



School News

Issue 1: Thursday 7th September 2017

Welcome back!

I hope that everyone has had a great and safe summer.

Our school has already been a hive of activity. Our staff training on Monday was about **More Able Pupils – raising the achievement of all!**

The whole staff team are really excited as we think that the children will enjoy the strategies and extend their skills. We will be holding some parent's workshops later on this term.

Please continue to check the newsletter and school website for dates of school events.

We will be paying very close attention to attendance and punctuality. We will be contacting parents and carers **if your child's attendance falls below 98% or if they are repeatedly late for school.**

It is vital that all children are **in school, on time and ready to learn every day.**

Research and evidence strongly shows that children who have a poor record of attendance and or punctuality do less well **academically, socially and emotionally.**

If you have moved during the holidays and changed your phone number / email address can you please ensure that you let the school office know. **We must have up to date contact details.**

It's a really good idea to talk to your child/children in the first weeks of a new school year about expectations, what you expect from them and what they should be expecting from themselves.

Learning to meet expectations and follow rules is a valuable life skill. **We expect all children to behave well every day.**

We also urge you to look at our **Home-School Agreement, (HSA)**. This will be sent home on **Monday 11th September**, together with the **Class Curriculum Newsletter**.

Please take the time to read it through and discuss it with your child/children. You can view and download the HSA from our website too!

Wishing you a happy and successful year!

Mrs Dyer.

A Prayer for the New School Year

Almighty God

As we begin this new school year, we ask for your blessing on all who work and study here: Open our minds as we learn about the glory of your creation, grant us courage as we accept new challenges, and help us to play our part in shaping this community.

We give thanks for the opportunities that lie before us: for the people who help us learn and play, for friendships old and new, and for the support of our families.

Finally, we pray for all those around the world who do not have a school to go to or are caught up in conflicts. In particular we pray for the children of Syria and Iraq. Comfort and support those who suffer and give them hope and strength to work for a better future.

We ask all this through Jesus Christ, our Lord.

Amen



Thought for the week



"The Lord is my strength and my shield. My heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song." Psalm 28 : 7

Healthy School Week 11th-15th September

Next week at Burdett-Coutts is Healthy Schools Week. Throughout the week we will be promoting Healthy Living through:

- **Healthy Eating** - children will be reading books about Healthy Eating, discussing different food groups and where food comes from as well as trying different foods and cooking a healthy meal.
- **Exercise and Physical Activity** – children will be walking, running or jogging a mile around the playground 3 times a week as well as their normal PE lessons.
- **Drinking Water to stay hydrated** – all children are encouraged to bring a water bottle to school and keep it in the classroom so they can stay hydrated.
- **Mindfulness and growth mindset activities**– we will be continuing to promote positive behaviour and follow our PSHE curriculum as well as promoting mindfulness and time to reflect as part of our learning.
- **Health and Hygiene** – cleaning teeth / washing hands / covering mouths when coughing etc. We will be working alongside the school nurse to encourage teeth brushing and regular trips to the dentist.

Packed Lunch ideas.

Lunchtime staff have noticed that some children have **huge bags of crisps, bars of chocolate or a large packet of biscuits** for their packed lunch. We want to support parents with ideas and encourage you to give your children the right balance of food that they need to keep them healthy.

What's in a healthy packed lunch?

A child at school should have about a third of their daily nutrient requirements at lunchtime. This means they need food that is going to provide them with enough energy, protein, fibre, vitamins and minerals. **A healthy packed lunch contains:**

- A **starchy food**, such as **bread, rolls, pitta bread, naan bread, potatoes, rice,**

noodles. These foods are good for children to fill up on.

- A good source of **protein, iron and zinc** such as **meat, fish, beans or eggs.**
- A good source of **calcium** such as **milk, cheese, yoghurt or fromage frais.**
- And one portion of **fruit** and one portion of **vegetable or salad** to provide all the other vitamins and minerals. *A piece of fruit could be a 100% juice or piece of fresh fruit, dried fruit or tinned fruit in fruit juice. A piece of vegetable could be a fresh vegetable such as carrot stick, salad or a vegetable soup or vegetable dish.*

No single food contains all the essential nutrients the body needs to be healthy and function efficiently, so it is important that the content of the **packed lunch is varied.**

Can I give my child nuts or Nutella sandwiches?

No! Although nuts are a healthy source of protein, we have several children with a severe nut allergy. This means that if they inhale or eat nuts they will have to be rushed to hospital. If your child brings **nut bars, nut biscuits, packets of nuts or Nutella sandwiches** to school, school staff will have to remove the items from the packed lunch and store them in the office. Your child will be given an alternative lunch and parents/carers will be able to collect the nut food items at the end of the school day from the school office.

What about snacks such as crisps, cakes, pastries and sweets?

These foods should only be given **occasionally.** Children will then appreciate them more. If these foods are included in every packed lunch they might eat these first and not have the appetite to eat the other foods that will provide them with the important nutrients they need to grow and develop, be healthy and active.

At Burdett-Coutts, **Friday is crisps day.** We do not expect to see crisps in your child's packed lunch on any other day.

Did you know that?

- a YouGov poll found that a third of British children eat crisps every day.



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- The other two-thirds of UK children eat them several times a week.
- Snacking on a packet a day — as so many of Britain’s children now do — **can add up to the equivalent of drinking almost five litres of cooking oil per year** to their diet.

Prayer Space Week
18th – 22nd September

During **the week beginning 18th September** we will be transforming one of our classrooms into a Prayer Space. The Prayer Space will have a range of creative activities, run by school staff that encourage personal reflection on issues such as forgiveness, peace, thankfulness and stillness.



