

13th September 2022

Dear families,

Happy New Year!

It is so lovely to be able to write to you at the start of this new school year. A year full of promise and excitement! Our new starters in all classes have settled in well – and are already falling perfectly in to 'The Cambrai Way'. This is an exciting year for us, as this year we open up our juniors, we ***should*** be inspected by OFSTED and our new Head of School will join Mrs Guest and I to support the leadership of the school later in this term. We also welcome new staff to the team, with Miss Adams now a permanent teacher at Cambrai and two new teaching assistants joining us. Mrs Hoggart and Miss Richardson already feel like they have been here for some time and are the perfect fit for the team!

The rest of this letter just covers a few bits and pieces that are useful information for this early point in the year. If you have any questions or comments, please get in touch. As always, our doors are always open. We will also be sending out our 'Year Plan' soon too, which will detail all of the events and dates which we know about so far to help you plan your year too.



Extra Bank Holiday and the passing of Queen Elizabeth II

With the sad passing of Her Majesty Queen Elizabeth II we have received guidance from the Department of Education as to protocols they advise us to take.

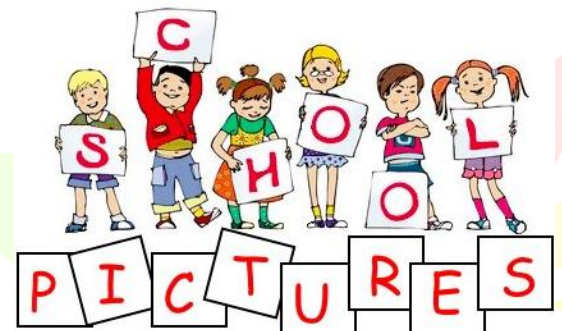
As you will be aware Monday 19th September 2022 has been named as the date for the state funeral and this date has been declared as a national Bank Holiday and all schools will be closed. Cambrai Primary School will be **closed** to all staff and pupils on Monday 19th September 2022.

An age appropriate assembly has taken place as we support the pupils through this time. Normal attendance is expected during this time of mourning. We will continue to fly our flag at half-mast during this mourning period.

New date for School Picture Day!

Due to the additional bank holiday School Picture Day has now be moved to the next available date – Friday 11th November 2022.

A reminder also that we will also be doing sibling photos this year not just for those in the school but younger siblings too! If you would like to bring any siblings in for 9am on the day so we can get the sibling photos done first thing! 😊



Lingotots

For those who have signed their children up for Lingotots lessons they will be starting this Thursday after school! You should have received an email from the French teacher if you have opted for your children to take part in these lessons. If you have yet to pay for your lessons please do get in touch with the French teacher asap.



NO SMOKING OR VAPING

Can we just put out a polite reminder to everyone that the school site is a NO smoking site. This includes the car park.

Unfortunately we are finding cigarette ends around the parking area and have seen parents smoking. This also includes vaping on site.

Packed Lunches and Year 3 Snacks

Now that we are seeing families having to pay for school lunches in year 3, we are seeing many packed lunches. As you will imagine, school cooked lunches have pretty strict guidelines that we need to follow – and whilst we cannot expect families to mirror these guidelines exactly, we do ask you to carefully consider what is provided as part of a packed lunch.

If your child is bringing in their own packed lunch, please keep it healthy. A healthy diet is a balanced one, with everything in moderation being fine, so we ask families to simply:

- Only provide water or diluted juice for a drink at lunchtime. Children can still access the water on the tables so you do not have to provide water other than the water bottle which they drink in class. We cannot allow fizzy or very sugary drinks.
- Not put in any sweets in the lunch box. Sweets are for treats – not for lunch.
- Not put too many biscuits etc in the lunch. A simple chocolate biscuit is fine as part of a balanced lunch – but not a chocolate bar or bag of chocolate treats.
- Try and include a range of things – a sandwich or wrap, some fruit or vegetables, a yoghurt and a biscuit, for example would be fine. If you choose to put crisps in, that is your choice – just be aware that the amount of salt in a typical bag of crisps is generally a lot of your child's recommended daily amount. The information at the end of this letter might help you to consider 'hidden salt' – I certainly found it surprising!

We cannot have nuts in school in any form. We do have to insist we are a nut free school, especially as it is a life-threatening condition. Therefore, **no nut** products in the lunch boxes or brought into the school as treats.

For example

- Peanut butter sandwiches
- Chocolate spreads (Nutella)
- Cereal bars
- Some granola bars
- Cakes that contain nuts
- Biscuits / Cookies that contain nuts
- Peanut butter cakes
- Some Asian food, including satay Sauces that contain nuts
- Muesli bars
- Chocolate bars or sweets that contain nuts



Children should have no more than between 2g and 6g of salt a day, depending on their age. Adults should not exceed 6g

	Salt (g)
 Two slices of wholemeal bread	1
 Two slices of white bread	0.7
 A bagel	0.7
 Portion of cheddar	0.6
 Portion of Heinz spaghetti hoops	0.7
 One pork sausage	1.1
 Small packet of ready salted crisps	0.35
 Bowl of Kellogg's Rice Krispies	0.5
 Bowl of Nestle Golden Grahams	0.48

This list is not exhaustive, so please check the packaging of products closely. Please note, where a member of staff notices a pupil eating a nut product, the product will be removed politely and the member of staff will explain why this has to be done. A message will then be sent home to explain what has happened so you are fully informed.

Now that your child is in the 'juniors', they no longer receive a free piece of fruit each day from the government for snack time. If you would like to send in a piece of fruit or veg for a playtime snack, that's fine.

Please put this in the book bag, rather than the packed lunch box so that they can access it easily.

Lastly, we have no refrigeration facilities in which to store all of the lunchboxes. As such, in warm weather you might want to pop an ice pack in the lunchbox, or use an insulated bag.

In essence, we trust you. Our guidelines above are not as stringent as many schools. We simply ask you to always think about the contents and stand firm when your child wants everything from the treat cupboard popping in!

Thank you in advance for your cooperation. I hope you feel that we have found a good middle ground.



Mr. M. Dent
Executive Headteacher
 Cambrai Primary School

