will be helpful.

## Warwickshire School Health and Wellbeing Service

Your school nurse led service is friendly, confidential and free for all school aged children (aged 5 – 19 years\*) and their families. We can offer you and your child support on a wide range of health related issues such as:



- Child Development**  
e.g. bedwetting, sleep, diet
- Relationships**
- Physical Health**
- Healthy Eating & Lifestyle Choices**
- Emotional & Mental Health**
- Bullying**
- Managing Medicines**
- Childhood Immunisations**
- Smoking**
- Alcohol & Drugs**
- Sexual Health**

If your child has a learning need, disability or long term health condition (e.g. epilepsy, asthma, diabetes, allergies) we can help you get the right care and support.

**Friendly**

**Helpful**

**Safe**

\*up to 25 years for young people with special educational needs or disabilities.

For more information about this service please contact the team on:  
**03300 245 204** or  
[warwickshireSH&WBSservice@compass-uk.org](mailto:warwickshireSH&WBSservice@compass-uk.org)




**We all have the right to feel safe all the time.**

Eastlands Primary School Protective Behaviours Curriculum

### 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 body needs to function and grow.
- 😊 Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.
- 😊 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.
- 😊 If your child refuses to eat brown bread, try a lighter variety to make sandwiches using a slice of white and slice of whole meal bread.

😊 **Please ensure grapes and small vegetables are halved to reduce choking risk.**

For more information and advice go to:

[www.eatwell.gov.uk/](http://www.eatwell.gov.uk/)

<http://www.childrensfoodtrust.org.uk/>

### What you need to know



## Healthier Packed Lunches for Children

Eating well is important. Children need to eat well as it will give them energy and nutrients to grow and develop, be healthy and active.

A healthy enjoyable lunch gives children the energy they need to learn and play at school.





## What is a healthy packed lunch?

### 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.

😊 Bread, try different types, such as pitta bread, wraps, chapattis or bread rolls.

😊 Other starchy foods, such as pasta, couscous, or rice.

✅ Whole grain varieties are best for fibre, which is vital for a healthy digestive system.



### Protein

😊 Cheese such as cottage cheese, Edam or soft cheese.

😊 Tofu, soya or tempeh.

😊 Dishes containing pulses, bean for example dahl, stew or bean salad.

Top 6 Vegetarian Protein Sources



! Use butter, margarine, mayonnaise or salad dressing sparingly, because these can be high in fat, or use lower fat alternatives.

✗ EPS Primary School requests no nuts in packed lunches please.



### Drinks

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

### Snacks and Confectionary

Snack food may be occasionally included 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 which can lead to heart disease and some cancers.

✗ Packed lunches should not contain chocolate, biscuits, sweets, salted, savoury snacks, cereal bars or fizzy drinks.

✗ Please do not include jam or chocolate spread filling for sandwiches.

## Milk and Dairy foods

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

### 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 to to keep you strong and healthy.

😊 Add tomato, lettuce or beetroot to a sandwich.

😊 A vegetable dish, such as salad or toast vegetables.

😊 Fresh fruit, such as apple, banana or pear.

😊 Dried fruit, such as raisins, apricots or figs.

😊 Fruit salad (fresh or tinned in juice) or vegetable salad.

😊 Finger foods such as cherry tomatoes, cucumber sticks or celery.

Good with a dip such as hummus or guacamole.

✅ Use fresh fruit and vegetables, which are in season to help the environment and enjoy variety!

✅ Aim to include at least one portion of fruit and one portion of vegetable or salad.



### For a healthier snack

😊 Replace sweets and chocolate with dried fruit salad.

😊 Replace cakes and pastries with fruit bread or malt loaf.

😊 Replace salted, savoury snacks with rice or breadsticks.

# Eastlands Primary School



**School Council 2017-18:-** These children have been selected by their peers to represent their class in school matters.

Reception	Millie S	Jaxon G
Year 1	Clara L	Harley H
Year 2	Esme H	Jacob S Ollie B
Year 3	Ivy C Arya S	Dylan L Tyler R
Year 4	Erin W	Hector L
Year 5	Melissa W	Ben O
Year 6	Sasha D	Joshua G, Jack W

The school council is preparing for 'Wear it Pink' day on 20<sup>th</sup> October.

The children will be leading an assembly on Wednesday 11<sup>th</sup> October to explain the events to their school friends.

On Friday 20<sup>th</sup> October your child can wear an item of pink with a donation of £1.00. They can also bring in £1.50 to buy some cakes.

Also school council would like to ask parents to bring in cakes to sell on Thursday to raise more money for this worthy cause. Thank you.



## **Anti-bullying Ambassadors**

Congratulations to all ABA children and good luck in your new roles.

Evie L  
Ariyan C,  
Sophie A,  
Lauren A,  
Talia M,  
Emily F,

Kalilah H,  
Mia L  
Erin G,  
Rehna, J,  
Maya M,  
Max S



## **Harvest Festival 2017**

Once again school council have chosen to support to Rugby Foodbank. The schools and churches of Rugby donate through Harvest assemblies and services. Attached is a list of suggested items. If you feel you would like to donate please bring a contribution in by Friday 20<sup>th</sup> October. Thank you in anticipation of your support.

