

Newsletter 27

Friday 28th April 2017

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Unwanted games, puzzles and indoor equipment

Do you have any old board games, complete puzzles or indoor play equipment (such as Lego) that could be used for rainy days at Monkfield Park? If you do and you are willing to donate them, please pass them on to your child's class teacher so that we can put them to good use for wet play breaks.

Thank you!

Year 5 performance

The Year 5 performance was definitely one to remember for those who participated and enjoyed watching. The colourful and energetic performance was based around the tale of Aladdin and contained all of the elements of a real pantomime, even including the pantomime dame! The children should be so proud of how they channelled their enthusiasm for their respective roles and how they brought the show to life through their story telling, singing and humour. Well done to all of Year 5, we have all been thoroughly entertained by you.



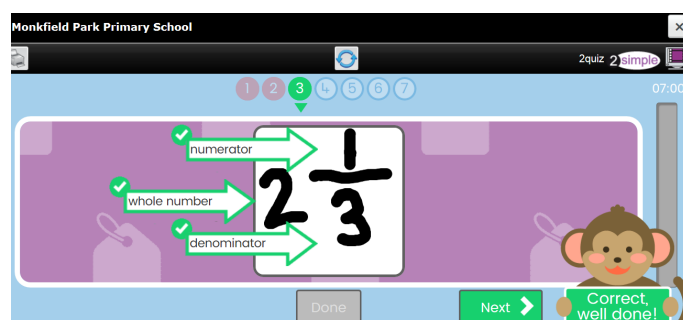
Attendance news

Every day at school counts towards terrific learning and progress, which is why our families at Monkfield Park work really hard to ensure that they arrive at school on time and only take time away from school if they are too unwell to attend. We know how tricky it can be to avoid the inevitable bugs, and that having a balanced diet and a healthy lifestyle can help to contribute to avoiding such nasties. Each term we tot up the number of children who have achieved 100% attendance for the term and also those who have had 100% for the entirety of the school year, to date. We are able to inform you that 127 managed to come to school every day, on time, this Spring term, which is a dip when compared to the 150 who managed it this time last year— well done to those who managed it and you will be getting a special certificate soon. Hopefully we will see an improvement in the Summer term. We are celebrating the 65 children who have managed to be on time and fully attend for the whole academic year so far and will be presenting certificates to those children too—a brilliant feat.

Our class teachers can become very competitive when it comes to the best class attendance and I can reveal that for the Spring term Blue Class is the outright winner! Congratulations to the children who will receive extra golden time this week. Their class attendance combined was 97.6%. In second place was a tie break situation with both Lacerta Class and Columba Class achieving 97.4% and in third place was Aquila Class with 97.1%. Well done to all of you and we look forward to seeing who makes it into the top three next term.

Purple Mash Quiz winner

Massive congratulations to Sophia in Phoenix Class who was the winner of the Purple Mash 2Quiz Maths Competition! Purple Mash say that 'Her quiz was awesome.' You can see it on the finalists board here: <https://www.purplemash.com/displayboard/58e611760b521abd198b4568>. Sophia received two prizes consisting of a maths magic kit and a robotics kit for her efforts, whilst the school received £100 to spend on resources for Mathematics. If you follow the link you are able to see that Sophia has produced a range of mathematical challenges for differing abilities. She managed to incorporate sounds, draggable words and images into her work. Well done Sophia! Below you are able to see a snapshot of her entry. A worthy finalist was another excellent entry from Parth in Lacerta Class. Why not use the link to try the quizzes that the children devised at home?



Sentence starters

Ask your Reception child to find three big numbers and three small numbers in the environment.

Ask your Year 1 child what plants they found on the field and which parts of the plant they can tell you about.

Ask your Year 2 child a fact that they have learnt about chicks.

Ask your Year 3 child why plants need leaves.

Ask your Year 4 child to explain how to multiply and divide decimal numbers by multiples of 10 and 100.

Ask your Year 5 child where the Victorians come in the timeline of historical eras.

