



Number 11 : 23rd February 2024



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Dear Parents and Carers,

Welcome back to another fairly short half term!

Well done to the Year 3 children who undertook their first Residential with a giant sleepover at school on the last Thursday before we broke up. My thanks as well to the staff team that enabled this experience for the children. Amazingly the children and staff all managed to stay awake during Friday but there were a few early nights that day!

I hope many of you were able to see your children's books as we broke up. We have Parents Consultations on the week of the 18th of March. The system for booking appointments (parent booking as before) will open on the 1st of March at midday and you will receive an automated email with a link. Due to some classes being bigger than others and school events such as sports tournaments, different teachers may offer different days in the week but this will be obvious to you when you go into the system.

Please can I remind everyone that the **children should in school at 8.30am and registration is at 8.40am**. I have noticed increasing amounts of cars only pulling into the school car park at 8.40am or later when there is no traffic. Children should be in class ready to start at 8.40am which is why the Infant gate is locked as all children should be in school by this time. Being on time is particularly important in the Infants where they start their phonic lessons immediately and if they are late they are missing a really important part of their learning. Late attendees should always report to the School Offices.

Advance warning that the children have asked to join in with Red Nose Day (Friday 15th March), which will be a wear red/spots or stripes day. Further details will be available nearer the time on Dojo.

Have a lovely weekend.

Mrs Coughlin
Head Teacher



Water Bottles/Stanley Type Cups

We've noticed a trend of the older children starting to bring in Stanley type cups instead of a water bottle to school. These aren't suitable for school as they don't have closers on them and can spill, they are also too big for the tables. We appreciate these can be quite expensive and so these are items better left at home and a normal water bottle used instead for school.

Jewellery

I am also noticing an increased amount of bracelets / friendship bracelets and necklaces appearing in school. To prevent accidental injury or loss/breakage of these items these also need to be at home as we accept no responsibility for losses or breakages of these items.

Healthy Snacks

Thank you to everyone who has supported our healthy snack policy.

A reminder please that we have never allowed chocolate or sweets as part of lunch and these shouldn't be sent to school—even the small snack packets or fun size.

We love our new hedge veg type stalls with fruit that is donated to the school. Children can always help themselves to these at snack time.

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Allergies

We have multiple allergies with our children but a common one that occurs for a large number of children is nuts.

So we are a nut free site—please remember that nuts can be in products such as peanut butter and Nutella.



Hautes Capelles
Primary School

Our Approach & Guide to Food and Nutrition

At Hautes Capelles we provide an environment which safeguards and supports children's health. We aim to achieve this by taking a whole school approach to food and nutrition, where healthy eating messages and learning extend beyond the classroom and into our daily routines and practices.

Water only during lessons

Please provide a named water bottle. Pupils can access clean water in the school/classroom.

Any issues with hydration please speak to your child's teacher.



Packed Lunch

Parents/carers should provide a packed lunch for their child/ren.

Please do not provide fizzy drinks, chocolate bars or sweets.

You may provide juices or smoothies for the lunch break.



Healthy Snacks

We ask that you provide a veg and/or fruit for your child to have in case they are hungry at mid morning break.

Les Cotils provide fruit for those that may have forgotten to pack any.



If you need any help or advice on providing a healthy lunch box, please let us know!

Find inspiration here:
<https://shorturl.at/mAJO6>

Allergies

Food allergies and intolerances are accommodated where appropriate.

Foods that are not permitted will be communicated in the prospectus (online) at the beginning of each year.



Eating Environment

We make sure that children learn about hygiene when eating.

Pupils all sit down together to eat their lunch and socialise.



Birthdays

It is important to make children feel special on their birthday, which we do in our own way.

We ask that you do not provide any cakes or foods due to allergies.



Rewards

It is important to reward and treat children for achievement and improvements.

We do so in a non-food way, which supports building a healthy relationship with food.



Communicate & Consult

We make sure to gather pupil, parent and staff views when developing policies and approaches around food.

If you have any feedback, please let us know.



Role Modelling

Staff model positive eating behaviours by eating healthily in front of children and carrying out activities around food that align with health.



If your child needs any additional help with food and eating, we can work with our allocated School Nurse.



Developed in collaboration with:



Version date: 9.1.2024



Diary Dates

ALL DATES SUBJECT TO CHANGE

March	April
1st Preloved dress sale to raise funds for Prialux Premature Baby Foundation 7pm	8th Staff Training Day
18-21 Parent Consultations	9th Pupils back to school
22nd Break up for Easter 1pm – No afternoon school bus	

We are aspirational. We are kind. We are respectful. We work together.