

Milton St. John's CE Primary School Newsletter

Wednesday 4 January 2023

Remember to subscribe to the newsletter on our website to receive an electronic copy.

EXCITING EVENT

SAVE THE DATE

Family Stargazing night 18.01.23

Our Science ambassadors would like to invite parents and children into school for an evening observing the stars.

- Look at the night sky through a telescope
- Crafts and experiments indoors
- Hot Chocolate
- Biscuit decorating
- More information to follow

Further details will follow about how to book on a session – we anticipate there will be two after school sessions.

Please be aware that there will be no clubs on this evening.

MESSY CHURCH – CHANGE OF DATE

Due to the star gazing event week beginning 16 January, we have moved Messy Church to Monday 23 January.



This event is an opportunity for children and their parent or family member to enjoy spending some time together, whilst exploring church in a fun/family friendly way. A parent must attend with their child/children.

To book a place on Messy Church please complete the link below by Friday 13 January: <https://forms.office.com/e/xutWUCxDnC>

SICKNESS/DIARRHOEA REMINDER

There are obviously lots of bugs etc going around at the moment. To try and stop the spread of any viruses, please can we remind parents that children do not come back into school until 48 hours after their last bout of sickness or diarrhoea.

Please NHS guidance <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/> for more information about various illnesses and where it states...

'Vomiting and diarrhoea

Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).'

MANAGING NUT AND OTHER ALLERGY POLICY REMINDER

Please may we remind you about our Managing Nut and Other Allergy Policy which can be viewed on our website. We do have children in our school with severe nut allergies, therefore, it is really important that parents are familiar with our policy. As you may be aware, ANAPHYLAXIS is a severe allergic reaction at the extreme end of the allergic spectrum, affecting the entire body and can occur within minutes of exposure. The main causes are attributed to nuts, seeds and seafood.

The Anaphylaxis Campaign highlights a number of problems with saying that we are a 'Nut Free School' as follows:

- It would be impossible to provide an absolute guarantee that the School is nut free, given that pupils regularly bring in food from home and food items bought on the way to School
- There would be a risk that children with allergies might be led into a false sense of security
- The nut ban would be seen as a precedent for demands to ban other potentially 'risky' foods.

However, whilst we are not proposing that we are a 'Nut Free School' the Governors have made the decision to not allow nuts into school to help minimise airborne allergic reactions to nuts. Therefore, nuts such as peanuts, cashew nuts, monkey nuts, almonds, pistachio etc. (nuts in their natural form) are not allowed in school and will be sensitively taken off children if they are seen and handed back to the parents at the end of the school day. Nuts that are contained within products are still permitted e.g. cereal bars etc.

We do have a new child in school that does have a severe peanut allergy and we would appreciate your support with this matter when you are preparing packed lunches and snacks etc.

We **S**how respect. We are **H**onest. We **I**nclude others. We **N**ever give up. We seek **E**xcellence in all we do.

POLICY ON FOOD

Please could we remind parents about our Policy on Food. Children from Year 1 - 6 are allowed to bring a snack for mid-morning break should they wish. However, we encourage that snacks are healthy (no chocolate or sugary foods). Children in Key Stage 1 also have daily access to the fruit trolley. Children are encouraged to bring their own water bottle to school so that they are able to keep hydrated throughout the day. Children in Reception and Nursery have access to fruit and water throughout the day. Please see the following extract taken from the Policy on Food.

'We will ensure that our school environment promotes healthy eating. We do not encourage sweets or chocolate to be used as rewards or treats. Pupils and parents are also encouraged not to send sweets or chocolate into school for snacks. Special celebrations (birthdays, Easter, etc.) and events during the school year will be celebrated with either non-edible alternatives or given to the children at the end of the day and encouraged to be eaten after their evening meal.'

We will encourage children to drink plenty of water by encouraging them to bring their own water bottle to school which can be kept in the classroom and filled up with water from the drinking taps. If a water bottle is not available for the child, we will provide them with a cup and regular opportunities to drink water throughout the day.

Children will be encouraged to bring healthier foods such as fruit or foods that are sugar free and lower in fat and salt to eat at break times if they wish to have a snack.'

We have also introduced milk at dinnertime for any children wishing to have a drink of milk each day. This is regardless of whether they are on a school dinner or not.

ADDITIONAL BANK HOLIDAY

You may already be aware that the government has confirmed that there will be an additional UK-wide bank holiday in 2023 to mark the coronation of His Majesty King Charles III next year. The coronation is on Saturday 6 May and **Monday 8 May 2023** will be a celebratory bank holiday. School will be closed on this day.

PE DAYS

Milton St John's PE kit

White t-shirt (plain or with School logo)

Black/blue shorts

Black/blue jog bottoms and top

EYFS/KS1: plimsolls or velcroed trainers

KS2: plimsolls or trainers

Earrings must be small sleepers (hoops must be smaller than a child's finger/curve around the ear lobe) or studs. If your child is unable to take their earrings out they must be provided with plasters or micropore tape from home to cover earrings during PE lessons.

Year Group	PE days
Reception	Wednesday
Year 1	Thursday and Friday
Year 2	Thursday and Wednesday
Year 3	Thursday and Wednesday

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Year 4	Thursday and swimming on a Friday (children can wear PE kit on Friday too.)
Year 5	Monday and Friday
Year 6a/b	Tuesday and Friday

DIARY DATES

Fri 16 June to Mon 19 June 2023 Year 6 Kingswood residential trip



Our theme this half term is Courage.

‘Courage doesn’t always roar.
Sometimes courage is the little voice at
the end of the day that says I’ll try again
tomorrow.’