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**Executive Headteacher: Mrs Stephanie Gibson**  
**Head of School: Mrs Lizzie Martin**

## Learn, Discover, Achieve

### Friday Flyer - 7<sup>th</sup> May 2021

Dear Parents/Carers,

Here we are at the start of May but I think we could be forgiven for thinking that we are in October! To quote the Bard, 'rough winds do shake the darling buds of May'; every day seems to bring four seasons within it and we're never quite sure what to expect from our climate.

Still, we are beginning to see the beauty of Spring unfolding and the weather is not preventing St. James' from learning, playing and progressing together. The children are well settled back into school life and the school is a hive of activity.

### Yew Class – Reaching Melting Point!

Thankfully, this section's heading is not a metaphorical one and the children in Yew Class are not having emotional meltdowns! In fact, it reflects the scientific investigations they have been conducting with Mrs Eyre and Mrs Rigby as they learn about properties of materials and, in particular, how materials can change state.



As you can see, the children have been setting up investigations about chocolate (we are still a healthy school, don't worry!) Not only do the investigations develop the children's factual knowledge, they also facilitate the progress of their observational, questioning and recording skills which can be used across a range of subjects not just Science. Well done, Yew Class; keep up the good work!



## Elm Class – Walking Like Egyptians

The children in Elm Class have immersed themselves in their learning about Ancient Egypt and have been discovering some amazing facts about this ancient civilisation, including how to use Egyptian hieroglyphs. They have been taking great time and care creating sarcophagi and I have been privileged to be shown some fantastic examples. It is clear to see that the children are progressing with their design and cutting skills as well as developing their concentration and focus. Great work, Elm Class, and I look forward to seeing what else you find out and create!



## Relationships and Health Education

Many of you will be aware that from the beginning of this term, Relationships and Health Education (RHE) became a statutory part of the curriculum. The focus of RHE in primary school is on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.



This starts with pupils being taught about what a relationship is, what friendship is, what family means and who the people are who can support them. From the beginning of primary school, building on early education, pupils are taught how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy.



Across the Arun Village Federation, our RHE subject leader, Rebecca Westwood, has worked in collaboration with staff, governors and parents/carers to ensure that we have an excellent RHE curriculum in place. Both Amberley and St. James' are using Discovery Education to deliver the RHE curriculum; the scheme ensures that all statutory requirements are met but also provides teachers with the flexibility to ensure specific needs of their cohort are met.



The focus for Summer Term 1 is 'Healthy and Happy Friendships'. With the return from lockdown, this focus will help to support the children as they reconnect with each other and begin to rebuild friendships and social skills which may have been affected by the restrictions placed on us all throughout lockdown.

As the term continues, we will share more information regarding Relationships and Health Education so that parents/carers are aware of what and when particular topics are being taught.

### **Record of Success Certificates**

The children have very much thrown themselves back into learning and are beginning to earn stickers to go in their Records of Success. We already have children achieving milestones and we want to say 'Congratulations and well done!' to the children who have been awarded Record of Success Certificates this week. I look forward to being able to celebrate these with you and your parents/carers in whole school celebration assemblies when guidelines allow us to.



### **Chartwells Hot Lunches**

We are delighted as a school to be provided with daily nutritious and tasty school lunches by Chartwells. Serving school lunches is not an easy job and we are always grateful to our Chartwells representative for her very hard work at lunchtimes.

Many of our parents/carers order school lunches via the Chartwells website and the school is provided with Key Stage 1 Universal Free School Meals (UFSM) and Free School Meals by Chartwells. **When meals are ordered either privately or by the school, Chartwells make it very clear that it is a school lunch that is being provided, *not a specific choice of an item on the menu.*** The school is not responsible for the menu that is provided nor do we have any influence on the number of menu items that are allocated to the school.

I am aware that parents/carers order meals or decide to take up the option of KS1 UFSM when there is something on the menu that their child particularly likes (for example, pizza, macaroni cheese or a roast dinner). However, **this does not guarantee** that your child will be able to have that particular item from the menu due to the proportion of the item that is allocated to the school by Chartwells.



Therefore, this means that your child needs to be prepared to eat **any** item that is on the Chartwells menu that day if they are going to have a hot lunch. For example, on Monday 10<sup>th</sup> May, your child would need to be aware that they **may** be able to have cheese and tomato pizza but they need to be prepared to eat pasta Bolognese or jacket potato with cheese should the school not have been allocated a proportion of pizza to enable every child to have it.

If a child has a particular dietary requirement (e.g. allergy, religious grounds, etc.) which would mean that they would need a menu adjustment, please inform the school and we will make the necessary arrangements with Chartwells. This still does not guarantee, however, that they will be able to have a specific item on the menu but that Chartwells would provide an alternative, suitable meal to meet that requirement.

School staff always work very hard to ensure that meals are allocated fairly dependent on the numbers of an item that we are provided with by Chartwells. If a child is unable to have the item that they particularly want on one day, we will note it and give them first option when the item is next available.

Understanding that they may not always get what they want is an essential life skill for our children to learn and the school lunch system provides a way to encourage children to display consideration, compromise, flexibility and kindness if they are not always able to have their first choice. It also encourages them to explore a variety of foods and widen their gastronomic experience! However, we are also aware that children need to eat a robust lunch to ensure they have enough energy to complete the school day. Therefore, if your child would not be prepared to eat all menu items provided on a particular day, it may be advisable that they bring a packed lunch instead of having a school lunch.

