



“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11

To strive for respect, enjoyment and excellence for all!

01.05

Dear Parents and Carers,



I'd like to start the newsletter with a message from Dr Bowers who is the SIAMs inspector who came to see us on Monday. She has asked me to pass on her thanks to our 'wonderful' children, parents, governors and staff who made the day a pleasure. Although I cannot inform you officially of the outcome, I can say that Dr Bowers enjoyed her day and gave some lovely feedback to senior leaders and governors. Thank you to everyone who was involved in the day – and I believe that she gave all of the children that she interviewed 10 house points each!

Next week, the theme of Collective Worship is 'Making Time For One Another' (Luke 10 38-42 Martha and Mary) which is the final week of our focus on Friendship.

Sharing Assembly

This week is the turn of Y5. Next week, Year 4 will be presenting their Sharing Assembly (10th May).

Class Prayer Assembly

Reception are holding their class prayer assembly on Thursday 9th May at 2.50pm. All parents and carers are welcome.



Parent Questionnaire

It's that time of year again when governors and senior leaders ask parents and carers for their feedback about our school provision, including asking for interest in wrap around care (7.30-8.50, 3.20-5.45pm). The number of responses in the Autumn Term were low so in attempt to improve the number of responses, the questionnaire is now available as a Google Form:

<https://forms.gle/sSNmiMotGGqXtvGNA>

I believe that this link cannot be copied from the digital newsletter so I have included the link in the social media/Parent App message that goes alongside. Paper copies will also be available from the school office or available to download from Parent App. The deadline for submission is 24th May.

Name of child (optional):	Class (optional):					
1		My child is happy at this school.	😊	😐	😞	😡
2		My child feels safe at this school.	😊	😐	😞	😡
3		When I contact school I receive a warm welcome.	😊	😐	😞	😡
4		Key members of staff are available to speak to me when I need them.	😊	😐	😞	😡
5		The school makes sure that the pupils are well behaved.	😊	😐	😞	😡
6		The school deals with bullying quickly and effectively.	😊	😐	😞	😡
7		The school makes me aware of what my child will be learning during the year.	😊	😐	😞	😡
8		When I have raised concerns they have been dealt with them properly.	😊	😐	😞	😡
9		The school has high expectations of my child.	😊	😐	😞	😡

'Pupils, including those with special education happy at school. Typically, pupils behave well meet leaders' high expectations of their learning

ND), thrive at St Andrew's School. They are attitudes to learning. Pupils strive each day to y 2023



Y6 SATs/Key information

- 13th -16th May all of our Y6 children will be completing their statutory assessment tests (SATs). It is important that all of our Y6 children are in school every day and on time.
- As usual during SATs week, Breakfast Club is free for all Y6 children where the children will also be provided with a bottle of water.
- Monday 20th May Matt Wardle will be meeting our Y6 children to launch our project that will be performed at the 'Shakespeare's Children Festival' this year.
- Then on the 21st Year 6 will be taking the Y4 swimming slot for one week to enjoy a 'Splash' session as a reward for working so hard so Y6 will need to dig out their swim wear! So there's lots to look forward to.

Reminders

Our school has Healthy School Status and as such it is our duty to promote healthy eating. Please can I encourage all parents and carers of children who bring a packed lunch to ensure that it contains healthy choices to set up the children for a positive afternoon of learning. (Please see below)

Often, parents and carers greet children at 3.20pm with a snack to eat on the way home. Please could all adults encourage children to put wrappers etc. in the school bins. Quite a bit of litter is being created at the end of the school day. Please could all rubbish be put in the bins.



School is closed on Monday 6th May for the May Day Public Bank Holiday. School is open as usual on Tuesday 7th May.

God bless,
Mrs Bladen-Kay
Head Teacher

'Pupils, including those with special needs, are happy at school. Typically, pupils meet leaders' high expectations



Summer Term 2024 Parents Key Dates Dates subject to changes – staff absence, etc.	
May	
1 st	Y3 Class Prayer Assembly
3 rd	Y5 Sharing Assembly
9 th	Reception Class Prayer Assembly
10 th	Y4 Sharing Assembly
13-16 th	Y6 SATs
16 th	Y5 Class Prayer Assembly
20 th	Matt Wardle launches Shakespeare Festival
20 th -24 th	Poetry Week
21 st	Y6 SPLASH! Swimming (not Y4)
23 rd	Year 3 RHS Bridgewater
24 th	Poetry Celebration Assembly
June	
5 th	Y1, 2 Chester Trip
12 th	Y6 Class Prayer Assembly
14 th	Y2 Sharing Assembly
17 th -21 st	Assessment Week DT Week
19 th	Y4 at Ordsall Hall Buildings and Finance Meeting
21 st	Y1 Sharing Assembly
26 th	Standards and Welfare Committee Meeting
28 th	EYFS Sharing Assembly
July	
2 nd	Reception Trip
5 th	EYFS/KS1 Music Celebration
10 th	Reception Graduation
12 th	Clubs finish KS2 Music Celebration Bastille Day
15 th – 19 th	Transition visits to other classes
16 th	Y3 Trip
17 th	Full Governing Board Meeting
19 th	Reports out to parents Transition Celebration Assembly
24 th	School closes for 2023-2024 at 2.30pm

they are day to

What to pack in a healthy packed lunch....



