



# Muswell Hill Primary School

## Behaviour, Health and Safety Newsletter

Week beginning: 17<sup>th</sup> September 2018 | Issue 2

### DEAR PARENTS & CARERS

*We thought we would use the opportunity this week to share with parents a range of updates around the area of Personal Welfare and Development. Please have a read, and if you have any questions let us know. Also, please remember to check the dates for 'Meet the Leaders' meetings to come and meet the Chair of Governors and the Senior Leadership Team.*

*Mandi*

### Safe Return

#### Picking up at the end of the day Changes from Monday 24<sup>th</sup> September

**Reception** will be collected from their classroom doors.

**Year 1** will be collected from their classroom doors.

**Year 2** will be collected from their classroom doors.

**To aid congestion and improve safety in the playground.**

**Year 3** will be collected from their classroom doors.

**Year 4** will be brought to their lines. Please stand back to allow teachers to release all the children in an orderly, safe manner.

**Year 5**

**Indigo** class will be collected from their classroom door.

**Cobalt** class will be collected from the bottom of the external stairs. Please stay on the top path from Duke's Avenue entrance.

**Year 6** will be collected from their classroom doors.

**Please note:**

Children given permission to walk around to the **KS1 playground** and children from **Years 5 and 6** who have written permission to go home alone will be released first.

**Years 4, 5 & 6** children going to After School Clubs will be released to walk to the Outdoor Classroom second.

**Whilst it has been lovely watching everyone catching up at the end of the day and enjoying the great weather, in order to ensure all children attending clubs are able to safely access the outdoor spaces, we are introducing new arrangements. Therefore, from Monday, the school gates will be locked at 3.40pm and we are asking that all families have left the grounds by this time.**

We are aware there may be teething problems at the start, but please bear with us. We hope you appreciate that your children's safety is of primary importance to us and that is why we are making these changes.

Thank you so much for your amazing turn out at our 'Meet the Teachers' meetings over the past six days.

I hope you found them insightful and gained a good grasp of how teaching and learning will be delivered over the year.

This Friday and over the weekend we will be updating curriculum documents, introductions to each year group and publishing information shared at the meetings.

Any feedback on how accessible/tricky it is for you to find information on the website would be really appreciated.

Following my meetings with you over the next two weeks, I will publish on the website a more detailed view of how parent and carer meetings and reports will work over the year.

**SMILE**

**Children's School Photos**

**The school photographer will be in all day on Friday 28<sup>th</sup> September 2018.**



### Clarification of Dogs on the School Premises

Whilst knowing many of you are dog lovers, I am confirming dogs are not permitted on the school premises unless they are guide dogs. This includes all breeds and sizes.

If you walk your dog to school, please ensure they are always kept under control and if you need to leave them unattended please tether them securely away from the school fences and entrances.

**Bikes and scooters must not be ridden in the school grounds.**

**Dropping and collecting children—please keep to time so we can clear the playground for sports and club use at 9.10am and 3.40pm.**

### Lost Property - reminder of the system

There are storage bins in both playground where lost property is kept. If your child has a school sweatshirt or T-shirt, it would be really helpful if you could label them with your child's name. We have sharpies at school if you need to use them. We will be talking to the children to help them look after their possessions as we move through the term.

### Reminder:

Mobile Phones **MUST be switched off** in school. Anyone using a phone will be asked to leave the area. Please take calls outside of the school premises. Thank you.

**Emergency Numbers:** All personal contact details are being updated.

Please ensure we have accurate details of your address and emergency contact details. **We require a minimum of two numbers.**

A form will be posted to you or you can check your records when you visit the school.

We will be starting with Y6 from Monday 24<sup>th</sup> September. Please look out for it in the post!

### Punctuality Reminders

**Please remember school opens at 8.55am.** Children arriving at 9.00am are considered late and will have missed an opportunity to respond to their marking.

