

09 October 2023

Dear Parents

SCHOOL YEAR 2023/2024 - NEWSLETTER NO 06

CERTIFICATES

Well done to these children who received the certificates for last week from their teachers. We have a new sharing of these on a Friday in worship where the class teacher is sharing the reasons for the certificates being awarded.

Miss Ramli	-	Olivia Beard
Mrs Goode and Mrs Owen	-	Naimah Odunuga
Miss Whittingham	-	Amar Voual
Mrs Williams and Mr Ramshaw	-	T-Jay Williams
Mr Dean and Mrs Lansdown	-	Sebastian Winstanley
Mr Evens	-	Harry Janiak
Mr Garcia	-	Olivia Bridson
Mrs Leonard	-	Ronnie-Rae Butler
Miss Hake	-	Javesh Rajkumar
Ms Hill and Mrs North	-	Jack Bursey
Miss Wingett	-	Aoife Doherty



NEW BEHAVIOUR SYSTEM IN SCHOOL

As your children may have told you we introduced a new Behaviour Policy and system from September 2023. We have now had the policy approved by the governors so are able to share this with you.

We wanted to produce a policy that was much more streamline and easier for all children and staff to follow. The policy is based around the three 'Golden Rules' of ready, respectful, safe. The policy is linked to evidence-based research from Paul Dix and others and very similar to strategies developed in other local schools. The language of emotion coaching is central to the policy, to ensure that the approach to behaviour is more inclusive, grounded in an ethos of respect. The new policy aims to be a straightforward, yet thorough system where all staff feel supported to ensure the children are kept safe in a kind and nurturing environment. The golden rules are shared in each class and will be referred to regularly. These rules will be referenced when dealing with any behavioural issues and children will be supported to make the right choices and discuss reasons for their behaviour when the children don't make those positive choices.

I have attached the new policy and steps used by staff for you to look at.

The school behaviour policy overhaul has shown a very positive impact so far. Feedback from staff and children is that the school remains a calm environment and everyone knows the high expectations we expect from staff and children.

PLAYTIME CHANGES



We have decided to revamp our play and lunchtimes this year, to ensure we are offering the children engaging activities that encourage more creativity and opportunities for explorative play. From January, we will be joining the Outdoor Play and Learning (OPAL) Primary Programme, which aims to support schools to sustainably improve play for all children. In the meantime, we have made some minor changes to play and lunchtimes that have seen a really positive response from the children. We now have a variety of different 'zones' on

offer where the children can experience different types of play. Our KS1 playground is now an area for 'small world' and imaginative play. We have a creativity corner where children can listen to music and do art and we have also set up a scooter track. All children now have access to the adventure

playground and field every day, as long as they have the right footwear. The children can choose where they wish to play and move between areas rather than having a rota, so it means playtimes are much more free-flow.

Over the coming months, we hope to continue to make improvements, with the help of funding from the PA, including developing a construction zone and a new mud kitchen area. For your child to fully enjoy all of the play areas on offer, please ensure that they do have suitable footwear and clothing in school – wellies for the field/ outdoor learning area and trainers for the adventure play equipment. It would also be very beneficial for them to always have a waterproof coat available, as we are hoping to be able to get out to play in all weathers.



YEAR 1 AND 2 WOW DAY

KS1 children had their WOW day last week for their topic 'Out and About in Almondsbury'. The children had an action packed day learning all about their local area. We were lucky enough to visit Almondsbury Garden Centre where the children did some planting of bulbs and explored the grounds on a pumpkin hunt. We were then treated to delicious squash and biscuits in the café before returning to school. In school, the children learnt how to make apple crumble and practised sketching apple trees in relation to the Almondsbury apple orchard. All the children had a great time and many thanks to the garden centre for having us!



HARVEST FESTIVAL

It is nearly time for our annual Harvest Festival. As usual we would appreciate donations for the Harvest display, which will be set up in the Hall. Once again this year we have decided to aid a charity that is close to us. We will be asking you to provide tinned or packet goods that can be used by Food Banks namely the Five Loaves and Two Fishes charity of St Paul's in Bristol. The goods will be displayed alongside the loaves of bread provided by Olveston bakery, one for each class, plus the large sheaf that will be for sale at the end of the day. Please send a donation in with your child this Thursday 12 October morning. Many thanks in advance.



SCHOOL TOURS FOR NEW PARENTS 2024 INTAKE

We have the dates now confirmed for the school tours for new prospective parents for the intake in September 2024. It will be lovely to show new parents around and share all that is great about our school.

Monday 6 November 9.15am	Monday 6 November 11.00am
Monday 13 November 1.30pm	Monday 20 November 1.30pm
Monday 20 November 2.30pm	

PA AGM

PA AGM scheduled for 19 October at 7pm in the school staff room (NOTE CHANGE OF DATE). Please get in touch if you'd like to join, all welcome.

PA NEWS

There are plenty of events in the diary still to come before the end of this year such as; Freaky Thursday sweet sale, November Spooky Disco, and of course Christmas (there, I've said it) Festive Fayre. Dates to be communicated very soon, so watch this space. As always if you'd like to join in the fun and be part of the PA, let us know at almondsburyschoolpa@gmail.com.

