



# Yealmpton Flyer

[www.yealmpton-primary.devon.sch.uk](http://www.yealmpton-primary.devon.sch.uk)

Thursday 29<sup>th</sup> March 2018 Number 11

## After School Club Child Care Provision – September 2018

The closing date for applications has been extended to Monday 16<sup>th</sup> April 2018. Hopefully, we will be in a position to interview on Friday 20<sup>th</sup> April. The school is fully committed to pursuing all avenues to ensure there is high quality child care from 3:15 - 6:00 on the school site and will keep you updated.



## Getting Ready for Next Term

Holidays are time for rest, fun and adventures. Holidays are also a time for preparing for the start of a new school term. To help ensure a positive start to the summer term the school uniform expectations are being shared. The children should wear school uniform at all times and the cooperation of parents in this matter is appreciated. We ask the children to tie longer hair back during the school day.

### Uniform

- White polo shirt with school logo ( only available from the school office)
- White polo or open necked shirts for boys and girls.
- Navy trousers or formal navy shorts for boys.
- Navy skirt, navy pinafore, navy trousers or formal navy shorts for girls.
- Red cardigan or sweatshirt with the school logo.
- During the summer girls may wear a blue and white check or striped dress.
- Grey socks for boys and navy, grey or white socks or tights for girls.
- Black, or navy shoes: these should be sensible and appropriate for the season. There should be no trainers or boots. Smart and sensible footwear, no heels or open toes sandals, please.

### Jewellery

In the interest of health and safety, **no jewellery** should be worn to school, **except for ear-ring studs**. Children are not allowed to wear ear-rings or other jewellery for P.E lessons. Children need to remove **their own** ear-rings, putting them in a safe place prior to a lesson starting. Watches may be worn by KS2 children

### P.E./Games Kit

- Red polo shirt and black/navy shorts
- Trainers for games, athletics and outdoor sports. Children do dance and gymnastics in bare feet.
- P.E. kit must be kept in a drawstring bag.

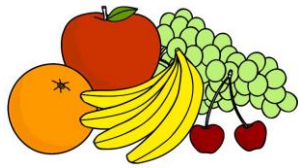
### Hair

Children's hair should be neat and not restrict vision. Long hair needs to be tied back during the school day, so that they can safely enjoy all activities at school.

### Creating Independence

The younger children need to become independent as earliest as possible and should be wearing uniform and footwear that helps them to succeed in this challenge.

**It is important that all items are clearly named.**



## Healthy Snacks and Drinks



We aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively we need to work in partnership with parents in securing the best for every child and together encourage the children to be 'healthy eaters' and seek your support with this.

The children can bring in a water bottle and healthy snacks are permitted at break time. All children in EYFS and KS1 receive a free piece of fruit or vegetable each day as part of the Government School Fruit and Vegetable Scheme.

### Healthy Snacks could include:

- Fruit or dried fruit
- Vegetables
- Cereal bars
- Crackers
- **Please do not send your child with crisps, chocolate or sweets**

### School Kitchen Snacks

At break time the school kitchen offer:

- Toast or crackers 20p
- Raisins 20p

### Packed lunches

We fully respect individual parent's food choices for their children and understand that there are many different needs and tastes. We want to work with parents to educate our children about the healthy dietary choices so that the children, through the understanding of balanced diet, will develop a greater appreciation of a healthy lifestyle.

The recommended contents of a healthy lunch box are:

- A good portion of starchy food, e.g. bread, crackers, pasta or rice salad
- Plenty of fruit and vegetables, e.g. apple, orange, banana, carrot sticks, small box of raisins or any other fruit or vegetable
- A portion of milk or dairy food, e.g. yoghurt.
- A drink e.g. a small carton of milk, juice, squash or bottle of water.
- One small biscuit, e.g. kit-kat, penguin, club cake bar, etc. - This is the equivalent to a school meal dessert.

Packed lunches should not include:

- Fizzy drinks
- Bars of chocolate or sweets

### Allergies

Please do not send your child with nuts or foods containing nuts or kiwi fruit as we have a number of children with allergies.