
Croft Newsletter - January 2023

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Croft Church of England
Primary School

Welcome Message

What a busy two weeks it has been!

It has been lovely getting to know the fabulous Croft children and families and settling into the school. Thank you to everyone for making us feel so welcome.

We have been so impressed with how children and staff have responded so quickly to the changes in school and got straight into their learning. Hopefully, you will have seen some of this on Class Dojo and we have put some snapshots of what has been happening in school on the next page.

Open afternoons

We would like to invite you into school to come and have look at the fantastic work that your children have been doing in class and chat with the class teachers. Open afternoons will be held on the following dates:

- Ruby class – Monday 30th January
- Emerald class – Tuesday 31st January
- Diamond and Topaz class – Thursday 2nd February
- Amethyst class – Friday 3rd February

We hope you are able to join us!

Parents' Evenings

Parents' evening will be held in school on Wednesday and Thursday, 8th and 9th February. We will be sending home a letter next week with further information and opportunity to make appointments.

We hope you all have a lovely weekend and we will see you on Monday 😊

Best wishes,

Miss Clarke and Mrs Thompson



Key points



- Mrs Mullins, Embrace Trust Leader, visited us this week and had a walk around the school to see the children and staff. She commented on how well the children were learning. The school continues to be on a journey of improvement, but there was lots to celebrate and she passed her thanks onto the staff and children for all their hard work.
- A quick reminder that classroom doors will close at 8.45am. If your child is late, please report to the school office. If your child is unwell and will be absent from school, please inform the school office by 9am on each day of absence. This is important to ensure that children are safeguarded.
- At pick up time at the end of the day, for the safety of the children, we request that parents stand close to the external classroom door for their child so that it is clear that children are with their adult before leaving the site.



St Michael and All Angels

- The team would like to say thankyou to all the people who came to the Christingle service Christmas Eve, it was a lovely start to Christmas.
- **Saturday lunches-** are on the first Saturday of the month starting on Feb 4th, 12 - 1.30pm, everyone is welcome. There is a different menu each month, IE, soup, jacket potatoes, shepherds pie, quiche, plus a drink and dessert.
- **Church services-** 1st Sunday in the month joint service 10am, see church gate / website for details, 2nd, 3rd , 4th Sunday 11.15 am at Croft church. (5th Sunday joint service).

Website updates

Over the next few weeks we will be updating the Croft website with further information for parents.

Last week we updated each of the Class pages with curriculum information for this term:

Emerald

[Emerald Class | Croft Primary School](#)

Diamond

[Diamond Class | Croft Primary School](#)

Topaz

[Topaz Class | Croft Primary School](#)

Amethyst

[Amethyst Class | Croft Primary School](#)

Ruby

[Ruby Class \(EYFS\) | Croft Primary School](#)

We have also added information pages for parents for:

Term dates and attendance [Term Dates and Attendance | Croft Primary School](#)

Safeguarding [Safeguarding | Croft Primary School](#)

KS1 Phonics [Phonics | Croft Primary School](#)

E-safety [E-safety | Croft Primary School](#)





Diary Dates



- **January**
- 15th - School admissions closing date
- 30th – Ruby Class Open afternoon
- 31st – Emerald Class Open afternoon
- **February**
- 2nd – Diamond & Topaz Open afternoon
- 3rd – Amethyst Open afternoon
- 8th – Library Van Visit
- 8th & 9th - Parents Evenings (letter to follow next week)
- 20th – 24th - Half Term
- **March**
- 2nd – World Book Day
- 10th – 19th – British Science Week
- **April**
- 3rd – 14th - Easter Holidays
- **May**
- 1st – Bank Holiday (school and pre-school closed)
- 8th – Bank Holiday (school and pre-school closed)
- 29th – 2nd June – Half Term



School Health UK



THE PACKED LUNCH GUIDE



We've designed the information in this guide to ensure you have the simplest guide to create healthy, nutritious and, more importantly, tasty packed lunches!

Fruit & Veg

Make sure to include at least one portion of fruit and one portion of vegetables or salad for lunch. These can be fresh, frozen or tinned, which all contain the necessary nutrients and vitamins. Remember to provide at least five portions of fruit and vegetables across the day, and keep them varied.

- Portion sizes: 1 apple, 1 satsuma, 10 berries, 2-3 tablespoons of tinned fruit, 60g of vegetables, salad or cooked pulses

Drinks

Water makes up over half of your child's body weight. It is essential for all bodily functions, and for brain growth. It is important to drink lots of water and avoid sugary and fizzy drinks. Aim for 6-8 glasses of fluid per day.

Sources of Protein

Protein is important for your little one's growth, helping with maintenance and repair of the body. Opt for leaner meats and limit battered and fried options. Make sure to provide fish twice a week, with oily fish at least once for healthy omega-3 acids. Don't forget protein sources also include beans, lentils, chickpeas, eggs, tofu,

Carbohydrates

Starchy carbohydrates are important as your child's main energy source. Examples include bread, pasta, rice, potatoes, and cous cous.