A portion of starchy food

Base the packed lunch on starchy foods such as bread, bagels, pitta, chapattis, crackers, potatoes, pasta, rice, couscous and noodles. Choosing wholegrain varieties (e.g. wholemeal bread) wherever possible will provide more fibre for a healthy digestive system.

At least one portion of fruit and vegetables

Fresh, frozen, canned or dried fruit and vegetables can all count towards your child's 5-A-DAY and provide vitamins and minerals. Try adding salad to sandwiches, making fruit kebabs, chopping up vegetable sticks, adding frozen or canned vegetables to pasta dishes or frozen fruit to yogurt.



A portion of dairy or alternatives

Include foods such as cheese, yogurt or milk in your child's packed lunch for a source of calcium, important for the development and maintenance of strong and healthy bones and teeth. Choose lower fat and lower sugar options, and make sure dairy alternatives such as soya are fortified with calcium.



A portion of beans, pulses, meat, fish, eggs, or other non-dairy sources of protein

Add some foods such as sliced meat (e.g. chicken, ham, turkey, beef), fish (e.g. tuna, mackerel), cooked eggs, meat alternatives (e.g. tofu, Quorn pieces), beans or pulses (e.g. hummus, mixed beans, lentils). These provide protein which is needed for growth and repair.



A drink

Make sure your child has a drink at lunchtime to help keep them hydrated – water and milk are good choices.



Top tips for lunchboxes!

- Use one slice of white bread and one slice of wholemeal bread to make checkerboard sandwiches.
- Make colourful fruit kebabs.
- Use a sandwich cutter to make fun sandwich shapes.
- Vary the types of bread used (e.g. bagels, wraps, pitta).
- DIY lunchboxes – lunch can be more exciting if they can put their own together (e.g. components of wraps).
- Children love dipping – why not try vegetable sticks or pitta bread as fingers and hummus, mackerel pate, tzatziki or baba ghanoush as dips.
- Use leftovers to save on prep time (e.g. leftover pasta, noodles, cooked meats) – make sure they are cooled and stored properly.
- Get children involved in choosing and preparing what goes into their lunchbox to help encourage them to eat it!

Keeping lunches safe

- Wash your hands before handling food
- Wash fruit and vegetables before preparing or eating them
- Add an ice pack or a frozen drink/yogurt and use an insulated lunchbox to keep the lunch cool
- Keep chopped fruit and veg or grated cheese fresh in a small box with a lid
- Keep sandwiches moist in sandwich bags or tin foil
- Store the lunch in the fridge until it is time to go to school
- Throw away any perishable items at the end of the day
- Wash and dry reusable water bottles, lids and lunchboxes in warm, soapy water every day

Leaflet developed by Manchester Healthy Schools (www.manchesterhealthyschools.nhs.uk/). For further information on packed lunches, please contact your School Nurse.

The healthy lunchbox guide



Ideas for choosing a balanced packed lunch!



Lunch box ideas...



- Packed lunch 1**
- Tuna, sweetcorn and pepper pasta
 - Banana
 - Handful of raisins
 - Carton of semi-skimmed milk



- Packed lunch 2**
- Egg, criss and cucumber seeded roll
 - Rice pudding
 - Satsuma
 - Bottle of water



- Packed lunch 3**
- Mackerel and potato salad (peppered mackerel, new potatoes, watercress, pepper, cucumber, chives, low fat mayonnaise)
 - Fromage fraise
 - Raspberries
 - Bottle of water



- Packed lunch 4**
- Frittata (eggs, cheese, peas, peppers, sweetcorn)
 - Slice of crusty brown bread with low fat spread
 - Small tub of seeds, sultanas and chopped dried apricots
 - Bottle of water



- Packed lunch 5**
- Pitta bread, falafel, tzatziki (yogurt and cucumber dip), lettuce and tomato
 - Small pear
 - Handful of plain popcorn
 - Bottle of water



- Packed lunch 6**
- Wholemeal bagel with ham and soft cheese
 - Pot of cherry tomatoes
 - Frozen cherries mixed with fromage fraise
 - Bottle of water

All images are suggestions only.



- Packed lunch 7**
- Hummus
 - Carrot and pepper sticks
 - Wholemeal pitta bread
 - Strawberries
 - Yogurt
 - Bottle of water



- Packed lunch 8**
- Chicken, cream cheese and grated carrot wrap
 - Fruit kebabs
 - Sugar free jelly
 - Carton of semi-skimmed milk



- Packed lunch 9**
- Vegetable and lentil pasta (chopped tomatoes, carrots, celery, onion, red lentils, pasta)
 - Small tub of grated cheese
 - Canned peaches in natural juice
 - Low fat custard
 - Bottle of water



- Packed lunch 10**
- Vegetable cous cous (roasted courgette, peppers, onions, chickpeas, cubed cheese)
 - Canned pineapple in juice
 - Soya yogurt
 - Bottle of water

Preparing a packed lunch can often be time consuming and expensive, so why not try your child on school meals?

- Since September 2014 every infant (aged 5-7) is entitled to a free, healthy and nutritious school lunch, which could save you approximately £400 per year.

- Free school meals are also provided to families who receive qualifying incomes such as Income support, universal credit. More information is available from the Manchester City Council website or from your school.

- Schools are required to meet School Food Standards which ensure the school meals provided are healthy, balanced and varied over the week.

FACT Research by the University of Leeds has shown that **only 1.6%** of primary school children's packed lunches met the nutritional standards set for school meals.