Secondhand Uniform

Get prepared for the 2023/24 academic year - have a look at the secondhand uniform available on the PA website: <https://www.pta-events.co.uk/almondsburypta/>. Great quality shorts, trousers, dresses, skirts, cardigans, pinafores ranging from 50p - £2. Branded items are available.

HEALTHY EATING AT PLAYTIMES AND LUNCHTIMES

We are striving to be as healthy as we can in school with lots of exercise and activity during PE lessons, during playtimes and lunchtimes as well as through the school day and after school clubs. It is important that this is mirrored in the food the children eat. Breaktime snacks are encouraged for children in key stage 2 of a healthy nature ie fresh fruits, raisins, other packed fruits, etc.

Lunchbox tips



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[See more healthier swap ideas](#)



Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.

This should be continued into lunchtime and packed lunch boxes for those who bring them to make a healthy, balanced lunchbox.

We have attached some information with some great tips on healthy, low sugar ideas that will keep them fuller for longer.

No carton juice drinks

No nuts

No fizzy drinks

No chocolate bars

No sweets



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.



Plan to Eatwell

The guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. It can be really useful when thinking about what goes into kids' lunchboxes.

[The Eatwell Guide](#)

HELPFUL WEBSITES

There are a number of websites that will be helpful for each child to investigate to help them with their home learning. This week's website is: <https://www.learninggamesforkids.com/>

VACANCY FOR LUNCHTIME PLAY SUPERVISORS

Email address: office@almondsburyprimary.co.uk

Website: www.almondsburyprimary.co.uk

We currently have a vacancy for a lunchtime play supervisors within school. This is to join the rest of the team in working over lunchtime to support the children in the hall and outside whilst at play each day. The hours are between 12.00noon– 1.30pm daily. This equates to 7.5 hours per week. We can be flexible if needs be with number of days.

If you would like more information and the salary for either post please contact Mrs Heaps in the office. If you know of someone, other than yourselves who read the newsletter, who may be looking for a part-time role please pass on the details.

VACANCY FOR ROAD CROSSING PATROL HERO

We are still looking for our very own School Road Crossing Patrol Hero. We are very keen for someone to join the Road Safety team to ensure that the children (and parents) remain safe on their way to and from school. If you are interested in helping out and doing your bit for our local community please see the details below.

Post Details:

Role: School Crossing Patrol - Almondsbury

Site Location: Sunday's Hill, Opposite Church

Times: 8.30am – 9.05am

3.20pm – 3.55pm

Hourly rate: £9ph

Full training and uniform is provided, we are happy to consider part time and/or job share for further details please contact myself, Martina Byrne-Obee 01454 863611.



Best wishes

A handwritten signature in black ink, appearing to read 'P.D. Smith'.

Mr Paul D Smith
Executive Head Teacher

DATES FOR 2023/24

Tuesday 10 October

Thursday 12 October

Friday 13 October

Thursday 19 October

Friday 20 October

Year 6 NCMP

Harvest Festival

Mrs Williams's class swimming

Last day of Term 1

PA AGM – 7.00pm in the staffroom

INSET DAY School closed to children

TERM 2

Monday 30 October

Tuesday 31 October

Friday 3 November

Monday 6 November

Thursday 9 November

Friday 10 November

Monday 13 November

Tuesday 14 November

Friday 17 November

Monday 20 November

Friday 24 November

Friday 1 December

Wednesday 6 December

Thursday 7 December

Friday 8 December

Tuesday 12 December

Wednesday 13 December

Start of Term 2 for all children

Book Week and Remembrance Week in school

New Reception Tour for September 2024 intake 9.15am and 11.00am

Mrs Williams's class swimming

New Reception Tour for September 2024 intake 9.15am and 11.00am

Individual photographs in school

Parents Evenings 4.00pm – 7.00pm

Mrs Williams's class swimming

New Reception Tour for September 2024 intake 1.30pm

Parents Evenings 4.00pm – 7.00pm

Children in Need Day

Mrs Williams's class swimming

New Reception Tour for September 2024 intake 1.30pm and 2.30pm

Mrs Williams's class swimming

Mrs Williams's class swimming

Year 1 and 2 Christmas performance 2.00pm

Reception classes Nativity performance 2.15pm

Year 1 and 2 Christmas performance 6.00pm

Reception and KS1 Christmas party

Christmas lunch

Year 3 and 4 Christmas party

Year 5 and 6 Carols by Candlelight at St Mary's Church 6.30pm

Email address: office@almondsburyprimary.co.uk

Website: www.almondsburyprimary.co.uk

Thursday 14 December
Friday 15 December

Year 5 and 6 Christmas party
End of Term 2

Term dates for 2023/24

Term	Starts	Ends
Term 1	Friday 1 September 2023	Friday 20 October 2023
Term 2	Monday 30 October 2023	Friday 15 December 2023
Term 3	Tuesday 2 January 2024	Friday 9 February 2024
Term 4	Monday 19 February 2024	Thursday 28 March 2024
Term 5	Monday 15 April 2024	Friday 24 May 2024
Term 6	Monday 3 June 2024	Tuesday 23 July 2024
INSET DAYS confirmed for the academic year	Friday 1 September 2023 Monday 4 September 2023 Friday 20 October 2023 Tuesday 2 January 2024 Friday 24 May 2024	