



## Fresh water is the way to go!

Dear Parents and Carers,

As you know, like most schools we are a 'Healthy School' and as part of this we encourage children to improve their health and well-being in a number of ways. We have had a policy for some time that children should only bring plain water to school – children should not bring Fruit Shoots, Flavoured water, or even squash. I am gently reminding families to please make sure that children only bring water to school

Soft drinks that are sugar free contain artificial sweeteners and often other additives that affect children's ability to concentrate. If drinks are not sugar free they will often contain unhealthy amounts of sugar that also have an impact on children's energy levels.

We are working very hard across the school in helping pupils to learn how to stay calm and focused; **we notice a huge difference after pupils have had drinks other than water or milk.** These changes may not be as apparent at home where there are fewer people and less distractions but at school it can become very difficult for some children after they have had a sugary drink.

We hope all children will come to school with their own water bottle. These can be filled up at different places around the school with fresh, filtered and cooled water

## Safeguarding Statement

The school ensures children learn in a safe, caring and enriching environment. Children are taught how to keep themselves safe, to develop positive and healthy relationships, how to avoid situations where they might be at risk including by being exploited.

**The school has a statutory responsibility** to share any concerns it might have about a child in need of protection with other agencies and in particular police, health and children's services. Schools are not able to investigate concerns but have a legal duty to refer them. In most instances, the school will be able to inform the parents/carer of its need to make a referral. However, sometimes the school is advised by Children's Social Care or police that the parent/carer cannot be informed whilst they investigate the matter. We understand the anxiety parents/carers understandably feel when they are not told about any concerns from the outset. **Please remember that the school follows legislation that aims to act in the interests of the child.**

Our Safeguarding Policy is available on the school website – if you have any questions please don't hesitate to ask.

Stranger Danger: I have talked to children today to remind them about staying safe over the holidays; I am sure you will want to remind them also about always staying with friends wherever possible if they are playing out, as well as taking particular care when crossing roads.

I am pleased to say that the school council will be campaigning to have the local streets turned into a 20mph zone, following several near misses in recent years. We wish everybody a safe and happy half term – children come back to school on Monday 22<sup>nd</sup> February.

Richard Stone  
Headteacher

# Fosse Extreme Reading Challenge!!!

**We have a challenge for you!** Books can be read anywhere, at any time and, with this in mind, we are inviting all the children and parents to take on the Fosse Extreme Reading Challenge: think about different, exciting, fun (but SAFE) places where you can enjoy a book and ask your parents or your friends to take a photo of you reading in your “extreme place”.

😊😊😊😊😊😊 **There will be prizes for the best photos!**😊😊😊😊😊😊



## Bake Sale & Baking around the World Friday 26<sup>th</sup> February

Miss Collins who has been working in Mr Moreton’s class is holding a bake sale and “Baking around the world” competition on Friday 26<sup>th</sup> February to support a project that tackles poverty in Nepal. The bake sale will take place throughout the afternoon and pupil’s families are welcome to purchase cakes after 2.30pm in the school hall, Miss Collins will be available to talk to anyone that wish to know any more information regarding her work in Nepal.

Miss Collins, will travel to Nepal in March to work on the ‘Livelihoods Development Programme’ for 12 weeks; she will team up with Nepalese volunteers to tackle some of the problems facing the local community. ICS allows young people aged 18-25 to contribute to long-term development projects in countries like Burkina Faso, Sierra Leone and Nepal. The scheme offers young people the chance to develop personally on projects that are of genuine value to communities around the world. On return to the UK, ICS volunteers undertake an ‘Action at Home Project’, ensuring that their new skills also benefit their local communities.

Miss Collins said: “My Bake sale is a way of making sure developing countries can continue to benefit from the work of future volunteers, so it’s vital I reach my target. I have chosen to theme the baking competition “Baking around the world” to showcase the different nationalities and cultures we have here at Fosse Primary School”.

“The project I’m working on is run by the development charity, VSO and aims to improve the lives of impoverished people in some of the country’s poorest districts, particularly focusing on vulnerable women and girls, and marginalised caste and ethnic groups. This is a unique opportunity to work alongside people from a different culture who have requested help from young volunteers to fight poverty and make a difference where it’s needed most. I’m really excited to get out there.”