

06 October 2025

Dear Parents

SCHOOL YEAR 2025/2026 - NEWSLETTER NO 6

CERTIFICATES

Well done to these children who received the certificates for last week from their teachers. These are presented on a Friday in worship where the class teacher shares the reasons for the certificates being awarded.

Miss Ramli	-	Dingkun Qu
Mrs Goode and Mrs Barrett	-	Oscar Blackburn
Miss Whittingham	-	Jayda Agyemang
Mrs Lansdown	-	Brooks Parratt
Mr Evens	-	Evie Rae
Mrs Williams and Mr Dean	-	Costas Vogiatzis
Mr Garcia	-	Jasper Bailey-Gard
Mrs Leonard	-	Amaya Patel
Miss Hake	-	Seth Lloyd
Mrs North and Mrs Marshall	-	Hattie Bailey-Gard
Mrs Giles	-	Gabriella Adeitan



OPAL PLAY AND STAY SESSION

It was fantastic to welcome so many Reception and Year 1 parents to our first ever OPAL Stay and Play session on Friday. They braved the wind and rain to enjoy an extended playtime with their children, exploring all of the play areas we have on offer at Almondsbury and really embracing the OPAL motto that 'play happens, whatever the weather!' The children had a wonderful time showing their parents their favourite activities – the conker digging pit was a particular hit! Thank you to all of the parents who took the time to join us and for the kind donations of loose parts that



will be integrated into the children's play. We look forward to our next session for Year 2 and 3, which will be held in the spring term. In our regular OPAL lunchtimes, the conker pit is definitely the highlight of play! Thank you to every single person who contributed conkers: they are all being used and we can safely say that this is our most successful OPAL drive! The winner of the Conker collecting competition is Luca Trematore, who brought in a remarkable 1580 conkers!

TIMESTABES ROCK STARS

Today, Year 3 and 4 took part in a Times Tables Rockstars Launch Day. The children dressed up as rock stars and they all took part in a number of activities, including times tables games, designing their own rock star characters and exploring the use of Times Tables Rockstars. Times Tables Rockstars is a fantastic app that can be used to support the recall of times tables facts. It is fun, interactive and engages children to improve on the areas mentioned above. However, as a school, we want to maximise this potential. There will be weekly awards, class battles and house battles where children can gain house points. These will be added onto the house points tally and contribute towards the winning house at the end of each term. It is also helpful to prepare children for the Multiplication Tables Check at the end of Year 4. The Multiplication Tables Check



determines whether pupils can recall their times tables fluently, which is essential for future success in mathematics.



YEAR 3 AND 4 EXPLORE THE RIVER AVON!
















Year 3 and Year 4 had a fantastic day out exploring the River Avon and discovering more about Bristol's harbour! Both classes took part in the same exciting activities and each group enjoyed seeing the city from new perspectives. Some of us began the day with a boat trip along the River Avon, spotting famous landmarks and learning how the river connects different parts of Bristol. Others started with a visit to the M Shed, where we explored fascinating exhibits about Bristol's history and how the river has shaped the city's past and present. We

looked at how trade impacted the rivers and the harbourside along with the history of Bristol. This included looking at the impact on Bristol in World War 2 and what life was like in Bristol in the past. Everyone enjoyed a walk along the harbourside, taking in the sights, sounds, and smells of the bustling waterfront. One of the highlights of the day was meeting a kind man working in the boatyard, who took the time to give a short talk about his work. He showed us how he was sanding and repairing the bottom of a boat, explaining what goes into looking after these beautiful vessels. It was a wonderful day of learning and adventure for both year groups — full of curiosity, teamwork, and fun! What a brilliant way to kick off our rivers topic this term.

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 i.e. 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.

<h3>Lunchbox tips</h3>		<h3>Cut down on crisps</h3> <p>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.</p>		<h3>Add bite-sized fruit</h3> <p>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.</p>	
 <h4>Keep them fuller for longer</h4> <p>Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.</p>	 <h4>Freeze for variety</h4> <p>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.</p>	 <h4>Tinned fruit counts too</h4> <p>A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.</p>	 <h4>Swap the fruit bars</h4> <p>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.</p>		
 <h4>DIY lunches</h4> <p>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.</p>	 <h4>Cut back on fat</h4> <p>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</p>	 <h4>Switch the sweets</h4> <p>Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).</p>	 <h4>Yoghurts: go low-fat and lower-sugar</h4> <p>Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.</p>		
 <h4>Mix your slices</h4> <p>If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.</p>	 <h4>Always add veg</h4> <p>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.</p>	 <h4>Get them involved</h4> <p>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.</p>	 <h4>Variety is the spice of lunch!</h4> <p>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.</p>		
 <h4>Ever green</h4> <p>Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!</p>	 <h4>Cheesy does it...</h4> <p>Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.</p>	 <h4>Plan to Eatwell</h4> <p>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</p>			

Above is some more information with some great tips on healthy, low sugar ideas that will keep them fuller for longer.