Ask your Year 6 child what a determiner is.

Head Teacher roll of honour

Amelia R in Green Class—Amelia is the queen of using her own creativity and initiative. She made the most magnificent, non fiction book all about dinosaurs which really impressed Mrs Jarman this week.

Jessica in Phoenix Class—Jessica took on her character role in Aladdin with gusto and a new found confidence, well done Jessica.

Friends of Monkfield Park

BAGS TO SCHOOL COLLECTION—The next Bag to School collection has been planned for **Thursday 4 May**. Collection bags will shortly be sent home ready for filling up!



LOST PROPERTY—Please ensure that you check the lost property if you have missing any items. Any unnamed items will be put into the Bags to School Collection at the start of May. Unfortunately Friends of Monkfield Park and School Staff are unable to check the lost property for you.



SUMMER FETE : SATURDAY 17 JUNE - We are busy preparing for the Summer Fete and are looking for donations of the following:

- Teddies/soft toys
- Raffle donations
- Unwanted gifts
- Bottles of wine
- Bottles of anything for our hoopla stall (drinks, ketchup, bubble bath etc)

SECOND HAND SCHOOL UNIFORM—We have a stock of clean, good condition second hand uniform for sale: Sweatshirts £2 each, Book Bags £2 each, Jackets £3 each, Summer Dresses £2 each. If you would like to order any please email us with items required and sizes friendsofmonkfieldpark@gmail.com



DATES FOR YOUR DIARY

Bag2School collection 4 May

Summer Fete Saturday 17 June

Further details on all events will be sent out in due course

Healthy Eating recipes

Smoked Mackerel and Beetroot Salad

(Serves 2)

150g Smoked Mackerel

100g Beetroot

100g New Potatoes

1 Red Onion

1 Tablespoon of balsamic vinegar

1 Tablespoon of low fat natural yoghurt



Method:

1. Wash and boil the new potatoes
2. Flake the mackerel and slice the onion
3. Dice the beetroot
4. Mix together the mackerel, beetroot, onion and vinegar
5. New potatoes may be cut and mixed in hot or cold
6. Top with the yoghurt and serve

A poster for parenting workshops. At the top, two cartoon owls are perched on a branch. A speech bubble from the larger owl says "Because children don't come with instructions". Above them, a cloud-like shape says "Parenting courses". Below the owls, a sun is partially visible. The main text is enclosed in a cloud-like border.

Parenting Workshops
Monkfield Park Primary School

Aimed at offering Mum's and Dad's of children aged 4-11 years a supportive, informal environment, in which to gain information, knowledge and skills around parenting issues.

Parenting Styles – Tuesday 2nd May, 2pm-3pm
Parents Drop-In – Tuesday 6th June, 2pm-3pm
Understanding Challenging Behaviour- Tuesday 13th June, 2pm-3pm
Drop-In- Tuesday 27th June 2.00pm-3.00pm
Effective Discipline- Tuesday 11th July 2pm-3pm

www.cambridgeshirechildrenscentres.org.uk



SureStart

Forthcoming dates

1st May—Bank holiday (school closed)	7th June 6pm—Year 5 & 6 Sex and Relationships information evening for parents
8th May—Year 2 Tennis festival	9th June at 9am—Dorado Class assembly
w/c 8th May—End of Key Stage 2 SATs week	9th June after school—Friends cake sale
w/c 15th May—Year 6 PGL	w/c 12th June—Year 1 phonics checks
17th May—Year 3 Invasion Games	14th June—Year 5 visit Audley House
22nd May—Indigo class visit Woolsthorpe Manor	14th June 6pm—New Reception parents' evening
24th May—Violet class visit Woolsthorpe Manor	17th June—Summer fete
24th May 4pm—Year 4 Burwell House information event	20th June—Year 4 Mini Olympics festival
25th May (pm) - Reception Come & Share event	21st June (a.m.) - Key Stage 2 sports day
25th May—Class photos	23rd June (a.m.) - Key Stage 2 reserve sports day
w/c 29th May—HALF TERM	27th June (a.m.) - Reception & Key Stage 1 sports day
5th June—INSET DAY (school closed to children)	30th June (a.m.) - Reception & Key Stage 1 reserve sports day
6th June—Children return	4th July 2pm—Year 6 performance
6th & 7th June—Year 4 residential to Burwell House	5th July 6pm—Year 6 performance
	12th July (a.m.) Reception come and share event
	14th July—Class swap morning
	14th July—Reports sent home to families
	17th July 3.30pm—Reports drop in for parents
	19th July 10 am—Year 6 Leavers' assembly
	19th July—Year 6 Leavers' party
	20th July—Last day of term for children (end of term lunch)
	21st July—INSET DAY (school closed to children)

