

## PARENT END OF HALF TERM LETTER

Dear Parent/ Carer,

At Parent Voice, I mentioned that the school will be purchasing water bottles, which are designed for schools and Bisphenol-A free. They will be provided with no charge to every child in our school and we will also name them all, with a picture for Reception children. If children lose or damage their bottle there will be a cost.

They can be kept in school and children will be allowed to use them at appropriate times etc and we will ensure that the bottles are washed and can be filled from our drinking water machine.

As in any school, there are always the very few children who do not drink water. Please will you inform us and we will ensure special provision and monitor them.



Children may not like water, preferring the taste of juice, which is not as healthy for them as all have 'free sugars' and they contribute to weight gain and tooth decay. So please can all parents make an effort to ensure children do not get hooked on juice and fizzy drinks.

The amount of fluid a child needs depends on many factors including their age, their gender, the weather and how much physical activity they do. Generally they should aim to drink about 6-8 glasses of fluid per day. Younger children need relatively smaller drinks (e.g. 120–150 ml serving) and older children need larger drinks (e.g. 250–300 ml serving). This is based on recommendations from the European Food Safety Authority (EFSA), which set out how much fluid children of different ages need. Assuming 70-80% of fluid in the diet comes from drinks (20-30% from food) the EFSA recommendations from drinks only are equivalent to 1.1-1.3 litres per day for 4-8 year olds, 1.3-1.5 litres per day for 9-13 year old girls and 1.5-1.7 litres per day 9-13 year old boys.

If you want to talk this through with me please do not hesitate. We want what you want, the very best and for your child, and for them to be healthy and develop fitness and stamina into Adult hood.

If possible please can all classes only use draw string bags for PE kit and not bring back packs. Our cloakroom spaces are very limited and I am seeing coats all over the floor which is sad as they cost a lot and this could also cause a trip hazard.



I have enjoyed hearing the children rehearsing for the Harvest Festival; we do have some lovely voices and lots of talented children, well done. It was also good seeing so many of you at St Leonard's and for the great turnout for Parent Consultation Evenings.

Our Pre-school are increasing their hours straight after half term. Sessions will start at 9am and finish at 3pm, Monday-Thursday. We would like the children to stay for a school meal lunch (in the pre-school); if you wish to book a meal please see Erika or Alison.

We now have our new school timings up and running so please do not be late as it can be distressing for your child and everyone else. All children need to be in class ready for registration no later than 8.50am please.

Finally..... thank you so much for your fantastic support, I have really appreciated it and so have all the staff. Wishing you a great half term and may we have great weather too. Stay safe and we will see you all soon on Tuesday, 30<sup>th</sup> October.

Sandy Brown