**Anyone arriving after 9.10 am receives an unauthorised mark – this counts as a school absence.**

**10 unauthorised absences result in referrals to Education Welfare Services and could result in a Penalty Notice or fine.**



## SPORTING DATES FOR YOUR DIARY

As the school year commences, there will be a wide range of Haringey School Sports events that Muswell Hill will participate in. Here is a calendar of upcoming events:

Date	Activity
18/9/18	Y6 Cross Country London Youth Games qualifiers
24/9/18	Football Friendly tournament Y6
28/9/18	Girls football 6 a side tournament
2/10/18	Y5 Cross Country London Youth Games qualifiers
10/10/18	Boys football 6 a side play offs
11/10/18	Girls football 6 a side play offs
16/10/18	Hi 5 netball tournament
6/11/18	Table tennis tournament - boys
8/11/18	Tag rugby finals
13/11/18	Table tennis tournament - girls

## ANTI-BULLYING

We take any reports of bullying very seriously at Muswell Hill. The children are actively taught to understand what bullying is and report it to adults immediately. Here are just a few reminders for parents if you feel your child is being bullied:

- Take time to listen to your child and stay calm
- Write down what your child has said. If it involves cyberbullying, keep any evidence of emails and texts
- Encourage your child to talk to their teacher or someone at the school
- Never intervene with other children or children's parents, but let the school know.
- Contact your child's class teacher as soon as possible to let them know your concerns.
- Staff will update parents and carers about what they are doing to resolve the issue and when it has been resolved
- If you are not satisfied with the response you get and any action taken, you should contact the Headteacher with your concerns.
- If you remain dissatisfied, you should follow the school's complaints procedure, as detailed in the school website.

## Packed Lunches

As a Haringey Healthy School with a Healthy schools award, we at Muswell Hill promote healthy eating to our families and children and recognise the crucial role that parents play in supporting the school's approach. This policy is part of our whole school food policy and aims to give clear guidance firstly to parents and carers, but also to pupils on providing a healthy packed lunch.

**We believe that a healthy packed lunch can contribute to the health of children and young people and needs to be consistent with the nutritional standards provided by school meals.**

This policy applies to all packed lunches consumed within school, on school trips and on school journeys.

**Special diets and allergies.** We would like to remind parents/carers that we are a nut-free school, so please avoid nut products in packed lunches and afterschool snacks. The school recognises that some pupils may require special diets that do not follow the national food standards exactly. In this case parents and carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

### Facilities for packed lunches

We will:

- Provide appropriate facilities to store packed lunches
- Provide free, fresh drinking water
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have school lunches or packed lunches, and wherever possible, **ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.**

**Monitoring:** To promote healthy eating we will regularly monitor the content of packed lunches and involve the children and staff.

We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches.

A guide to healthy eating is below.

## Healthy Eating

Foods that should be included EVERY DAY:		Why?
✓ A starchy food	Such as bread, pasta, rice, couscous, noodles or potatoes. Choose wholegrain varieties where possible.	These foods give your children energy as well as containing fibre and important vitamins and minerals such as Vitamin B.
✓ Fruit	At least one portion of fruit every day.	Fruits contain many vitamins and minerals.
✓ Vegetables	At least one portion of vegetables every day.	Vegetables also contain many vitamins and minerals and make low fat, filling snacks for children.
✓ Beans, pulses, fish, eggs, meat and other proteins	Choose lean options where possible and avoid processed items such as sausage rolls and Peperami. Include oily fish such as salmon, mackerel, kippers, and sardines at least <b>once every three weeks.</b>	Protein foods aid growth and repair, as well as providing minerals such as iron. Oily fish contains Omega-3 which contributes to brain function
✓ Dairy foods	Such as milk, cheese, yoghurt, fromage frais and soya products. Opt for cheeses which are lower in fat and not highly processed and choose plain, low fat natural or Greek yoghurts instead of flavoured if possible.	Dairy foods provide calcium which is essential for healthy bone development and growth. Proce.
✓ A drink	Water is always the best choice of drink for children. Pure fruit juice, semi-skimmed or skimmed milk, smoothies, and low fat, low sugar yoghurt or milk drinks can be included also.	Drinking 6-8 glasses / 1.5 litres of water throughout the day will keep children hydrated and aid concentration in school.

Confectionary, crisps and sugary/fizzy drinks should **NOT** be included in packed lunches or at any part of the school day **including after school.** These items are not needed as part of healthy diet and are high in fat, sugar and salt which can lead to weight gain and health problems in both the long and short term, such as tooth decay, heart disease and diabetes.

**RATHER THAN BRING SWEETS AND CRISPS TO SCHOOL – WHY NOT TRY ‘SWEETS ON A SATURDAY’ as a weekly treat?**