



**Cliddesden Primary School**  
**Headteacher's Newsletter**  
**Spring Term Issue 1**  
**17 January 2020**

Dear parents, carers and members of our school community

On behalf of the staff I would like to say a huge thank you for all the kind gifts, cards and messages we received at the end of last term. We never expect them but very much appreciate them all.

We are now well into the swing of the new term and look forward to lots of exciting learning ahead. Here are some of the dates for this term. More will be added and sent out in further newsletters once confirmed and letters sent accordingly.

In Achievement Assembly today I asked the children what they had learned this week. They were able to tell me about Viking settlers, how the muscles in our bodies work, all about light including using vocabulary such as refraction and much more. It was a delight to see the children so enthusiastic about their learning. I also had the pleasure of a group attending High Tea who told me about the many things they enjoy about school and their learning including enjoying new challenges, having fantastic teachers and good friends. A lovely way to end the week.

Thursday 23 <sup>rd</sup> January	Willow and Beech Class educational visit to Southampton Art Gallery
Friday 24 <sup>th</sup> January	Chestnut and Oak Class educational visit to Southampton Art Gallery
Thursday 30 <sup>th</sup> January	Year 5 and 6 Athletics Team at Cranbourne
Tuesday 4 <sup>th</sup> February	Beech Class Science visit to QMC Year 3 and 4 Cross Country Team at Down Grange
Tuesday 11 <sup>th</sup> February	African Dance and Drumming Workshops for all Classes
Friday 14 <sup>th</sup> February	Mad Hair Day - Fundraising for Naomi House
Monday 17 <sup>th</sup> to Friday 21 <sup>st</sup> February	Half Term Holiday
Monday 16 <sup>th</sup> March to Thursday 19 <sup>th</sup> March	Year 5 and 6 Bikeability
Wednesday 25 <sup>th</sup> and Thursday 26 <sup>th</sup> March	Parent Consultation Evenings 3:30 to 6:50pm
Thursday 2 <sup>nd</sup> April	Willow Class science visit to QMC
Friday 3 <sup>rd</sup> April	Friends Easter Discos End of Term 3:15pm (then discos)

*Kenneth Davies*  
*Headteacher*

## OUR CURRICULUM

One of our key priorities on this year's School Strategic Plan is to review and improve the wider curriculum that we deliver. Staff meetings and some INSET days have been used for our subject leaders to re-design their curriculum areas to ensure that there is clear progression in every subject and that the teaching of each subject is sequenced and enables our children to build on their knowledge and skills. Also to ensure that full coverage is completed of every subject. Having two year groups in one class is a challenge when sequencing units of work so we have a two-year cycle for Science and our foundation subjects (Computing, History, Geography, Art, Design Technology, PHSE, RE, PE and Music) so every aspect is covered properly.

To see what your child is learning this term our wider curriculum overviews are now on the class pages on our website. These will be updated termly.

To view our curriculum intent, long term progression of skills and subject coverage in each year group please have a look at the *Our Curriculum* section on our website.

<https://www.cliddesden.hants.sch.uk/curriculum/our-curriculum>

<https://www.cliddesden.hants.sch.uk/curriculum/our-eyfs-curriculum>

## WINTER WEATHER

Please ensure that your child brings a coat to school every day during the remaining winter months.

- Make sure your child wears a hat and long trousers/tights in very cold weather.
- Protect hands with mittens or gloves for warmth.
- Remember, if your child's feet and hands are warm, it's usually a sign that they are dressed appropriately for winter weather.
- Tracksuit bottoms and sweatshirt for outdoor PE. The Cliddesden Sports Hoodie is part of our PE kit and all children should own one. They are available from both Tesco and Schoolkit.

Please help your children and the school staff by ensuring that all items brought into school are named.

We imagine that a lot of money was spent on hats, gloves, winter coats, bags and water bottles over the Christmas holiday but if these items are not named they are very easily mislaid and it is difficult to get them back to their owner if a name is not obvious.