School dinners vs. packed lunches

We've listened to parents and heard some reasons why they prefer for their children to have a packed lunch instead of a school dinner. However, there is mounting evidence in support of school meals, as they are more nutritionally complete than a packed lunch and provide the right amount of energy for children.

Here are some of the reasons why parents prefer their children to have a packed lunch and our responses:

"It's too expensive".

A school meal is cheaper than a Costa coffee! Plus children in KS1 are entitled to a Free School Meal.

"School meals are not healthy".

Today's school meal has to meet strict guidelines on salt, fat

and sugar. Every school meal is nutritionally balanced and meets the exact energy requirements your child needs to thrive and flourish (see table below).

"There's not enough choice"

There are 3 main options and 3 dessert options every day.

"My child's a fussy eater".

Children are more likely to eat a wider range of different foods when they eat a school dinner.

"My child has allergies/medical condition"

Speak to our Dietitian Patricia who works with families on an individual basis to risk assess and implement safe delivery of non-allergen containing foods for your child.

If you would like to discuss any of the topics mentioned in this article please contact lesley.mcfarlane@cambridgeshire.gov.uk or patricia.herbert@cambridgeshire.gov.uk

So why choose a school lunch?

Children having a school lunch are:

- ✓ Encouraged to eat and enjoy a wider variety of foods
- ✓ More likely to eat fruit and vegetables every day
- ✓ Less likely to drink sweet drinks and have water instead
- ✓ Able to develop their social skills, sitting at the lunch table chatting with friends and eating with cutlery
- ✓ Served balanced meals that are more likely to reach the guideline amounts of vitamins and minerals
- ✓ Able to enjoy food which has been freshly prepared, unlike a packed lunch which may have been sitting in their school bag for up to 5 hours.



Nutrient and Energy Targets for
Children aged 5 - 10 years

			A	B	C
	Children GDA aged 5-10	GDA lunchtime targets	Typical CCS meal (mean)	Typical packed lunch	Typical packed lunch (mean)
Energy	1,800kcal	500kcal	519.2kcal	699kcal	624kcal
Protein	24g	8g	19.9g	14g	18.1g
Carbohydrates	220g	70g	67.2g	80g	95.7g
Sugar	85g	28g	20.5g	32g	39.6g
Fat	70g	23g	18.7g	34.9g	21g
Saturates	20g	6g	6.4g	14g	8.3g
Fibre	15g	5g	?	3.9g	3.6g
Salt	4g	1g	1.3g	1.9g	1.9g

GDA - Guideline Daily Amounts

Parents can be
reassured that
CCS school lunches
exceed the School
Food Standards.

References:

A cross sectional survey of children's packed lunches in the UK: food and nutrient based results. CEL Evans, DC Greenwood, JD Thomas, JE Cade. Journal of Epidemiology & Community Health. 64(11). 977-983

Column A: Represents the nutrient analysis averaged across the 3 week menu cycle, CCS. Column B: Represents the nutrient analysis of a "Typical Packed Lunch", supplied from home consisting 1 cheese sandwich on white bread and butter, 1 Capri Sun drink, 1 packet of crisps and a penguin biscuit bar. Column C: Represents the nutrient analysis of 1294 lunch boxes (1).