

## **Our Lady and St Joseph's Catholic Primary School**

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Associate Headteacher: Mrs E Janvier



### **COVID update**

We have received new guidance update from DfE which includes some important changes in the light of the end of free testing. Guidance is as follows:

- adults with the symptoms of a respiratory infection, and who have a high temperature or feel unwell, should try to stay at home and avoid contact with other people until they feel well enough to resume normal activities and they no longer have a high temperature
- children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend
- adults with a positive COVID-19 test result should try to stay at home and avoid contact with other people for 5 days, which is when they are most infectious. For children and young people aged 18 and under, the advice will be 3 days

We do still have a high number of positive cases in school and will therefore maintain our internal Outbreak Management Measures in school next week. These include mask wearing in communal areas, staff testing and FS/KS1 and KS2 operating as bubbles. This will end at the Easter break.

**This unfortunately means that we will not be hosting parents/carers for the Palm Sunday assembly on Monday as planned. We apologise for this disappointment and there are opportunities planned for parents/carers to come into school throughout the summer term.**

### **Dates for your diary**

**Monday 4<sup>th</sup> April** – Y3 Cycling – last session

**Tuesday 5<sup>th</sup> April** – Y3/4 Basketball – last session

**Tuesday 5<sup>th</sup> April** – FS Gardening – last session for this group

**Wednesday 6<sup>th</sup> April** – Y6 SATs Booster

**Wednesday 6<sup>th</sup> April** – KS1 Football – last session

**Thursday 7<sup>th</sup> April** – VEX

**Friday 8<sup>th</sup> April** – no Young Voices rehearsal this week.

**Thursday 5<sup>th</sup> May** – FS Eye Tests

**Monday 9<sup>th</sup> May** – Thursday 12<sup>th</sup> May – KS2 SATs week

**Wednesday 29<sup>th</sup> June – Friday 1<sup>st</sup> July** – Y6 Residential

**Monday 18<sup>th</sup> July – Wednesday 20<sup>th</sup> July** – Y6 Transition for Wath Academy

### **Menu Change**

After the Easter holiday there is a new three-week menu cycle. New menus will be sent out next week and will be on the school website. Week beginning Monday 25<sup>th</sup> April will be Week 1.

### **Clubs next half term**

**Monday 25<sup>th</sup> April** – Y5/6 Girls' Football

**Monday 25<sup>th</sup> April** – KS2 Tennis

**Monday 25<sup>th</sup> April** – Y3 Games club

**Tuesday 26<sup>th</sup> April** – KS2 Cricket

**Tuesday 26<sup>th</sup> April** – Gardening Foundation Stage

**Wednesday 27<sup>th</sup> April** – Y6 Booster class 3-4pm. This will continue until SATs week

**Wednesday 27<sup>th</sup> April** – KS1 Cricket

**Thursday 28<sup>th</sup> April** – VEX

**Friday 29<sup>th</sup> April** – Y1 Games club

Parents/carers will be sent an online form to complete if your child is eligible for a club.

### Eco Book Bags

We have been able to source a new supplier for our Book Bags. The book bags are high quality with the school logo and each bag is produced from 6 recycled plastic bottles. The price for each bag will remain the same at £6. Please contact the office if you would like to order.



### Lent

We are now in the season of Lent. Lent is a time we prepare for Jesus' Death and Resurrection at Easter. In Lent we pray, fast and give to help us grow in love for Jesus.

The children in school are on a Lent journey during their outdoor learning forest school sessions. We are using the following prayer in school. Please join us in prayer at home by using this with your children.



#### Prayer for children for Lent

Loving God,  
Help us to work together  
to share what we have  
so that everyone has what they need.  
Help us to build a better world  
where each of us can become the best person  
we can be. Amen



### Lenten Charities

#### Easter Egg Raffle

Year 3 will be organising our annual Easter Egg raffle in aid of the Good Shepherd Fund. Children can bring money for raffle tickets until Wednesday next week. £1 per strip

#### Mission Together

Year 1 are organising an Easter Bonnet Competition to raise money for Mission together. This will be £1 per entry and will run in the week beginning 4<sup>th</sup> April. Children can bring bonnets into school on Monday 4<sup>th</sup> April and the winners will be announced in assembly on Friday 8<sup>th</sup> April.

**Foodbank Friday** is continuing and toiletries are also welcome.

### Staffing News

It is with great sadness that we will say goodbye to Mrs Senior when we break up for the Easter holiday. Mrs Senior has been a wonderful member of staff and we are all going to miss her very much. We are sure you will join with us in wishing all the best in her new role and we hope she will come back and visit us. Mr Burgin will be working in school for the summer term.

### Attendance

Congratulations to Year 1 who are this week's Attendance winners. The Attendance Bear will be spending the week in Y1.

**Whole School Attendance this week: 89%**  
**Target: 96%**

### Jess Cup

Congratulations to Maja Krawczyk who is this week's winner of the Jess Cup.



### Rotherham 10K Children's Event

Ray Matthews, a member of the organising committee for the Rotherham 10k and champion of Run a Mile with Ray will be visiting school on Tuesday 5th April in the afternoon to talk to our children. KS1 2pm KS2 2.30pm. He will have the press with him!

The Rotherham 10km will this year include a Schools 1 mile challenge around Clifton Park on Sunday 15<sup>th</sup> May at 12pm (after the 10km run). This run is in partnership with Rotherham Age UK and Rotherham council and the challenge is for at least four children (can be more) from our school to complete the run with the finishing positions counting towards an overall team score. There is a £3 charge per pupil which school would be happy to donate.

Ray needs an estimate for numbers and so please could you let Mrs Evans know as soon as possible if your child/ children would like to take part.

## Healthy Eating

We always promote healthy eating in school and you will be aware that the School Council have been running the Eat them to Defeat them campaign with the school kitchen and Riverside Catering Service. Free fruit is provided for all KS1 children for snack at playtime and where KS2 children bring snacks please remember that these should only be breakfast bars or fruit. Other snacks should not be eaten at playtime.

If your children brings a packed lunch to school we ask that you consider healthy eating. Packed lunch boxes should not contain fizzy drinks. Children should have only one sweet item and this should not be chocolate bars or sweets. This link will take you to the NHS website information around healthy packed lunches <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/#tips>

The following information is also useful guidance and we will be sharing this with children.



### 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.