

07 October 2024

Dear Parents

SCHOOL YEAR 2024/2025 - NEWSLETTER NO 5

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	- Poppy Male
Mrs Goode and Mrs Barrett	- Tommy-Sol Schwarz
Miss Whittingham	- Evalyn Benbow
Mrs Williams and Mr Dean	- Florian Harris
Mrs Lansdown	- Nivaan Karanth
Mr Evens	- Jayda Agyemang
Mr Garcia	- Poppy Polak
Mrs Leonard	- Myla Bendall
Miss Hake	- Alice Berry
Mrs North and Mrs Marshall	- Ilinca Moldovan
Mrs Giles	- Isla McNeil



YEAR 6 VISIT TO LIFESKILLS

On Tuesday afternoon, Year 6 visited Lifeskills in Bristol, which aims to show children how to take personal responsibility for their own safety. Children learnt how to assess risk and cope with difficult situations by taking part in 19 realistic, interactive activities. Volunteer Guides took small groups of children around the realistic village to experience a number of difficult or dangerous situations. Children had to work together to decide how to overcome each problem and had the opportunity to learn from their mistakes in a safe environment. The children thoroughly enjoyed the afternoon and gained valuable knowledge and practical skills that can be transferred to everyday life.



PARENTAL ENGAGEMENT SESSION FOR SEND WITH SOUTH GLOS PARENTS/CARERS ASSOCIATION

As you know, those of you who were in school last academic year, we are part of a wider PINS (Partnerships for Inclusion of Neurodiversity in Schools) project through the local authority and the NHS funded by the DFE. We have a second chance for parents to engage with the project and to provide your views as well as hear what is on offer for parents through the project. The session is an online meeting tonight Monday 7 October between 7.00 and 8.00pm. It is being held on Zoom on the link below. Please do try to make the meeting as it is important that we capture and engage with parental views. All parents are welcome to join not just those whose children may have additional needs. Many thanks in advance.

<https://us06web.zoom.us/j/88468886153>

WORLD MENTAL HEALTH DAY

HELLO YELLOW! *Because we stand brighter, together.*

This World Mental Health Day, we plan to stand united in the colour yellow to show the children that they are not alone and to highlight the importance of positive mental health.

Every year, thousands of schools, companies and communities come together to make World Mental Health Day that little bit brighter by wearing something yellow and donating to Young Minds. Right now, the world is a really tough place for children and young people to grow up in. We want young people to know that they don't have to go through this alone. Things can get better.

We hope that on Friday 11 October the children will join the staff in wearing something yellow, in addition to their school uniform. We encourage everyone to wear yellow, however if this isn't your thing you're welcome to come up with your own way to have a splash of yellow, such as a yellow hair bobble, yellow on a pair of socks or a yellow accessory. In return we would love to fundraise for Young Minds and would welcome you to give a small donation. This could either be on the day in cash or by following the fund raising page we have set up specifically for Friday. [Almondsbury Hello Yellow donation page](#)

SUPPORT FOR PARENTS/CARERS

The LA have created a set of materials for parents, carers, and family members living in South Gloucestershire, which you have free access to via the link below to expertly designed online learning and resources on nurturing emotional health and wellbeing so that our children can thrive as kind, sociable and emotionally aware people throughout their lives. Please do look through these and take up the offer of workshops.

Webpage for parents: <https://inourplace.co.uk/south-gloucestershire/>



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 the bakery in Severn Beach, one for each class.

Please send a donation in with your child this Thursday 10 October morning. Many thanks in advance.

E-SAFETY PARENTAL NEWSLETTER

This month's focus on the parental e-safety newsletter is centred on the risks of mobile phones to children and young people's mental health and the guidance that mobile phone providers are now suggesting for parents restricting use for children. It also features information on Instagram and age limits as well as supervision of usage.

SCHOOL MEALS PRICE INCREASE

In the first newsletter of this year I indicated that there would be a price increase for paid school meals. This will be introduced as from 4 November. **The new price from that date will be £2.60.** There has not been a price increase for the past three years. The new price reflects the increases to food costs that we have all seen over the last couple of years.

FREE SCHOOL MEALS

In these difficult times we would like to remind you that your child may be eligible for Free School Meals. Please check out this link www.southglos.gov.uk/schoolmeals. This even applies to children in Reception and KS1 who are already entitled to Universal Free School Meals as this brings in additional funding to support your child.

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.

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

Email address: office@almondsburyprimary.co.uk

Website: www.almondsburyprimary.co.uk

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.



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](#)

Above is some more 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**



SCHOOL TOURS FOR NEW PARENTS 2025 INTAKE

Please see below dates for school tours for new prospective parents for the intake in September 2025. It will be lovely to show new parents around and share all that is great about our school.

