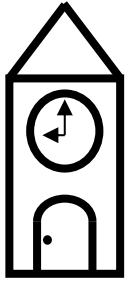


Learning Together: Working as One

Aspire; Believe; Succeed; Excel

Friday Bridge Primary School

Newsletter



October 2024

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Find us on



Welcome to our newsletter

It has been a busy start to the new school year where the children have displayed wonderful learning behaviours and great attitudes to learning. The Kestrels and Hawks class have been enjoying music and computing with 20twenty productions. The Robins and Wrens class have enjoyed their weekly Forest school sessions and the whole school have participated in cooking with *Roots to Food* and golf workshops. There have been proud achievements from our cross-country team and Bikeability participants. Alongside our busy curriculum, we are looking forward to a range of activities and events in the coming term.

As always, if you have any queries or wish to discuss anything, please contact either myself, Chair of Governors, Maggie Barwell, Ms Suttle (SENDCo and Robins class teacher) or Mrs Preston (Hawks class teacher).

Head@fridaybridge.cambs.sch.uk
DSuttle@fridaybridge.cambs.sch.uk
Chair@fridaybridge.cambs.sch.uk
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Last day of term: Thursday 24th October

Homework reminder

All children will receive homework this term. It will be set on a Friday and to be returned to school by the following Wednesday. As well as a reading book and reading record book, there will be weekly sounds or spellings and an additional piece of homework. This may be English, Maths or topic related. The children will also take home their log-in details for *Purple Mash* and *TT Rockstars*.

Healthy Schools

As part of our Healthy Schools strategy, children are able to bring in water bottles in the classroom containing water. They may have juice for their packed lunch if they wish. At break times, they are more than welcome to bring a healthy snack such as a piece of fruit, yoghurt etc. We know how important it is that your child has the right fuel to keep them going from breakfast until lunch and would encourage you to provide them with something that they can eat. Only one snack is needed at this time in the morning as they don't have time to sit down and eat for long and getting outside to play is also very important, so please don't send them with too much. The NHS guidance from 'change 4 life' advises that snacks are kept to under 100 calories. Please remember that all key stage 1 children have the option of free fruit and vegetables as part of the government school fruit and vegetables scheme. Therefore, there is no need to send a snack for key stage 1 pupils from home if you choose not to.



Healthy snacks at school



Year R children do not need an additional snack as they are provided with milk and fruit at school. Also, please remember we have a strict NO NUTS policy because of children's allergies.

When choosing a healthy snack; please:

- look at the nutritional information per 100g (%) on the snack label
- find a snack with a low-medium fat and sugar content - and no nuts or chocolate please
- look at the food traffic light rating on the sides of packets – leave the red rated foods for treat at home.

Each serving (150g) contains				
Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

- **Red** means the product is high in a nutrient and you should try to cut down, eat less often or eat smaller amounts.
- **Amber** means medium. If a food contains mostly amber, you can eat it most of the time.
- **Green** means low. The greener the label displays, the healthier the food choice is.

Ideal for snacks	Not recommended at school
<p data-bbox="220 295 497 324">Fruit and vegetables</p>  <p data-bbox="220 555 529 584">A small extra sandwich</p>  <p data-bbox="220 784 785 857">Cheese and crackers or yoghurt (be careful of sugar content in some brands)</p>  <p data-bbox="220 1048 785 1122">Bread sticks, pretzels or bread/pita bread</p>  <p data-bbox="220 1332 582 1361">Rice cakes or plain popcorn</p> 	<p data-bbox="810 295 1369 387">These are NOT healthy snacks and should be enjoyed in moderation as part of a balanced diet, but NOT as break time snacks:</p> <p data-bbox="810 432 1008 461">Fruit winders etc</p> <p data-bbox="810 465 1369 566">These dried fruit type snacks have a high sugar content and can stick to teeth so are not advised for snacking between meals.</p>  <p data-bbox="810 795 880 824">Crisps</p>  <p data-bbox="810 1041 954 1070">Treat bars</p>  <p data-bbox="810 1227 960 1256">Cereal bars</p>  <p data-bbox="810 1496 1050 1525">Chocolate biscuits</p>  <p data-bbox="810 1742 1037 1771">Pastries or cakes</p> 


Uniform

The children have started the new school year full of enthusiasm and looking smart as well as ready for their learning. It is important that they wear the correct uniform, PE kit and Forest school kit for this to happen. We wish for all of our children to have the same, high standards in both school uniform and PE kit that gives our children a clear identity. It shows that they belong to Friday Bridge Primary School. We want the children to feel that they belong to their school and be proud of it. One of the mantras that we share with the children at Friday Bridge is 'Smart in body, smart in mind'. By this we mean that children learn best when they are in a mindset for work. Through being smartly presented, the children understand the high expectations that our school has for them and that we are striving to be the best that we can be in every sense of the word. For this to be the case, every detail is important and uniform is one of those details.

What is also really important to us as well though is that the uniform and PE/Forest School kit expectations outlined are both achievable and affordable for all parents and carers. Therefore, we have made decisions that we believe enable this to be the case. We do not want to exclude anyone or pose challenges financially for any of our parents or carers with our expectations, we do not expect an embroidered logo on all items of school uniform.

A reminder that, for personal safety, jewellery should not be worn in school.

Attendance



Getting Your Child to School Really Matters

Did You Know... ?

In a School Year, If Your Child is Late Every Day By...	Your Child Would Have Lost Approximately...	or They Would Have Missed Approximately...
5 Minutes	3.5 Days from School	20 Lessons
10 Minutes	7 Days from School	41 Lessons
15 Minutes	10 Days from School	55 Lessons
20 Minutes	14.5 Days from School	82 Lessons
30 Minutes	22 Days from School	123 Lessons

Please Encourage Punctuality to Maintain Attendance

The infographic features a cartoon alarm clock on the left with a speech bubble saying 'WAKE UP!'. The background is a bright yellow with radiating lines and stars.

Celebration Assembly

Just to make you aware, the day of the Celebration Assembly will be changing to a Friday from this week.

Diary Dates

Friday 27th September – Netball (Wisbech Grammar School)

Friday 11th October – Tag Rugby (Wisbech Grammar School) – letter to follow

Friday 18th October – Hockey Coaching (Wisbech Grammar School) – letter to follow

Thursday 24th October – Pupil Progress Meetings

Monday 4th November – Samba Workshop

Thursday 7th November – Trips to Gressenhall Farm (Hawks) more information to follow

Friday 8th November – Hockey (Wisbech Grammar School) – letter to follow

Tuesday 12th November – Individual/sibling photographs

Friday 15th November – Hawks STEM Challenge

Friday 22nd November – Gymnastics (Wisbech Grammar School) – letter to follow

Thursday 28th November – Flu vaccinations

Thursday 12th December – Roots to Food