**We all have the right to feel safe all the time.**

**Eastlands Primary School Protective Behaviours Curriculum**

# Eastlands Primary School



## HARVEST APPEAL

**HELP BY DONATING AN ITEM OR TWO FROM OUR SHOPPING LIST TO ENSURE WE CAN PROVIDE FOOD TO PEOPLE IN CRISIS.**

**SHOPPING LIST  
TOP TEN ITEMS**

- UHT milk/dried milk
- Tinned vegetables
- Coffee/Hot Chocolate
- Jam/Marmalade
- Tinned Rice Pudding/Custard
- Tinned Fruit
- Tinned Potatoes/Tomatoes
- Tinned Meat/Fish
- Pasta/Rice (500g)
- Long Life Fruit juice

*Don't forget...*

*You can help transform more lives with a financial donation too.*



## HARVEST APPEAL

Rugby foodbank provides three days of emergency food to local individuals and families in crisis. Frontline care professionals including health visitors, social workers and school liaison officers refer people who are facing hunger to the foodbank. As well as receiving nutritionally balanced, non-perishable food parcels, people visiting the foodbank are welcomed with a cup of tea, listened to and signposted to agencies who are able to help resolve the underlying cause of the problem.

By donating to the foodbank you can help support local people in crisis, thank you!

[www.rugby.foodbank.org.uk](http://www.rugby.foodbank.org.uk)  
[info@rugby.foodbank.org.uk](mailto:info@rugby.foodbank.org.uk)  
 07557 680019


[rugbyfoodbank](https://www.facebook.com/rugbyfoodbank)


[rugbyfoodbank](https://twitter.com/rugbyfoodbank)

**If you would like to help further, then please consider making a monetary Donation.**

This would help to cover the costs of storing and distributing food, as well as help us develop sustainable projects.



**Rugby Foodbank**  
[rugby.foodbank.org.uk](http://rugby.foodbank.org.uk)  
Registered Charity in England & Wales (1126487)  
 Part of the work of Hope4



**Rugby Foodbank**  
[rugby.foodbank.org.uk](http://rugby.foodbank.org.uk)




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# Eastlands Primary School

**FREE!**



Dear Parent/Carer,

I am writing to invite you to an exciting family course which will soon be starting at Eastlands Primary School in 2017!

## What is Change Makers....

Change Makers is a FREE 9 week programme for families to attend and take part in activities together, whilst having access to information and support from Change Makers staff. Each week will see a variety of fun games and activities for the family alongside a wide variety of guests.

You will have a chance to take part in these exciting activities and meet the following guests:

- ✓ Bake some **pitta pizzas** and make your own **melon monsters**.
- ✓ Meet the **School Nurses** who can provide support on physical/mental health and general wellbeing.
- ✓ **Warwickshire Wildlife Trust** will deliver fun outdoor



Each week focuses on a different aspect of leading a healthy lifestyle such as; lunch box inspiration and children's portion size guidance. Families receive a welcome pack when they join and incentives for participation and a celebration at the end of the programme!

**Eastlands Primary School from Thursday 12<sup>th</sup> January 3:45-5:15pm!**

James Taylor, Rugby Family Lifestyle Advisor, will be in contact with you shortly with more information about the course. Please feel free to call us on 01788 533721, email at [fitterfutures@rugby.gov.uk](mailto:fitterfutures@rugby.gov.uk) or register your interest online at <http://fitterfutureswarwickshire.co.uk/>

Yours sincerely

A handwritten signature in black ink, appearing to read 'G Barrett'.

