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Dear Parents and Carers,

Happy New Year to you all! I hope you managed an enjoyable Christmas with family and friends. The children have returned to school well rested and ready to learn. Thank you for the feedback regarding book looks which the senior management team will discuss and consider next week.

I was really impressed with the progress the children in Year 1 and Year 2 are making with their reading. After a two week break, their abilities to read fluently and with expression was really noticeable when I was with them for Reading Squad.

One of our school improvement priorities this year is to embed the children's understanding of their own personal development. Last term we focused on emotional wellbeing, introducing the colour monster check-ins and weekly wellbeing check-ins and we introduced the School Bank for the Juniors to help them understand savings and spending.

This term we are focusing on physical health, starting with nutrition. Today the F.O.O.D Pupil Group led a whole school assembly along with Mrs Exall. You will recall that they asked parents their views on healthy eating last term and they have worked with the Health Improvement Commission to develop a Food Policy. You will find this attached with your newsletter. Most of the information is similar to the rules we have had in place for a long time but we are aiming to increase the children's access to a wider range of healthy options. You will see that we have asked all of the children to have a healthy snack if they are hungry at playtime, we would like to encourage the children to eat vegetables or fruit at this time of the day. We would be really grateful for your support in helping us to help the children to form healthy habits as these will stay with them as grow into adults.

*Mrs Coughlin*  
*Head Teacher*



## Healthy Snacks

Today the Health Improvement Commission gave every child the chance to sample vegetables and fruit after assembly. The carrots and peppers were particularly popular with many children saying they hadn't tried raw carrot before and enjoyed it.

We are going to introduce healthy snacks from Monday. For older children we will be encouraging them to choose something healthy from their lunchbox rather than bringing in a snack pot like the younger children do, this is at the F.O.O.D Groups request.

The Health Improvement Commission will be available on the 15th and 17th January after school in the Junior foyer for any parents who have questions or might need support with encouraging their children to eat more widely.

## Brrrrr

As the temperatures are lower, children can wear base layers under their uniform if they are struggling with the cold.

We would like to point out that the classrooms are currently warm enough that children do not need to wear scarves, hats or additional fleeces inside.

If ever we think snow will come thick enough to affect the school opening, announcements will be made via radio, social media and dojo.

