



# ANDREWS' ENDOWED WEEKLY

<https://www.andrewsendowed.co.uk/>

5th January 2024

## This Week:

Happy New Year! It has been an absolute delight to welcome the children back to school after the holiday break. I hope this message finds you well and filled with the same sense of anticipation and enthusiasm for the year ahead as we are.

This week has been nothing short of inspiring. In our Collective Worship sessions, the children engaged in deep reflection, pondering the true essence of the best gifts one can offer. Their insights were both heartfelt and enlightening. When asked about the greatest gift one could give, our students astutely summarised that kindness and the gift of time stood above all. Their understanding of the value of these intangible yet immensely precious presents is both heart warming and encouraging. It's truly wonderful to witness our young minds embracing such profound values. Their realisation speaks volumes about the nurturing environment we strive to cultivate here at Andrews'. We are immensely proud to witness our pupils embracing empathy, compassion, and the importance of human connection.

### Andrews' Assets

Andrews' Endowed CE Primary School prides itself on a diverse range of assets that we believe enrich the educational journey of every pupil. Through our Buddy Development program, we nurture a passion for positive relationships and personal growth among our pupils. This initiative fosters a culture of teamwork, communication skills, and emotional awareness, empowering our students to become active citizens in their communities. Furthermore, our Forest School curriculum encourages a deep appreciation for nature and the outdoors, instilling in our children a love for their local environment. Through outdoor challenges, practical tasks, and hands-on experiences, children develop not only crucial skills like problem-solving and resilience but also a profound understanding of safety and healthy lifestyles. In our 'Plot to Plate' education, children engage in the full cycle of planting, tending, harvesting, and cooking crops from our school garden, promoting a positive food culture and sustainable living. Lastly, our commitment to Pupil Voice ensures that every pupil, regardless of needs, is an equal participant in our school community. We cultivate an environment where participation, open dialogue, and respect for democracy, diversity, and equality are fundamental values, preparing our pupils for life in modern Britain. At Andrews' Endowed CE Primary School, these assets are at the core of our vision and ethos, providing a rich and inclusive educational experience for all our students.

### Reception Places 2024 - 15th January 2024

The bonds between our children have been heart warming, especially the connections between older and younger children. Year 6 students cherish their time spent with their Acorn buddies, exemplifying the supportive relationships nurtured within our school. We believe in fostering a community spirit among all Acorns, recognising the richness each child brings to our school family. As a reminder, if you're applying for a school place for September 2024, the deadline is **15th January 2024**. We're eager to welcome new pupils and witness their growth, supported by our dedicated staff members. Please help the school by sharing about us with any friends or family, who are looking for school places.

High Aspirations, Moral Strength, Spiritual Depth



# Healthy School

## Healthy Lunches

Over the last half term there were a number of issues arising with some of the items coming in children's packed lunches.

There is an increasing issue nationally with childhood obesity and tooth decay and, we want to support parents as much as possible to make healthy choices for their children's meals. There is also a clear link between a high sugar intake and poor behaviour, which we seek to protect our children from.

School kitchens must adhere to very strict nutritional guidelines about what can and cannot be included in school meals. This includes any salt, sugar and saturated fats. All menus compiled by our school kitchen must meet these standards and all recipes are scrutinised for their nutritional content before being passed to the kitchen. This means that although the children will sometimes have puddings, cakes or chips for example, these are sourced and cooked in a healthier way and are presented as part of a balanced menu over the week. We understand that it is sometimes hard to explain this to children, who may see their friends as being allowed to have something on school meals that they are not as packed lunches, but we can control the sugar, salt and fat content of school lunches in a way that we cannot with packed lunches.

In the past, we have tried to ensure that packed lunches are of a similar healthy standard to school meals, but we recognise that it can be difficult to navigate the array of different types of foods and to ensure variety in packed lunches.

Therefore, to clarify our rules for packed lunches, **packed lunches can include anything so long as there are no:**

- Nuts (to safeguard those with allergies)
- Fizzy drinks
- Sweets and chocolate bars

**Please note that:**

- **Cakes and biscuits are allowed – but only 1 of these per day**

**If these are in lunch boxes, then they will be sent home in the lunch box.**

Healthy Tips:

- Instead of cakes, chocolates and biscuits, try currant buns (without icing), fruit bread, tea cakes and malt loaf.
- Always include a **drink of water** to help your child concentrate.
- Cook some extra pasta, rice or potatoes with dinner the night before to make into an effortless and tasty salad for lunch the next day.
- **Make easy swaps** – for example, if your child likes something sweet, give them raisins or a small can or pot of chopped fruit instead of a chocolate bar. If they prefer savory foods, instead of crisps they might like plain popcorn, rice cakes or crunchy carrot sticks instead.
- **Don't forget the dairy** – low-fat custard, fromage fraise, rice pudding or yoghurt are very popular and good for growing bones!

**Provide fruit in small pots** which are easy and quick to eat, e.g. chopped canned pineapple or satsuma.



**New Phone System being installed - 9th January 2024**

Please note that we will be having a new phone system being installed on Tuesday 9th January. Although we are not foreseeing any difficulties please contact [schoolsupport@aepr.co.uk](mailto:schoolsupport@aepr.co.uk) if you are unable to get through on our phones.

