



# Filey Junior School

**Widening horizons and reaching our potential whilst respecting the world and each other,  
within a happy, healthy and positive learning community**

Can we safely say it is Spring yet? Hopefully the bad weather is finally behind us and we can start looking forward to some longer, warmer days. I always find this time of year is very uplifting in school as both staff and pupils have plenty of extra opportunity to get outside and enjoy the fresh air. And there's opportunity to join us as Running Club starts again next week (parents welcome) and there is also our Box and Skip2BFit parent and pupil sessions on a Monday evening. We're also going to be asking you to come and join us in school over the coming weeks to work alongside your children in some demonstration reading sessions - more news soon.

## **Safeguarding and Attendance Update**

Many thanks to PCSO Tony for meeting with parents to talk about Internet Safety recently. There are more resources on the school website, but if you have any concerns, please ask in school and we will be happy to help.

Can I remind you that Mrs McCarthey and myself are the Safeguarding Leads within school and Mrs McCarthey also monitors attendance - we are more than happy to discuss any concerns you may have and offer advice where required. Over recent weeks, we have been a little concerned that on occasions pupils have not come into school and parents/carers have not reported them absent. These absences are logged as unauthorised and raise safeguarding concerns as we are unable to confirm the whereabouts of a child. If your child(ren) are absent for any reason, **it is imperative that school is contacted as early as possible**, on the first day of absence (before 9.15am). We can accept contact via telephone, in person, via email and now, using the school smartphone app. Absences which are not reported may result in a police referral (under a missing person concern) which will trigger a welfare visit, wasting valuable police resources if it is simply for a child who is absent.

The children in school have also been doing a number of safety presentations recently which we will post on the school's Facebook and website for your information and enjoyment.

## **YouTube**

We have recently launched a new YouTube channel for parents to keep upto date with info' about school and to help you, to help your child, with activities at home. Although in its infancy, there are videos available to explain how assessment works within school and some information regarding SATs - useful as we approach this term's parent evenings.

More than anything, we want this to become a useful resources for you, our parents, so please let us know if you have any ideas for information and demonstrations you would like to see.

## **Curriculum Maps**

Information on the topics and subjects your child will be covering this half-term are now available on the school website. If you would like a printed version of these, or any other information, please let us know and we will be happy to help. This includes any information you would like in a different language.

## **Parent Evenings**

You should have been invited to a Parent Meeting by your child's class teacher - if not, please let us know as the letters can sometimes go missing in children's bags. This is a good opportunity to discuss the progress being made and targets for your child.

## **School APP**

Our school App has been downloaded by over 100 people so far. A great start, but we would really like every parent to have this as it could become a very easy and useful tool for communication. If you have not yet done so, please download and install this to your phone (iPhone or Android - links on the school website or at the App Store). We have been told there are some slight difficulties with permissions on iPhones (please let us know if you need any help with this).

## **Healthy Eating**

As you know, we are always trying to promote healthy eating in school. Our Breakfast Bar, Tuck Shop and school dinners all have a good range of fruit. Vegetables and other healthy choices. We would also like to support children who stay for packed lunches and would ask that you consider the attached guidance. We will be having a focus on healthy eating as we come into spring and will be working with the children on this area as well posting resources and ideas online.

Mr McCarthey and Staff.



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## Ideas for what to include in your child's lunchbox

A healthier lunch box should:

- 1. Be based on starchy carbohydrates like bread, pasta, cous cous or potato.** Wholegrain varieties contain more fibre so choose these where you can. And while sandwiches are often our go-to choice, you can use different types of bread to give kids variety – pitta, wraps, bagels, chapattis or toast fingers with a dip. Some children prefer to make their own sandwich up if you give them the components. And don't forget, leftover pasta, noodles, potatoes or cous cous can be the makings of a cold packed lunch salad the next day as long as you cool and store them properly.
- 2. Include fresh fruit and vegetables/salad.** Get veg into packed lunches in all sorts of ways: on their own (e.g. sticks of cucumber, carrot, pepper, celery, cherry tomatoes, baby corn, sugar snap peas, pots of mixed salad), as part of sandwiches or stick pulses like kidney beans and chickpeas in pasta salads. Halved cherry tomatoes in a pot, instead of tomato slices in sandwiches, can help to avoid the soggy sandwich effect. For fruit, children often prefer a pot of chopped fruit rather than whole fruit (especially younger children). Try chopped apple (stop it turning brown by rinsing it in diluted lemon juice), satsuma segments, strawberries, blueberries, halved grapes (longways) or melon slices on their own, or as a mixture. Small pots of canned fruit in juice can work well, or with some yoghurt (remember the spoon!) Raisins, sultanas and dried apricots are another popular choice – and they're cheaper and often healthier than processed fruit snacks, which may contain added sugar and be more damaging to children's teeth.
- 3. Include a source of protein.** Mix it up rather than the failsafe ham sandwich: try strips of chicken, beef, pork, cooked or canned tuna or salmon. Meat alternatives like soya, tofu, Quorn, or cooked egg can also work well in sandwiches or salads. Try houmous or other bean dips with strips of pitta and veg sticks, or as a topping for crispbreads and crackers.
- 4. Include a side dish.** You can add cheese with crackers or fruit, or as sticks or cubes. Don't forget, cheese can be high in fat and salt so choose stronger-tasting ones (you can use less of it) or reduced-fat varieties cheese, and don't pack cheese every single day. Yoghurt or fromage frais are also great choices – go for the plain varieties or check the labels and choose pots that are lower in sugar. Rice pudding pots or custard with fruit are also good packed lunch puds.
- 5. Include a drink.** Plain milk or water are the best choices for children's teeth. If you want to pack fruit juice in your child's lunchbox, stick to a 150ml portion. Better still, dilute it with still or sparkling water to make it more hydrating. Avoid drinks like squash, fruit juice drinks and flavoured water (even if they're labelled as 'sugar-free', 'no added sugar' or 'reduced sugar') – they offer very little nutritional benefit - we would prefer that children did not bring these to school as they can also contain a lot of additives and E-numbers.

### Healthier snacks

Children often like food they can eat with their fingers. Try these ideas:

Chop up raw veggies – such as carrots or peppers, and give them hummus to dip the veggies in.

Chop up fruit – such as apple, satsuma segments, strawberries, blueberries, halved grapes or melon slices.

Add a squeeze of lemon juice to stop them from going brown.

Breadsticks and wholemeal crackers –make great finger foods. Try spreading low-fat soft cheese on them.

Choose malt loaf, tea cakes, fruit breads or fruit – instead of cake, chocolate, cereal bars and biscuits. Fruit can be fresh or canned (in juice, not syrup).

There are plenty more ideas at [Change4Life.com](http://Change4Life.com)