

12<sup>th</sup> January 2022



# St Cuthbert's C of E Primary School

The Chase, Great Glen, Leicester LE8 9EQ

Tel: 0116 2592764

Doing all the good we can, through faith, love and excellence.

## Headteacher's news

A Happy New Year to you all!

The whole school has been buzzing with the sights and sounds of children learning and laughing with staff thoroughly enjoying having their classes back after the festive break.

Our children continue to fill me with great pride and I'm sure that through our learning values, engaging learning activities and drive to do all the good we can, we will continue to see happy, healthy children who are not only making progress but developing a love of learning.

Please take a look on Twitter [@StCuthbertsCEP1](https://twitter.com/StCuthbertsCEP1) or through our website

<http://www.stcuthberts.leics.sch.uk/> for photos and how the children are getting involved in these projects. We have also updated term dates for 2022/2023 as well as information about what our after school clubs offer.

<https://www.stcuthberts.leics.sch.uk/page/?title=Attendance+%2F+Term+Dates&pid=78>

<https://www.stcuthberts.leics.sch.uk/after-school-clubs>

Thank you for your continued support.

Mrs J Hawkins

### Diary Dates

**Tuesday 1<sup>st</sup> February**

Chinese New Year focus

**Monday 7<sup>th</sup>-Friday 11<sup>th</sup> February**

Children's Mental Health week (including 8<sup>th</sup> February- Safer Internet day)

**Monday 14<sup>th</sup> February - Friday 18<sup>th</sup> February**  
Half term week

**Tuesday 1<sup>st</sup> March**  
Shrove Tuesday

**Wednesday 2<sup>nd</sup> March**  
Ash Wednesday  
Parents evening

**Thursday 3<sup>rd</sup> March**  
World Book day  
Parents evening

### Jewellery

**Children should not be wearing necklaces, bracelets, rings or dangly earrings in school.** With the children running around and playing, the potential for serious injury increases considerably.

Teachers will be asking children to remove items, placing them in an envelope to be taken home at the end of the day.

This does not apply to jewellery worn as part of religious observance and any concerns should be discussed with your child's class teacher.



### Hair

Any child with long hair should have it tied back when in school. This is to avoid getting it tangled or trapped, obscuring vision while learning and also to reduce the spread of head lice. During PE or food based activities, hair must be tied back and children will be given hair bobbles if they do not have one.

### Our school uniform is

- a school red sweatshirt or cardigan (available at the school office)  
The majority of our pupils do wear the school sweatshirt but a plain red sweatshirt without logos is also acceptable.
- white polo-shirt
- grey trousers, shorts, skirt or pinafore dress. Pupils should wear sensible footwear for school - plain white, black or grey socks with black shoes.

Please support our school uniform policy by sending children to school in the correct uniform, as soon as possible. Thank you.



## Health and Safety

### Parking

We know that parking is an issue around the main school entrances but please do not park in the school car park, gate entrance or on the yellow zig-zags. Please be mindful of local residents, pavements and driveways as we still get reports of residents not being able to get out of their driveways or children and parent's not being able to get past cars parked on the pavement and driving along the grass verges.



### Bikes and Scooters

A reminder that bikes and scooters should be pushed while on school grounds. This also includes younger siblings. This will create a safer environment for pedestrians and hopefully avoid any unfortunate accidents.

Thank you for your support and understanding as we work together to keep our children safe.



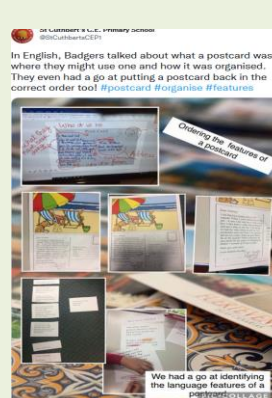
Thank you to all the children, parents, sponsors and helpers that took part / supported Run for Grace. Together we raised a wonderful **£1,836.00** on the day and sponsorship money continues to come in on Grace's Just Giving Site.

**Grace's family would like to pass on their thanks to everyone – they said that the support means so much to them.**

The children should be super proud of themselves, they all really got into the spirit of the day, with awesome running and some phenomenal sponsorships!

Well done!

## Twitter Highlight! @StCuthbertsCEP1





## Covid- 19

### Testing

There is no need for primary age pupils (those in year 6 and below) to test regularly, unless they have been identified as a contact for someone who has tested positive for COVID-19 and therefore take lateral flow tests every day for 7 days.

### If you suspect your child has coronavirus or has a positive test

Do not send your child to school if:

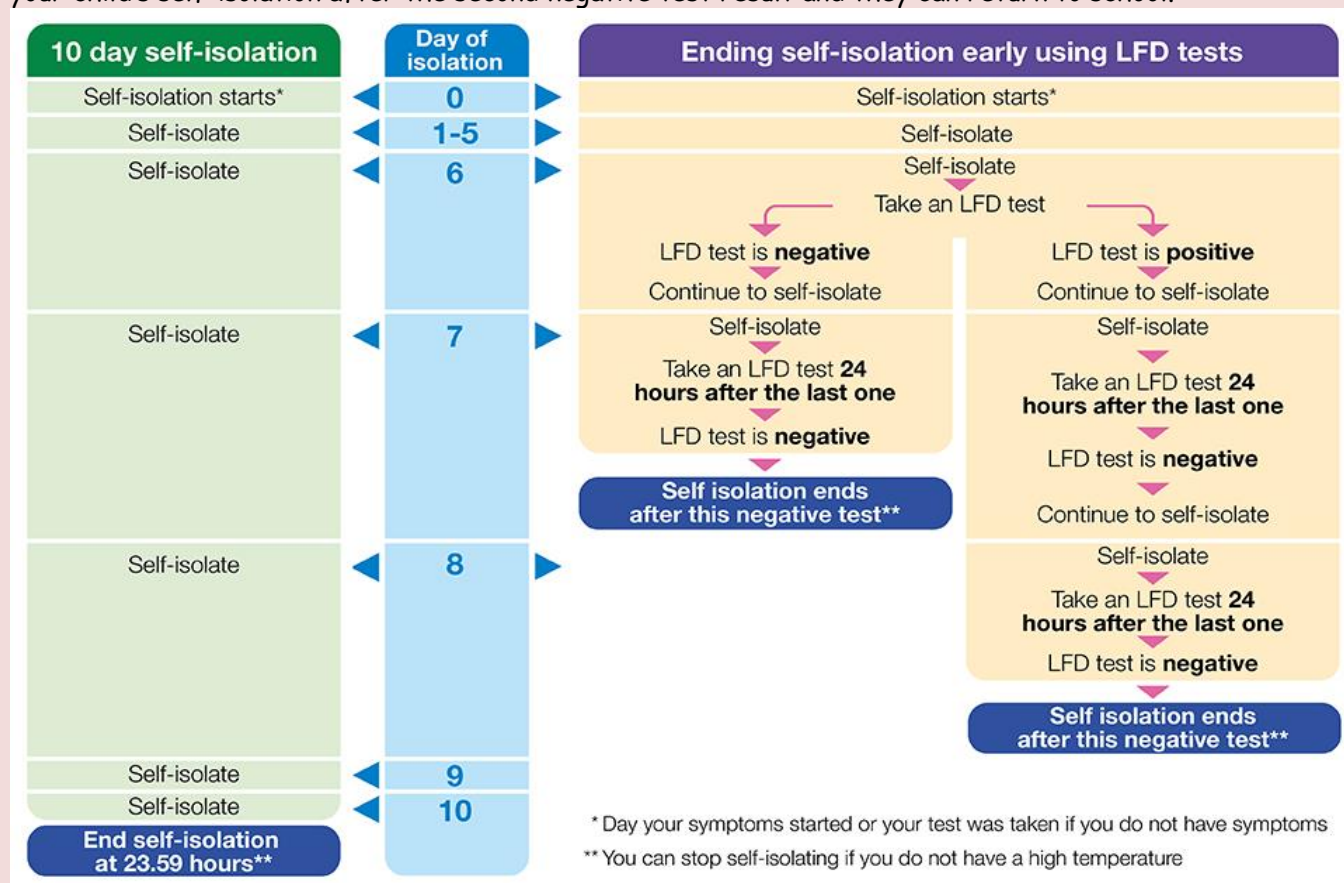
- they are showing one or more coronavirus (COVID-19) symptoms
- they have had a positive lateral flow device (LFD) or PCR test result

Please email or call the school office to notify us of your child's absence

Work will be provided for children to complete at home through Blendspace and Zoom links where appropriate but if your child is unwell there is no expectation for them to complete or attend these.

### Returning to school

Children may be able to end their self-isolation period before the end of the 10 full days. They can take an LFD test from 6 days after the day symptoms started (or the day their test was taken if they did not have symptoms), and another LFD test on the following day. The second LFD test should be taken **at least 24 hours later**. If **both** these test results are negative, and they do not have a high temperature, you may end your child's self-isolation after the second negative test result and they can return to school.



Please see attached to this ParentMail the South Leicestershire Sports Partnership January newsletter





# Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:



## 1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

**Choose ONE EVERY DAY from:**

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes

Choose wholegrain



Use a thermos flask to keep pasta warm



Get kids involved in the choice/making

## 2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

**Choose TWO EVERY DAY from:**

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



Add salad to your sandwiches



Use a thermos flask for delicious soups

## 3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

**Choose ONE EVERY DAY from:**

- ✓ Milk
- ✓ Cheese – hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard



Choose low sugar dairy products



Reduce sugar: choose plain yoghurt and have fruit on the side

## 4 Protein Foods

for growth and repair

Pack a protein punch!

**Choose ONE EVERY DAY from:**

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans

Keep processed meat to a minimum



Choose oily fish like salmon once every 3 weeks



## 5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk – or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie



Milk, water or 150ml juice



Occasionally!

- Meat products such as sausage rolls, pies, sausages
- Plain cakes/sponges and biscuits of appropriate portion sizes



Plain cakes occasionally

For more healthy packed lunch ideas and recipes visit [www.phunkyfoods.co.uk/recipes](http://www.phunkyfoods.co.uk/recipes)

[www.phunkyfoods.co.uk](http://www.phunkyfoods.co.uk)

Design and print: langleycreative.co.uk May 2019, LC 4666

## Reading at Home

We continue to encourage our children to read and fill in their bookmarks. Remember 5 dojos for 3 days of reading! Please encourage your child to spend at least 10 mins a day with a story, non-fiction text or even a magazine!

Well done to Leopards, Koalas and Giraffes for racing ahead!