Georgia Barrett  
Family Lifestyle Co-ordinator

Please note this course will be starting at 3.30 each Thursday

**Please ring Mrs Cox in the main office if you are interested in participating in the Change Makers programme.**

**We all have the right to feel safe all the time.**

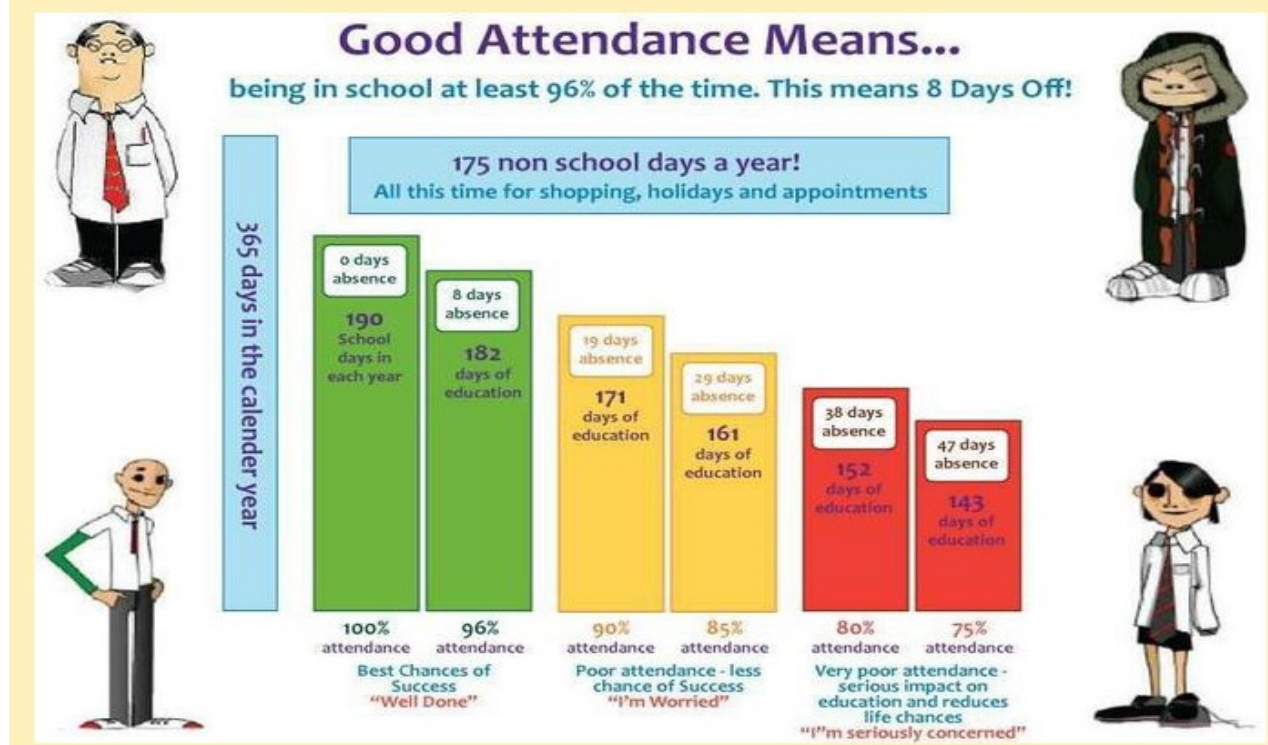
# Eastlands Primary School

Bad weather—We are now into the time of year when bad weather can impact on school. If we have an emergency school closure or part day closure you will be informed through Rugby FM, our school website and by text message as soon as possible.

Our school attendance target is:-

**96.5%**

## ATTENDANCE TARGET



### Computer Fun

This month's recommended website for children:-

KS1 & 2

Giggle poetry

<http://www.gigglepoetry.com/>

Always supervise your children when they are using the internet



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# Eastlands Primary School

## LEAVE OF ABSENCE DURING TERM TIME 2017-2018

### - UPDATED INFORMATION FOR PARENTS

The Supreme Court recently reached a decision in the case of *Platt v Isle of Wight Council* which has clarified the law on unauthorised leave, including holidays, during term time. The parents of children of compulsory school age are required to ensure that they attend school on a regular basis. The Supreme Court has made clear that attending school 'regularly' means that the children must attend school on every day that they are required to do so. As such, the parents of any child who are absent from school without authorisation for any length of time are likely to be considered as committing an offence under s444 of the Education Act 1996.

Head Teachers retain the ability to authorise leave in accordance with the Education (Pupil Registration) (England) Regulations 2006. When considering such requests for a leave of absence, the school are obliged to act within the law. Head Teachers may not grant any leave of absence during term time unless there are exceptional circumstances relating to the application. If the leave is granted, head teachers are able to determine the number of school days a child can be absent for.

It is for the Head Teacher to decide what is 'exceptional' and it is at their discretion if the circumstances warrant the leave to be granted. The school can only consider Leave of Absence requests which are made by the 'resident' parent.

Each application for a leave of absence will be considered on a case by case basis and on its own merits.

Where applications for leave of absence are made in advance and refused, the child will be required to be in school on the dates set out in the application. If the child is absent during that period, it will be recorded as an unauthorised absence, which may result in legal action being taken against the parent(s), by way of a Fixed Penalty Notice.

Failure to make an application for leave in advance can also result in a Fixed Penalty Notice being issued to the parent(s).

All matters of unauthorised absence relating to a Leave of Absence will be referred to the Attendance, Compliance and Enforcement Service of Warwickshire County Council.

It is important to note, Fixed Penalty Notices are issued to each parent of each absent child, (for example 2 children and 2 parents, means each parent will receive 2 invoices in the amount of £120 each, totalling £240 for both children, this is reduced to £60 per child if paid within 21 days).

Where a Fixed Penalty Notice is not paid within the required timeframe as set out on the notice, the matter will be referred to Warwickshire County Council's Legal Services to consider instigating criminal proceedings under S444 Education Act 1996.

Fixed Penalty Notices are issued in accordance with Warwickshire County Council's Code of Conduct for Penalty Notices.

We greatly appreciate parental support to reduce the total amount of days lost due to holidays. We are committed to working in partnership with you to enable your child to reach their academic targets and to support their social development. For this to happen we need to keep individual attendance as high **as possible - we all need to play our part.**

**Your child's progress academically as well as socially is our shared priority.**