In the event of bad weather please look at the school website on [www.cliddesden.hants.sch.uk](http://www.cliddesden.hants.sch.uk), or access [www.hants.gov.uk/schoolclosures](http://www.hants.gov.uk/schoolclosures). We also text everyone regarding closures. We promise that we will do our best to keep complete closures to a minimum.

## HEALTHY EATING

At Cliddesden we encourage children to have a school dinner. However, packed lunches from home are an option but please ensure they are healthy and nutritious. I have copied below some tips I read this week from the BBC website.

## **The sandwich**

Experts say the "main event" should be something filling, such as bread, rice, pasta or potatoes. Choose wholegrain where you can.

When it comes to the filling of a sandwich, wrap or bagel, **always add salad if you can** because it will count towards your child's recommended five a day of fresh fruit and veg.

Veg, such as sweetcorn and carrots, would be good, healthy fillings to give children, along with hummus or coleslaw, especially as an alternative to sugary jam or chocolate spread.

Try to avoid using lots of mayonnaise, butter and spread - a little bit can go a long way.

Reduced-fat alternatives are available for many spreads and cheese.

## **Lunchbox recipes and ideas**

<https://www.bbcgoodfood.com/recipes/collection/lunchbox>

<https://www.bbc.co.uk/bitesize/articles/z4fmd6f>

[https://www.bbc.co.uk/food/collections/vegan\\_lunchbox](https://www.bbc.co.uk/food/collections/vegan_lunchbox)

## **The snack**

To make lunches healthier, try:

- malt loaf, fruited teacakes, fruit breads or fruit instead of cakes, chocolate, cereal bars and biscuits
- plain rice cakes or popcorn instead of crisps
- low-sugar yoghurt or fromage frais or a pot of sugar-free jelly instead of full-sugar ones

## **Extra fruit and veg**

Try chopped apple, peeled satsuma segments or melon slices to make it easier for young children to eat and enjoy. A squeeze of lemon juice can stop the fruit going brown.

Cherry tomatoes, peppers and celery also count.

## **Other expert tips**

Study author Dr Charlotte Evans said getting children involved in shopping for and preparing packed lunches could help with educating them about making healthy choices.

"Changing behaviour is very difficult," she said. "We know that. And we do need the food industry to help by making the choices that are available healthier."

"But involving children and getting them engaged with food choices from a young age is important."

"Encouraging a child to go to the shops with you and buy a pepper, then go home and slice some off and put it into their lunchbox would be great."

"It's about making it feel normal to have vegetables."

Loughborough University's Dr Emma Haycraft has studied the psychology of getting children to eat more veg.

She said: "Research has shown that children need to be exposed to foods a number of times before they learn to like them. So it's important that foods are offered in lunchboxes on multiple times."

"These can be small portions initially, to minimise waste, but this will allow children time to become familiar with foods that they might not be used to eating."

### **ATTENDANCE REMINDER**

At Cliddesden we believe that good attendance is key to good attainment. Therefore we encourage children to attend school every day unless they are not well enough. Extended holidays are not encouraged and you may be subject to a penalty notice from Hampshire County Council should you take unauthorised leave of absence. If your child is sick please contact the school office before 8:55 am. If your child is late for school please go to the school office so that they can be marked in the register. The link door is closed at 8:55 am. We thank you for your support on this matter.

A reminder that if you request time off school for your child you must complete a request form available to download from the website or collect from the school office.

### **NOTICES**

- We are looking forward to our educational visits to The Southampton Art Gallery next week. Please note that on both Thursday and Friday there will be a large coach picking up and dropping the children off. The coach will arrive soon after 8:45am so please vacate the car park promptly. The coach will arrive back around 3pm so the car park will be closed until after it has left.
- We have had reports that some parents are arriving to school before pick-up and sitting in their cars with the engines running. Please can we ask that in the interest of both the environment and air quality that you turn your engine off while waiting.

To view diary dates and class pages, find out about our curriculum, read all about our events in school, view your child's homework tasks, learn how to stay safe on the internet and much more please visit our school website [www.cliddesden.hants.sch.uk](http://www.cliddesden.hants.sch.uk)

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