

3rd May 2017



Dear Families,

Keeping healthy– allergies

We have a significant number of children who have some form of food allergy. The most common ones are nut or egg allergies. These can be life threatening.

This risk is well-managed within school with the kitchen being fully aware of which children need extra special attention.

It is more challenging to monitor food etc brought in from home, particularly birthday treats.

In order to help us manage this important health and safety issue please be aware of the following:

- Popular brands of mixed chocolates often contain many choices with nuts in
- Cakes contain eggs
- Many of our children do not eat sweets containing gelatine (an animal product) or only halal varieties
- Some families prefer their children not to have sweets or treats at all.

There is also a question of proportion, for example:

Large cakes that need cutting up take staff time to prepare

Luxury cupcakes etc are very costly and can put pressure on other parents

Party bags are very expensive and are very difficult to check the contents.

Without going to the extreme of “banning” birthday treats I therefore ask that if you really want to share your child’s birthday you do so in a moderate way with a token treat and include a fruit option for children who do not eat sugary foods.

Let’s avoid party bags, nutty sweets and extremely sweet, large sized cakes .

Thank you for your help with this issue.

Art Week is planned for the end of June. More information to follow

Can you please collect clean plastic bottle tops– any colour or size e.g. milk bottles/ juice bottles or cartons etc

Sleep

Please try to ensure your child gets a decent night’s sleep. Many of our children are clearly often very tired and this has a serious affect on their attention and concentration.

Research has shown how crucial sleep is to achievement.

Sleep is free and is the best investment you can make for your children.

Dates for the rest of the year

Class group photos tomorrow– please note the background is white so a (red) jumper/ cardigan will be needed

Half term Monday 29th May to Friday 2nd June– BACK TO SCHOOL Monday 5th June

Staff Training day Monday 26th June– School Closed– planned to give an extra day for Eid Celebrations

International Food festival -Thursday 29th June– more information to follow– this is a new event!

Summer fete Saturday 8th July 1-4pm

Sports day (Nursery & Reception) Wednesday 12th July 9.30am– 11 at school

Sports day (KS1) Thursday 13th July 9.30 on Wanstead Flats (tbc) Year 2 Farewell Assembly Wednesday 19th July 2.30pm

Sarah and staff