

Somerville News

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AIMING HIGH TOGETHER



HEALTHY SNACKS



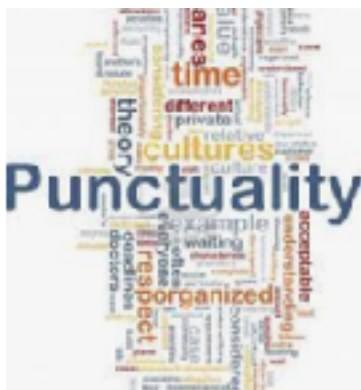
Please ensure that healthy snacks are sent to school for break time. Chocolate, sweets and crisps are not permitted. Fruit and vegetables are the best snacks to send simply because they are **HEALTHY**. It is recommended to maintain good health that all children and adults eat at least five portions of fruit and veg EVERY day. Too much sugar leads to unhealthy fats building up and can lead to serious health issues as well as tooth decay.

Please see the websites below to support you in why healthy snacks are so important and ideas of what you can send your child to school with.

<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids>

<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks>

PUNCTUALITY



As you are aware we are closely monitoring the attendance and punctuality of every child in school this year. Attendance is going very well and is much improved however we still have some families bringing their children to school late **every** day. Every minute in school counts. We urge you to think of the impact on your child of having to walk into their class late every day, what it must be like for them to go into a lesson that has already started, what it must be like not to

start the day having your teacher chat before the register. In the next few weeks we will be looking at the data, which families are late regularly and making contact on what support is needed to get to school on time. It may be a Family Support Worker who goes to the family home and help sets good routines in place, it may be support with breakfast or a meeting with the Local Authority attendance officer and a contract / agreement put in place that will be reviewed or advice on sleep hygiene. **BE ON TIME, NO LATER THAN 5 TO 9.**

Dates for your Diary

Wednesday 29th September

Whole school flu immunisation day

Thursday 21st October

Year 3 trip to Martin Mere

Friday 22nd October

Last day of term

Monday 25th October - Friday 29th October

School closed for half term

Monday 1st November

INSET Day - School closed to pupils

Tuesday 2nd November

Children return to school

Friday 17th December

Last day of term

Monday 20th December - Monday 3rd January

Christmas Holidays

Monday 4th January

INSET day

Tuesday 5th January

URGENT – NASAL FLU SPRAY – WEDNESDAY 29TH SEPTEMBER

Permission for annual nasal flu spray vaccination this year is online. Please search your emails to give permission for your child to receive the vaccination. Please click on the links below for further information on the flu vaccination spray for children.

<https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/>


<https://www.nhsinform.scot/flu-vaccine/the-vaccines/the-child-flu-vaccine>

BURGER AND ICE CREAM DAY

We have a special themed lunch day coming up on the 7th October. If you would like your child to take part, even if they are packed lunches, please let the school office know by Thursday 30th September. The cost for this meal is £2.30. If you are packed lunch and would like a meal but know you are entitled for **FREE SCHOOL MEALS** you will need to fill in the Free School Meal form next week to get this meal for free or you will have to pay.

If your child is on packed lunches but would like a school dinner on Fridays when we have **fish and chips**, again make the school office aware and the meal will be ordered for your child. It is worth filling in the Free School Meal forms now anyway so if your child would like to take part in the themed lunches or Christmas dinner, they can get it for free. If you are unsure how to do this, speak to the ladies in the school office who will be happy to advise and help.

Burger Day
Thursday 7th October



Homemade Beef Burger or Veggie Burger
Served on a bun with a cheese slice.
Served with Fries, with either Corn on the Cob or Baked Beans,
Coleslaw, Onion Rings and Salad

Or

Baked Potato
Served with either Baked Beans, Cheese or Tuna Mayo

Vanilla Ice Cream Cones, with Strawberry/Chocolate Sauce and Sprinkle Toppings,
Fresh Fruit/Cheese & Crackers also available

Strawberry/Chocolate Milkshakes
Water, Milk, Apple/Orange Juice also available

INTERNATIONAL LANGUAGES DAY

On Thursday, we invited teachers from Liverpool Confucius Institute into school to run a China Day as part of our Language Day celebrations taking place this week. All of Y4 and Y5 were involved in a fun filled day of Chinese workshops. Each workshop taught the children about a different part of Chinese culture including opportunities to learn basic Chinese greetings, Chinese music, crafts, dance and calligraphy. The children were delighted with the activities and everyone had a thoroughly enjoyable day!

