>>> NEWSLETTER <<<

FRADLEY PARK

Primary & Nursery School
At Fradley Park we believe "What happens early, matters for a lifetime"



HEADTEACHERS NEWS OF THE WEEK

SUMMER READING <<<

Well done to all the children who entered the 'Summer Reading Challenge' this year. We will continue celebrating certificates and medals in our Celebration Assembly on Fridays. Thank you to those parents who managed to fit library visits and reading into their busy family lives over the summer.

Unfortunately, the trophy escaped us this year, but we are pleased to have made a good start. We are in-line with some of our neighbouring schools and, with such a small number of children, I think that's great. It would be wonderful if everyone could get on board with the challenge next year so that we can keep improving on our reading participation over the summer months.



Wishing you the most wonderful weekend! Chrissie Allen - Headteacher



THE GOLDEN BOOK

We have added another layer to our recognition of your children's achievements this year. THE GOLDEN BOOK (which must be said in a booming voice!) is a place for the Fradley Team to collate work and notes on children who have really impressed them. All the children will receive a gold star but each week certain children will be selected for the Headteacher's Award

>>> HEALTHY FOOD

We have included some links to healthy food choices in the newsletter this week. Please use this information to plan healthy snacks for your child when necessary e.g. snacks for Tea Club, Packed Lunches for trips etc. Please avoid sending in sweets

As highlighted last year, please do not bring in cakes or sweets to give out to children on special birthdays or occasions. We feel it can put parents under pressure to accept unhealthy snacks for their children and we work hard in school to keep treats to a minimum. If you would like to celebrate your child's birthday with the class, how about donating a 'Birthday Book' to your child's class for them to share and enjoy for many months.

>>> UPDATES ON THIS WEEKS



This week in Nursery we have been learning all about the world around us, as part of our whole school book focus on 'Here We Are' by Oliver Jeffers. The children have shared their knowledge of our planet, learnt new information about our world and had fun making their own planet Earth suncatchers. We have also created self portraits for displays in school and had lots of fun enjoying the changeable weather in our outdoor

LEARNING!

This is the first week that children have attended their normal sessions and we couldn't be more proud of how they have settled into their new routines.

Have a lovely weekend!

space.

RECEPTION TEAM UPDATE

Reception have had a busy first full week. We have been learning our first sounds in phonics: s, a, t and p- it would be great to see them practising these at home and sharing them on Tapestry for us to look at in school. This week we have started drawing club and it has been very popular with the childrenthey have loved sharing their ideas and we have loved seeing their imaginations truly shine. In other news, the children have been enjoying their new topic about earth and creating a video to send to aliens to see if they would like to visit us on earth, this can be watched on Tapestry!



Year 1 have started their phonics, literacy, maths and many more lessons this week. The teaching staff are very impressed with the children's attitude to their learning. For this half term, we are focusing on the book 'The Three Little Pigs'. The children could not wait to get started on writing 'wanted' posters in order to catch the Big Bad Wolf' with fantastic descriptive sentences on them! Some children even wanted to make a HUGE 'wanted' poster on our new outdoor chalk board so that everybody who walked past Year 1 would see it.

Year 1 have also had their first music lesson this week where they have learnt to play the recorder. At the end of the school year, Year 1 will be putting on a musical recital to show off their new skills!

In History this term, we are learning about the past and how time has changed. We have learnt about how jobs at home are done now such as washing dishes in the dishwasher and how they were done in the past. The children will be writing questions that they would like to ask about the past over the next week. We would like to invite grandparents and any great-grandparents of our Year 1 children to come in and visit us on 26th September at 9:00am to be asked questions by our children. We promise we will be kind! The children will then take notes on the answers given. Please do not worry if your child's grandparent/great-grandparent cannot attend, we can group children together. The session will roughly last for a maximum of 30 minutes. I would be extremely grateful if you could let Miss Pearson know either via Tapestry or in person if your child's grandparent/greatgrandparent can attend so a rough idea of numbers can be gathered.

100% ATTENDANCE ACROSS SCHOOL
THIS WEEK!!

ATTENDANCE <<<

Attendance matters at
Fradley Park Primary
and Nursery School.
The more our
children attend
school, the more we
can learn, achieve
and celebrate
success together.

Nursery Attendance - 100% Reception Attendance - 100 %

Year 1 - 100%

Fradley Parks Grand Total - 100%

Every school day counts!
Thank you for supporting your
child's attendance at Fradley





DIARY DATES

| 20/09/2023 | Wednesday | Stay & Play - Friends of Fradley |
|------------|-----------|----------------------------------|
| 27/10/2023 | Friday | Half Term (1 week) |
| 06/11/2023 | Monday | Inset Day (school closed) |
| 21/12/2023 | Thursday | End of Term |
| 22/12/2023 | Friday | Inset Day (school closed) |

PLEASE SEE SOME GUIDANCE BELOW REGARDING PACKED LUNCHES!

Packed lunch ideas can be found here:

<u>Kids packed lunch ideas - BBC Food</u>

<u>Lunchbox ideas and recipes – Healthier</u> Families - NHS (www.nhs.uk)



Early years food choking hazards



Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

| vegetable and fruits | Advice | |
|--------------------------------|---|--|
| Pips or stones in fruit | Always check beforehand and remove hard pips or stones from fruit. | |
| Small fruits | Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes into small pieces: cut lengthways and then again cut them in halves (quarters). | |
| Large fruits and firm fruits | Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering. | |
| Vegetables | Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering. | |
| Skin on fruit and vegetables | Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily. | |
| Cooking fruit and vegetables | Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons. | |
| Meat and fish | Advice | |
| Sausages and hot dogs | Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily. | |
| Meat or fish | Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat. | |
| Cheese | Advice | |
| Grate or cut cheese | Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible. | |
| Nuts and seeds | Advice | |
| Chop or flake whole nuts | Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old. | |
| Bread | Advice | |
| White bread and other breads | White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips. | |
| Snacks and other foods | Advice | |
| Popcorn | Do not give babies and young children popcorn. | |
| Chewing gum and marshmallows | Do not give babies and young children chewing gum or marshmallows. | |
| Peanut butter | Do not give babies and young children peanut butter on its own, only use as a spread. | |
| Jelly cubes | Do not give babies and young children raw jelly cubes. | |
| Boiled sweets and ice cubes | Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes. | |
| Raisins and other dried fruits | Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces. | |
| | | |

We would recommend the Phunky Foods website at Phunky Foods - Healthy Lifestyle

Curriculum Activities. There is lots of useful information, recipes and newsletters. There is also 'Phunky15' which are activities that help to keep bodies healthy. All you have to do is click on the 'Parent' tab for more information.

Make sure food is prepared appropriately for children under 5 years old, see: https://www.nhs.uk/start4life/weaning/ It is also advisable that care givers are familiar with how to respond to a choking incident, see: How to stop a child from choking: https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/

and How to resuscitate a child: https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-

Friends of Fradley Park



Stay and Play



Wednesday 20th September
3.15pm - 4.30pm
Practical Classroom

PLEASE ENTER VIA THE DOOR NEXT TO THE YEAR 1 CLASSROOM

Join us for coffee, cake and a catch up after the holidays.

Meet some of the Friends of Fradley Park.

Find out about some of our plans for the year ahead.





Please could you let the school office know that you are coming via email fps-office@fps.jtmat.co.uk

Thank you.