Thursday 7 November 11.00am	
Tuesday 12 November 9.30am	Tuesday 12 November 11.00am
Monday 18 November 1.30pm	Monday 18 November 2.30pm

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/>

PA NEWS

We have plenty of great quality pre loved uniform available on our PA website. Prices start from £1 so if you need items to see you through to half term or the end of the year please take a look here:

<https://www.pta-events.co.uk/almondsburypta/index.cfm?event=products>

Dates for your diaries for the rest of the year include:

- ★ **PA AGM will be held on Wednesday 9 October 6-8pm in the staff room. Please come along and support. All welcome.**
- 👻 Spooky sale including sweet cones, fidgets and spooky fancy dress Thursday 24 October.
- 🍁 Autumn Disco Friday 15 November 6-8.30 split between KS1 and KS2 (tickets available soon).
- 🎄 Christmas fayre Friday 6 December after school.

If you haven't joined our PA website yet, follow the link below and send us a request, add the name and class of your child and we'll give you access to our website where you can hear about our events, buy event tickets & products and all of our pre loved uniform too. <https://www.pta-events.co.uk/almondsburypta/index.cfm?event=login¬LoggedIn=true&success=myAccount>

Email address: office@almondsburyprimary.co.uk
Website: www.almondsburyprimary.co.uk

VACANCY

Would you like to join our exciting Outdoor Play and Learning (OPAL) Team? As an OPAL school, we value our outdoor playtimes hugely. We have expanded our outdoor play areas and opportunities for our children and now have a vacancy available for a new Play Lead to join the team. 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 this post please contact the School Office. Please feel free to pass on the details to anyone who may be interested in this opportunity.

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

Mr Paul D Smith
Executive Head Teacher

DATES FOR 2024/25

TERM 1

Monday 7 October

Wednesday 9 October

Thursday 10 October

Friday 11 October

Friday 18 October

Thursday 24 October

Friday 25 October

TERM 2

Monday 4 November

Tuesday 5 November

Thursday 7 November

Friday 8 November

Monday 11 November

Tuesday 12 November

Thursday 14 November

Friday 15 November

Monday 18 November

Tuesday 19 November

PINS Project Parental Engagement online session 7.00pm

(see body of newsletter for information and link)

PA AGM in school staffroom 6.00pm

Harvest Festival this afternoon

Hello Yellow Day for Mental Health – wear something yellow

Swimming for Year 4 Mrs Lansdown's class

Swimming for Year 4 Mrs Lansdown's class

Year 6 road safety session this morning

Last day of Term 1

INSET DAY – school closed to pupils

Start of Term 2

Book Week and Black History Week

Book Fair from 3.30 – 4.00pm each day

Nasal flu vaccines for children

Reception intake September 2025 tours 9.30 am and 11.00am

Swimming for Year 4 Mrs Lansdown's class

Individual photographs

Reception intake September 2025 tours 9.30 am and 11.00am

Parents Evenings 4.00pm – 7.00pm

Children in Need day

Swimming for Year 4 Mrs Lansdown's class

Reception intake September 2025 tours 1.30 pm and 2.30pm

Parents Evenings 4.00pm – 7.00pm

Email address: office@almondsburyprimary.co.uk

Website: www.almondsburyprimary.co.uk

Friday 22 November
 Friday 29 November
 Friday 6 December
 Wednesday 11 December
 Thursday 12 December

Swimming for Year 4 Mrs Lansdown's class
 Swimming for Year 4 Mrs Lansdown's class
 PA Christmas Fayre
 Year 1 and 2 Christmas performance at 2.00pm
 Reception nativity performance at 2.30pm
 Year 1 and 2 Christmas performance at 6.00pm
 EYFS and KS1 Christmas party
 Christmas lunch and Entertainment afternoon
 Year 3 and 4 Christmas party
 Year 5 and 6 Carols by Candlelight at St Mary's Church
 Year 5 and 6 Christmas party
 End of Term 2

Friday 13 December
 Tuesday 17 December
 Wednesday 18 December

Thursday 19 December
 Friday 20 December

Term dates for 2024/25

Term	Starts	Ends
Term 1	Monday 2 September 2024	Friday 25 October 2024
Term 2	Monday 4 November 2024	Friday 20 December 2024
Term 3	Monday 6 January 2025	Friday 14 February 2025
Term 4	Monday 24 February 2025	Friday 4 April 2025
Term 5	Tuesday 22 April 2025	Friday 23 May 2025
Term 6	Monday 2 June 2025	Tuesday 22 July 2025
INSET DAYS	Monday 2 September 2024 Friday 25 October 2024 Friday 23 May 2025 Monday 2 June 2025 Plus 1 other date to be confirmed	