

Bosham Primary School

Walton Lane, Bosham, Chichester, West Sussex, PO18 8QF.

Tel: 01243 572375, Fax: 01243 576032

e-mail: office@boshamprimary.co.uk

Headteacher: Mrs Jacquelyn Wattam BEd (Hons), MA Ed, NPQH



30th September, 2022.

Dear parents / carers,

I hope you have had an enjoyable week; I cannot believe that we are at the end of September already! I was very pleased to have our Year Five pupils back in school on Wednesday. I would like to thank them for rising to the challenge of their first school residential with determination and enjoyment; especially considering the horrible wet and cold weather they had on Tuesday. I am very proud of them. I would also like to thank Miss Pullen, Miss Smith and Mr Richmond for giving up their time to accompany the children; their support was greatly appreciated.

Census day – Thursday 6th October

For every child in Key Stage 1 that eats a school lunch on census day we receive government funding. Every child counts!

Menu Choices for Thursday 6 October

Main

Cheese and tomato pizza

Vegetarian

Butternut squash and chickpea curry and rice

Sides

Rainbow vegetables and salad

Pudding

Chocolate Brownie

This year we have decided to take the opportunity to run a 'Taster Day' on **Thursday 6 October** and provide a meal for every child in Reception, Year 1 and Year 2 classes so that they can try a hot school lunch and see if they enjoy the experience – in these challenging times this could also open up the opportunity for parents to ensure their child has a nutritious meal, free of charge, for every day they attend school.

As this is a taster session, and you may be unsure about how much food your child will eat, you may want to send in their packed lunch as usual.

Packed lunches

This term, a few parents have asked about our stance on packed lunches. I hope you find the following information helpful. To promote consistency between packed lunches and food provided by schools, we need to ensure the content of lunchboxes reflects the requirement of schools to meet minimum food and nutrition standards for school meals. Therefore children's packed lunches should include items from the 5 main food groups;

- 1) Bread, Rice, Potatoes, Pasta. These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions eg pasta salad, sandwich.
- 2) Fruit and Vegetables. These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more e.g. carrot/cucumber sticks, cherry tomatoes, a piece of fruit.
- 3) Milk and Dairy foods. These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch e.g. yoghurt, fromage frais, milk.
- 4) Meat, Fish, Eggs, Beans. These foods provide protein for growth. Packed lunches should include 1 portion of these foods e.g. boiled egg as filling in sandwich, mixed bean salad.
- 5) Drinks – any drinks provided in lunch boxes should only include either plain water, milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies.

Please support us by not including these items in a packed lunch

Foods and drinks high in fat and / or sugar It is important not to fill up on too many foods that are high in fat and / or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes.

- Fizzy Pop/Fruit shoots

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- Sweets
- Chocolate bars

Please visit www.childrensfoodtrust.org.uk/schools/the-standards for more information.

Please remember that we are a nut free school as we do have several children with severe nuts allergies. Please support us by not including: peanut butter, Nutella, almond butter, cereal bars which include nuts in your child's lunch box.

Harvest Festival- Friday 7th October 2pm

Weather permitting, we will be holding our Harvest Festival Celebration on Friday 7th October on the school field. We would like to invite you to join us at 2pm when Father Martin will be leading the service. During the celebration we would love the children to share donations of food items for us to send to the Chichester Food Bank. The Food Bank in Chichester has been established for a number of years now but is currently facing unprecedented demand due to people's changing circumstances. Please could donations be brought into school on Friday morning. Children can take their items straight to the tables in the hall after taking off their coats and hanging up their bags.

Requests from the Foodbank include tins of:

- Custard
- Fish
- Fruit
- Meat
- Potatoes
- Rice Pudding
- Soup
- Vegetables

Children starting school in September 2023

Online applications open on Monday 3 October 2022. Please see the attached leaflet for further information.

Transferring to Secondary school - reminder for Year 6 parents

Deadline to apply for a school place is Monday 31 October 2022.

Vacancy

We have a vacancy for a part-time (8hours) office administrator to support Mrs Walster. If you are interested please see our website for details.

And finally...

A huge **Thank you** to Mr Probee and Mr Young who have replaced the muddy patch of ground under the field gate with a piece of artificial turf. I hope you enjoyed the tea and coffee!

I wish you a relaxing weekend,

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From previous news letters

Clubs

There are some spaces in the following clubs: If your child would like to attend please contact the school office to book a place. If you have booked and paid for a club, please remind your child / pupil to attend.

Monday	Journalism	3:15 – 4:15	Years 4 - 6
	Rhyme time	3:15 – 4:15	Year 1 and 2
Tuesday	Netball	7:45 -8:40	Years 3 - 6
	Yoga	3:15 – 4:15	Years 2 - 4
Thursday	Country dancing	3:15 – 4:15	Years 1 - 6

Dates for your diaries

Parents' evenings: **Booking slots for this will be available from 2pm on Friday 30th September.**

Individual and sibling photographs – Friday 7 October 2022

Yr6 Bikeability – week commencing 7 November 2022

Harvest Festival – Friday 7 October 2022 @ 2pm

Book Fest - Tuesday 4 October 2022

Influenza nasal spray: Monday 17th October 2022

Half Term – week commencing 24th October 2022

Christmas Market: Friday 2nd December 2022

Christmas carol service – Friday 16 December 2022

End of Term – Friday 16 December 2022

INSET days 2022-2023

January 3rd 2023

February 10th 2023

June 5th 2023

Letters sent this week

Year 6 Bikeability: Please return the forms to the school office by Tuesday 4th October

Year 6 Evacuee letter

Headlice

BSA 100 club