- Portion sizes: 1-2 slices bread, 1 small pitta, 45-65g of dried pasta/noodles, 40-60g of dried grains, 70-100g of roast potatoes or wedges (raw)

Oils & Spreads

Eat less often and in small amounts, choosing lower fat spreads where possible.

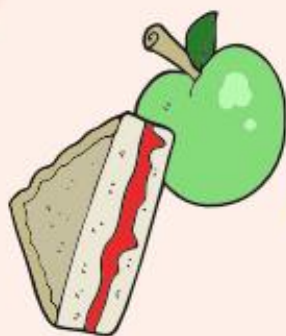
Dairy & Alternatives

Dairy provides calcium, essential vitamins and added protein, which are important for growing strong bones and teeth. Tofu, dark leafy greens and milk alternatives also provide these.



Lunch Boxes

Lunch boxes should be varied and consider the Eatwell Guide. Must not contain any chocolate, sweets or other confectionery, including cereal bars and processed fruit bars. Is packed by parents and children - they are more likely to enjoy if they helped make it.



ONLY 1.6% OF PACKED LUNCHES MEET NUTRITIONAL STANDARDS AND ONLY ONE IN FIVE CONTAINS ANY VEGETABLES!



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Find Out More!



School Health UK

Transforming Lunchtimes



Top Tips !

- 1 Squeeze some lemon on fruit to keep it fresh
- 2 Use stronger tasting cheese - you'll use less!
- 3 Get creative with fruit infused waters
- 4 Choose wholegrain and skin on where possible
- 5 Opt for lower fat fillings like turkey/chicken
- 6 Remember low fat often means high sugar



✉ hello@schoolhealthuk.co.uk

🌐 www.schoolhealthuk.co.uk

☎ 03445 070 164



Key Lunch Components

- 🥦 Sources of Protein
- 🥦 Carbohydrates
- 🥦 Dairy & Alternatives
- 🥦 Fruit & Veg
- 🥦 Drinks

www.schoolhealthuk.co.uk

Winter Water Safety

Waterways Covered in Ice and Snow

The shock of falling into cold water may:

- Make breathing difficult and cause you to gasp for air, this could result in water being breathed in
- Make it difficult to think, you may become disorientated and panic
- May cause cardiac arrest.

How could you help someone who has fallen through ice? Put the following steps in the correct order:

- Immediately call 999 for the emergency services
- Shout for help
- Try to remain calm and do NOT go on the ice
- Warm them up slowly using body heat and blankets whilst awaiting the emergency services
- Slowly attempt to pull the casualty to shore, or instruct them to kick their legs if you have thrown a buoyant aid
- Keep well away from the edge in a safe position so that you cannot fall in. Either throw or reach out with the aid. You may need to lie down and get others to hold your legs so you don't get pulled in if reaching from the side
- Ask the casualty to move towards the side by breaking the ice in front of them with their hands if they can
- Instruct the casualty to move slowly and spread their weight whilst climbing onto the ice
- Try to find something that you can reach them with or throw. Things you may find include a rope, pole, clothing tied together, a scarf or a buoyant aid like a ball.

NOTE:

STAY AWAY FROM FROZEN WATERWAYS THE ICE MAY BREAK AND YOU COULD FALL THROUGH!





Staying well over winter

You do not always have to see your GP for minor illnesses. In many cases, home based self-care might be all that's needed for your child

Check out our 'Staying well over winter' advice on

Health for Kids: Grownups

Find out more about how to treat: **fever, head injuries, sickness and diarrhoea, coughs, colds and earache and breathing issues** at home, as well as advice on when to seek further medical health or go to A&E.



All advice has been put together by qualified health professionals.



If you do feel you need some extra guidance, you can use the NHS app or website, NHS 111 Online or your local pharmacy.

If you can't treat the illness yourself or it isn't getting any better, use your GP practice or call NHS 111. In an emergency and when there is a threat to life, call 999 or go to A&E

Try to 'Get in the know' about the right services to use

Familiarise yourself with where to go, stock up your medicine cupboard and be prepared now so you know what to do when the time comes



Leicestershire Partnership NHS Trust runs a dedicated, confidential and secure text messaging service called ChatHealth for parents and carers of children aged 0-19, which enables you to get professional health advice and support.

Getting in touch

If you live in Leicester City, text your Public Health (School) Nurse on:

07520 615 381

If you live in Leicestershire and Rutland, text your Public Health (School) Nurse on:

07520 615 382

or start a chat via the ChatHealth website

chathealth.nhs.uk

How does it work?

The service is available **9am to 5pm every weekday**, excluding bank holidays. All texts will be responded to by a public health nurse (health visitor/school nurse) within 24 hours. Outside of the service working hours, you'll receive a message back to inform you that your text will be responded to once the line reopens.

Should you require urgent health advice in the meantime, contact your GP, visit an NHS walk-in centre, use the online 111 service or call NHS 111. For emergencies, call 999.

Self-care for common winter conditions and minor ailments can save you from spending hours in one of our busy GP or hospital waiting rooms this winter and can make your child more comfortable quicker.