

## **NEWSLETTER 2 24<sup>th</sup> September 2021**

### **Hello from Mrs Macdonald**

I have enjoyed meeting you over the past few weeks, and am starting to learn your children's names! It can be distressing for you, if your child cries when saying goodbye, but in the main they quickly stop once distracted by their new friends and interesting resources.



Recently some of our neighbours have been left upset by parents blocking cars into driveways, or preventing access to their driveway. However short you intend your stop to be, please do not park across driveways OR dropped kerbs. Residents have been advised to call the police if they have concerns.

One of our school values is that everyone's safety and wellbeing are our priority, and I very much believe this should be extended to our local community. I am keen that we maintain good relationships with our neighbours, and that the children at Kingswood experience courtesy and kindness modelled on a daily basis. Thank you for your support to do this.

### **5 Ways to Wow!**

The Early Years Foundation Stage outlines the statutory requirements that any provision for children aged 0-5 has to adhere to. Reforms came into force in September, meaning that we have had to review our practice and the daily experiences we plan for your children.

Shortly we shall be introducing our new curriculum, which will encourage the children at Kingswood to aim high, enabling them to be confident and capable learners in the next phase of their education, and conscientious citizens of the future. We intend for our children to leave Kingswood with 5 Ways to Wow!



More information to come-watch this space!

## Covid Procedures

Thank you to those parents who are being vigilant and keeping children at home if they are unwell or displaying any of these three Covid symptoms:



- **A high temperature**
- **A new continuous cough**
- **A loss or change in sense of taste or smell**

You will need to keep your child at home for 10 days, from the start of these symptoms. They can return to school sooner, if they have a negative PCR test outcome.

**Please can you wear a face covering when bringing your child to school, and when collecting them.** Staff will be supporting children to wash their hands on arrival, and regular handwashing will take place throughout the day.

## Lunchtime

We are delighted that so many children are able to experience our lunch club, providing the opportunity to learn social skills and develop their independence. A reminder that many of our children have severe allergies-please NO EGGS OR NUTS in lunch boxes, including pesto and chocolate spread products such as Kinder and Nutella which contain nut products.



Some of our children are feeling a little overwhelmed with the volume of food in their lunchboxes. Our advice is to keep it small, simple and balanced! Eatwell Guide suggests following these guidelines when making a packed lunch, avoiding processed food which may contain hidden sugars and harm your child's teeth.

### What shall I put in the lunchbox?

Group	Starchy Food	Protein	Fruit &Vegetables	Other
How many portions?	<b>1</b>	<b>1</b>	<b>2</b>	<b>1</b>
<b>Suggestions</b>	Child's hand sized portion of Pasta or Rice Sandwich using 1 slice bread ½ wrap Crackers Breadsticks 2 rice cakes	Child's hand sized portion of: Beans Ham Cooked chicken 5 mini sausages Cubed cheese Tuna	½ sliced apple ½ banana 1 clementine 10 grapes, halved 5 plum tomatoes, halved 5 slices cucumber 3 carrot sticks	Small yogurt (and spoon) Plain biscuit Houmous Plain popcorn

There is lots more information and ideas here:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

We provide a varied selection of healthy snack items for children during the morning and afternoon session. We do request a £12 voluntary donation for the half term to cover our snack costs, which can be made payable via Wisepay.