- No nuts**
- No carton juice drinks**
- No fizzy drinks**
- No chocolate bars**
- No sweets**



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. Please send a donation in with your child on Thursday 9 October in the morning. Many thanks in advance.



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

SCHOOL CROSS COUNTRY CHAMPIONSHIPS

The children from year 1 through to year 6 will be participating in the school cross country championships this week. These will be during days when the children are already in their PE kits.

SCHOOL NURSE ENGAGEMENT SESSIONS

The School Nurse will be leading some parental engagement sessions during the upcoming discos. These will take place on Thursday 9 October. Reception and Key Stage 1, 5.45 - 6.45pm Key Stage 2, 7.00 - 8.00pm. If you would like to join one of the sessions or both please enter your name and which session you would like to attend using the link below. Thank you. School nurse engagement sessions <https://forms.office.com/e/U7Tb5zj4PC>

PA NEWS

It's the Party Peeps school disco this Thursday, and we're looking forward to seeing the best dance moves and smiling happy faces. KS1 disco starts at 5:45-6:45 and KS2 disco 7-8pm.

We are holding the **PTA AGM** on the evening of 15 October in the staff room. All are welcome to join the meeting where we will be discussing what funds were raised last year, future events and plans for the PTA going forward.

PARENTS PRAYER CHAT GROUP

One of our parents in conjunction with Rev Anjali from St Mary's Church is setting up a parents prayer chat group. The purpose of the group would be to pray for the head teacher, teachers, staff, students, and families that are at the school. While it is a Christian prayer group, everyone is welcome to join. People can be as active or inactive in the group as they are comfortable. If you would like to be included in this new group then please contact Evan McRae on 07591 959233. Parents and grandparents are welcome to join either now or in the future.

SCHOOL TOURS FOR NEW PARENTS 2026 INTAKE

We have the dates now confirmed for the school tours for new prospective parents for the intake in September 2026. It will be lovely to show new parents around and share all that is great about our school.

Thursday 6 November 9.30am - FULL	Thursday 6 November 11.00am
Tuesday 11 November 9.30am	Tuesday 11 November 11.00am
Monday 17 November 1.30pm	Monday 17 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/>

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.

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

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 2025/26

TERM 1

Week beg 6 October
Wednesday 8 October
Thursday 9 October

School cross country championships through the week
Year 6 visit to Lifeskills Centre, Bristol
Harvest Festival
PA Children's discos
Reception and Key Stage 1 – 5.45 – 6.45pm
Key Stage 2 – 7.00 – 8.00pm
School nurse parental engagement sessions during discos for each key stage
Year 6 NCMP checks – postponed due to NHS staffing issues to be rearranged
PA AGM – 6.00pm in the school staffroom
End of term 1
INSET DAY (School closed to pupils)

Monday 13 October

Wednesday 15 October
Thursday 23 October
Friday 24 October

TERM 2

Monday 3 November

Term 2 starts for all pupils
Book and Remembrance Week
Reception intake September 2026 tours 9.30 am and 11.00am
Individual photographs all day
Reception intake September 2026 tours 9.30 am and 11.00am
Parents Evenings 4.00 – 7.00pm
Reception intake September 2026 tours 1.30pm and 2.30pm
Parents Evenings 4.00 – 7.00pm
Flu vaccinations for pupils
Mr Evens's class swimming and Mr Dean and Mrs Williams's class swimming every afternoon this week
PA Christmas Fair
Reception and KS1 Christmas party
Christmas lunch followed by Entertainment afternoon for pupils
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

Thursday 6 November

Monday 10 November
Tuesday 11 November

Thursday 13 November
Monday 17 November
Tuesday 18 November
Wednesday 19 November
Monday 1 December

Friday 5 December
Friday 12 December
Tuesday 16 December

Wednesday 17 December

Thursday 18 December
Friday 19 December

Term dates for 2025/26

Term	Starts	Ends
Term 1	Monday 1 September 2025	Friday 24 October 2025
Term 2	Monday 3 November 2025	Friday 19 December 2025
Term 3	Monday 5 January 2026	Friday 13 February 2026
Term 4	Monday 23 February 2026	Thursday 2 April 2026
Term 5	Monday 20 April 2026	Friday 22 May 2026
Term 6	Monday 1 June 2026	Tuesday 21 July 2026

INSET DAYS	Monday 1 September 2025 Friday 24 October 2025 Friday 22 May 2026 Monday 1 June 2026 Plus one to be confirmed	
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