We aim to enable children of all faiths and none, to explore life questions, spirituality and faith in a safe, creative and interactive way.

Taking a broadly Christian perspective as a starting point, prayer spaces give children and young people an opportunity to develop skills of personal reflection and to explore prayer in an open, inclusive and safe environment.

Each class will be given the opportunity to attend and **parents and carers are welcome to come and join us from 3pm on Wednesday 20th, Thursday 21st and Friday 23rd September** to come and explore this special place for themselves.



World Peace Day –
Thursday 21st September
Wear White Day!



During our Prayer Space week, we will also be celebrating World Peace Day. **Thursday 21st September** is a wonderful opportunity for the children to learn about the work of significant peace makers in history as well as learn about how they can generate peace and care for those in our school and locality.

We will take part in a number of special activities and to mark the day, **we ask that all the children join the staff in school in wearing white to school.** This can be just a **white school shirt or trousers, shorts and/or a skirt in white too if you have them.**

We are not asking for any financial contributions for this event and we are looking forward to a really fun day.

Reading Lists

At Burdett-Coutts we love reading!



At the start of a new year you may be thinking about the books that you might like to read with your child.

In this week's newsletter we have included a recommended reading list for your child's year group. The local library in Pimlico is a great place to find these books.

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Safeguarding - Child Protection

Every year staff receive **Child Protection training** to ensure that they have a clear understanding of the concept of child protection, relevant legislation and their related responsibilities.

Safeguarding can be summarised as:

- protecting children and learners from maltreatment
- preventing impairment of children's and learners' health or development
- ensuring that children and learners are growing up in circumstances consistent with the provision of safe and effective care
- undertaking that role so as to enable those children and learners to have optimum life chances and to enter adulthood successfully.

Legislation states that the welfare of a child is paramount and that **staff have a duty to report any concerns of a child being at risk of significant harm.** We have:

a Designated Safeguarding Lead (DSL): **Mrs Rosetta Dyer**



a Deputy Designated Safeguarding Lead (Deputy DSL): **Mrs Lucy McMullan**



a Safeguarding Governor: **Mrs Sue Butcher**



and a Safeguarding and Family Support Officer: **Mrs Lavinia Deary**



If you would like a copy of any of our Safeguarding policies, please ask Ms Karen Baker in the school office.

Thought for the week



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Dates for your diary - Autumn Term 2017

Dates	Events
September 2017	
Monday 4th	SCHOOL CLOSED FOR STAFF TRAINING
Tuesday 5th	The first day of term!
Wednesday 6th	9am Secondary Transfer meeting for year 6 parents and carers
11th -15th	Healthy School week
Wednesday 13th	9am Oral Health & Hygiene workshop for parents and carers
Thursday 14th	Sports Day at Battersea Park
Friday 15th	9.15am, Rights Rewarding School Assembly
18th – 22nd	Prayer Space week
Thursday 21st	World Peace Day <i>Wear White to school Day</i> 9am Handwriting Workshop for parents and carers
Friday 22nd	Jeans for Genes Day
Tuesday 26th	Spanish Day
Thursday 28th	9am More Able Workshop for parents and carers St Michael and All Angels
Friday 29th	9.15am, Fine Class Assembly Year 2
October 2017	
Wednesday 4th	No Pens Day! 6pm at St Stephen's church St Francis of Assisi blessing of the animals service <i>Animal Blessing Service</i> – please bring your parrot, cat, dog, gerbil etc.
Friday 6th	9.15am Blackman Class Assembly Year 5
Sunday 8th	10am, Harvest Family Service at St Stephen's church – all welcome
9th – 20th	Friendship Fortnight
Thursday 12th	9am Emotional well-being workshop for parents
Friday 13th	9.15am King-Smith Class Assembly Year 3
16th -20th	Year 5 cycle training week
Thursday 19th	School photographs – individual photo day
Friday 20th	Friendship Assembly

Dates	Events
Half term Monday 23rd – Friday 27th October	
Monday 30th	Autumn Term 2 begins – children back in school
November 2017	
Wednesday 1st	All Saints Day
Thursday 2nd	6pm, All Souls Day Service at St Stephen's church – all welcome
Friday 3rd	9.15am Lewis Class Assembly Year 5
6th -10th	Maths Week
Friday 10th	9.15am Burningham Class Assembly Year 1 World's Biggest Maths Lesson event
Sunday 12th	Remembrance Sunday
Thursday 16th	3.40-7pm KS2 Parents' Evening
Friday 17th	9.15am Anti-Bullying Assembly
Thursday 23rd	3.40-7pm EYFS & KS1 Parents' Evening
Friday 24th	9.15am Rowling Class Assembly Year 4
Sunday 26th	Christ the King
December 2017	
Friday 1st	9.15am Cowell Class Assembly Year 3
Sunday 3rd	First Sunday of Advent
Friday 8th	9.15am, Whole school Nine Lessons service at St John's Smith Square – ALL WELCOME 3.45 –5pm, School Christmas Fair
Tuesday 12th	10am & 2pm, EYFS & KS1 Nativity Play (for parents of children in Nursery, Reception, Year 1 and Year 2)
Thursday 14th	10am & 2pm, KS2 Christmas Play (for parents of children in Years 3-6)
Friday 15th	SCHOOL CLOSED FOR STAFF TRAINING
Wednesday 20th	10am, Christingle service Last Day of the Autumn Term SCHOOL CLOSURES AT 1.30pm

Thought for the week



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