Thank you for your support and encouragement of the children and the school with this; we know just how important children's experiences of lunchtime are and how it can affect their whole experience of school so we are very keen to ensure lunchtimes run smoothly and happily.

### Road Safety

Mick, our trusty Crossing Patrol officer, has asked us to communicate a safety concern that he has noticed when children are leaving school. We are advised that, when scooting down Church Lane, some children are scooting dangerously close to the flow of traffic on the A29. The safety of the children is of paramount importance to us and, if a slight misjudgement by a child at this dangerous junction occurred, a child could be seriously hurt.



Mick has therefore drawn a white line on the road near the end of Church Lane. If your child uses a scooter, please could you explain that **they must stop and get off their scooters before they reach the line**. Thank you for your support in this matter.

### After School Clubs – Summer Term 2021

There are a few spaces left in the After School Sports Clubs that are running this term. If your child would like to join a club, please email the Office. In Key Stage 1, preference will be given to children who are not already doing a club but there are more spaces available in Athletics (Tuesday Years 3-6) and Cricket (Wednesday Years 2-6). PE and Sport Premium funding enables us to fully subsidise sports clubs and therefore we are able to offer these clubs free of charge to participating children. Details of clubs can be found on the website at <https://www.st-james-coldwaltham.w-sussex.sch.uk/Children/Clubs/>

### Jo's Summer Holiday Club

Many of you will be familiar with Jo Kent as the leader of Chuckleberries Pre-School and also the provider of the After School Club which many of our children attend. Jo will be running a Summer Holiday Club on 3<sup>rd</sup>, 4<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup> August 2021 from 9am to 3pm (8am if required), subject to demand. Places need to be booked and paid for in advance on receipt of an invoice. The cost is £5 per hour. Please could interested parents/carers contact Jo direct on 07709 211487.

### Win National Book Tokens for Our School!

Please help us win £5000 of National Book Tokens for the school library - and get £100 for yourself! Please enter the competition online, it only takes a minute: <https://www.nationalbooktokens.com/schools>



I look forward to being able to share more news again in our next Friday Flyer; further restrictions should have been lifted across the whole nation by then and I look forward to being able to share news with you of some fun and exciting events that will take place later in the summer term. In the meantime, take care and continue to enjoy the gradual easing of restrictions.

Kind regards,

A handwritten signature in black ink that reads 'L. Martin'.

Mrs L Martin  
Head of School

### Important Dates for your diary:

Thursday 27 <sup>th</sup> May 2021	Whole Class Photographs
Friday 28 <sup>th</sup> May 2021	Visit from the Fire Bridage – all classes
Monday 31 <sup>st</sup> May to Friday 4 <sup>th</sup> June 2021	Half Term
Friday 23 <sup>rd</sup> July 2021	Last day of term



# 60-Second Vegtastic Lunchbox Hacks

Veg are a key part of a healthy diet but it can be a real struggle to get kids to eat enough of them. Adding an extra portion or two to their packed lunch will help to up their intake. Try these simple ideas to **veg-pack their lunchboxes** with limited faff.

## The basic toolkit:

- **Containers** (small and lidded for dips, leftovers and more)
- **Cutlery** (if needed)
- **Thermos** (any heat-retaining flask is great for soups, baked beans, leftovers, etc.)
- **Bamboo kebab sticks** (optional, but helpful for making veggies more fun)



**Top tip:** Know your portions – a child's portion of veg is roughly 50g or what fits into a child's hand.





## 5 easy #LunchboxHacks to add more veg in 60 seconds or less:



### 1. The Salad-on-a-Stick



Get a bamboo kebab stick and thread on different veg such as cherry tomatoes, cubed cucumber, cubed cooked beetroot, chunks of peppers, raw button mushrooms, crunchy lettuce, etc) in fun colours. If your child isn't a fan of veg, try starting off by alternating veg with cooked meat, cubed cheese, etc to ease them into it.

My Favourite veg was:

### 2. The Lunch Crunch



1 carrot chopped into sticks (or pre-chopped carrot sticks) with a pot of hummus (or their favourite dip) adds a portion of veg.

I ate this many carrots:




### 3. The Sandwich Slice



Slice 5cm cucumber (about the length of a small egg) and add to a sandwich for an extra portion of veg with minimal effort.

I ate this much cucumber:




### 4. The Helpful Handful



Add a handful of ready-to-eat snacky veg to a container. Try cherry tomatoes, drained tinned sweetcorn, celery sticks, green beans, cucumber etc.



My Favourite veg was:

### 5. The Half-Baked Plan

Heat through half a tin of baked beans (ideally low sugar and salt) and stick in a heat-retaining flask for an easy veg portion win.

This week my rating is:

**Top tip:** Keep trying! If they are not used to veg in their packed lunch, it may be picked out and ignored on the first few days. The more they see it and interact with it, the more the veg becomes "normal".

For recipes, tips and free downloads visit: [vegpower.org.uk](http://vegpower.org.uk)



## Chartwells Catering have vacancies

Are you interested in school catering that fits around your family life?  
If so, why not join our friendly, professional team!

### **Position;**

Appropriate training will be given and smart uniform will be provided.  
DBS checks will be carried out on successful applicants.

For more information please contact

email

**[tracie.taylor@compass-group.co.uk](mailto:tracie.taylor@compass-group.co.uk)**