**Swimming Gala - 11th January 2024**

A team of KS2 children will be participating in a Swimming Gala held at Alton Sports Centre on Thursday 11th January. I look forward to cheering the children on and seeing them to take part in this competitive event. Information has been sent home to the children who are participating. The swimmers will need to ensure they have remembered all of their swimming kit including goggles. The children will be given a swimming hat at the event.

**Class Assemblies - Future Dates**

During this term, the children will be presenting their Class Assemblies. Parents are welcome to observe these performances:

- 2.2.24 - Year 4 Class Assembly
- 9.2.24 - Year 5 Class Assembly
- 23.2.24 - Year 6 Class Assembly
- 1.3.24 - Year 3 Class Assembly
- 8.3.24 - Year 2 Class Assembly
- 15.3.24 - Year 1 Class Assembly
- 22.3.24 - Acorns Class Assembly



**11/1/24** Swimming Gala

**15/1/24** Year 5 DT at Eggars

**15/1/24** Deadline for Reception Children Application 2024

**17/1/24** Year 1 Drumming Workshop

**22/1/24** Year 5 DT at Eggars

**29/1/24** Year 5 DT at Eggars

**29/1/24** Parent's Online Safety Workshop

**30/1/24** Year 2 Trip to Gilbert White's House

**Term Dates****Autumn Term 2023**

(INSET Day – 1st and 4th September)

5th September – 20th October

Half Term - 23<sup>rd</sup> October – 27<sup>th</sup> October

(INSET Day – 30th October)

31<sup>st</sup> October – 15th December

**Spring Term 2024**

(INSET Day – 2nd January)

3rd January – 18<sup>th</sup> February

Half Term 12th February – 16<sup>th</sup> February

19<sup>th</sup> February – 28th March

Easter Holidays 29th March – 12th April

**Summer Term 2024**

(INSET Day – 15th April)


16<sup>th</sup> April – 24<sup>th</sup> May

Half Term – 27th May – 31st May

3rd June – 23rd July

# Bulletin Board

## Timetable

Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th
		Year 1 and Year 3 PE	Year 2, Year 5 PE	Year 1 PE Forest School Year 5 and Year 6
				
Woodwind Lessons	Violin Lessons Guitar Lessons	Brass Lessons		

Children in Years 1 - 6 should have their PE kits in every day at school, as their timetable might change throughout the week.

## 'Birthday Book'

As we don't encourage sharing of sweets on birthdays we are continuing our "Birthday Book Scheme" this term so the children can celebrate their birthday by selecting a book for a donation that you would like to make (50p, £1 or £2.50). This has been an extremely successful scheme in the past.. We have a selection of wonderful titles, something for everyone at affordable prices. Forms are available in the school office if you would like your child to choose a book. Just complete the slip and return it to their class teacher by the Wednesday the week before their birthday. Your child will then get the opportunity to select a book of their choice with Mrs Gundry and put a sticker with their name on the inside cover of the book. At the next Celebration Worship your child will be presented with their 'Birthday Book' to show the school which book they have selected. They will be able to take the book home so they can read it with you and then return it to the school library so everyone will get a chance to read it. Until Acorns attend Celebration Worship they will be presented with their book in the classroom so they can show the rest of their class. We hope you will join this initiative and help us increase our stock of books in the class book corners.

## Breakfast Club and After School Club

At Andrews' Endowed, we are able to offer access to child care both before and after school, in the form of our Breakfast Club and our After School Club.

Our clubs operate in term time only, Breakfast club runs Monday to Friday and After school club Monday to Thursday. The clubs are open to all pupils at the school, from YR (Acorns) up to Y6.

We currently have places Monday to Friday at Breakfast Club and Monday to Wednesday at After School Club. If you have appointments to go to or perhaps need to be at work a bit earlier we will happily take ad hoc bookings. To book a session with either club please call the school office or pop in for a copy of our Registration Form.

# Health Bulletin

Our school is in a pre-paid area for the emotional health resources hub, [www.inourplace.co.uk](http://www.inourplace.co.uk) ('The Solihull Approach'). This means **you** can access a range of free online support to better understand children's emotional health, brain development and wellbeing. There are courses for teenagers too.

As part of our school's commitment to supporting mental health for our children, we would like to raise awareness of these important resources for you.

There are courses available from bump to 19+ years, and include:

- Understanding your child (0-19 years)
- Understanding your child with additional needs (0-19 years)
- Understanding your child's feelings
- Understanding your child's mental health and wellbeing
- Understanding your relationships
- Understanding the impact of the pandemic on your child/teenager
- Understanding your teenager's brain
- Understanding your brain (for teenagers only)
- Understanding your feelings (for teenagers only)

All courses can be translated using Google Translate and some professional translations are available.

All the information needed to sign up for these free courses can be found at: [The Solihull Approach](http://The Solihull Approach) | [Health and social care](http://Health and social care) | [Hampshire County Council \(hants.gov.uk\)](http://Hampshire County Council (hants.gov.uk)).

## UNDERSTANDING YOUR CHILD



S O L I H U L L      A P P R O A C H

