

# Pippins Weekly News

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## SEE TOMORROW GROW

Dears Parents and Carers,

It has been another busy week for us in school as we plough ahead with the renovation project. I reiterate my message from the previous week, that children's learning is not being impacted on by the works. My new office is now up and running, along with the front office; please do come and say hello.

As a leadership team, we are really honing in on reading across the school. Please can you read with, and to your child at home daily. This will have a huge impact on your child's writing, allowing them to become fabulous storytellers, characters, vocabulary and writers. It gives me great pleasure when I hear children read from across the whole school! Let us grow tomorrow's writers, today. On this note, can I ask parent volunteers to come forward and support us in school with reading. If you have some spare time, please speak to the front office, or Mr Khalid.

Have a fabulous bank holiday weekend, and I very much look forward to seeing you on Tuesday morning.

With all good wishes, Mr Jalaf

## Dates for the Diary

**6th May** - Bank Holiday/  
School Closed

**13th to 15th May** - Year 6  
SAT's

**23rd May** - End of  
Summer 1

**24th May** - Inset Day

**3rd June** - Summer 2  
begins at 8:35 am

### Attendance

Pips 90%  
Pixie 89%  
Elstar 90%  
Honeygold 90%  
Bramley 89%  
Crispin 89%  
Waltz 88%  
Jazz 97%

**No phones at  
any time when  
picking up or  
dropping off.**

# URGENT NOTICES! - PLEASE READ

NO WALKING THROUGH THE CAR PARK AT ANY TIME.

ABSOLUTELY NO SMOKING OR VAPING ON THE SCHOOL PREMISES.

We are a school built up of many cultures and will NOT **tolerate any racism.**

## Uniform

Uniform checks are now happening on a regular basis, which includes footwear. Let this be a signifier of our pride and accurate representation of the school. Full school uniform is to be worn every day. You will find details of this on the school website.

All long hair must be tied up at all times.

Boys who have long must have all their hair tied back not just the front.

## Parents

NURSERY is proposing to offer afternoon sessions/30hrs a week for all children. Please contact the office for more information.

## Attendance

If you are taking your child out of school for a personal holiday, you must fill in a 'loss of learning' form.

## Child off sick

If your child is ill, unwell, or sick you must call and give all details of the illness as we need them for our records. If your child is off ill for 5 or more days we require a valid/up-to-date doctor's note.


## Appointments

If your child has an appointment during school hours you must give at least 24 hrs notice and proof of appointment.

# MENU FOR THIS TERM

The menus for this term are now on the website just click 'Spring Summer Menu 2024'.


This week's menu is WEEK 1.



## Week 1

Spring/Summer 2024 Menu

**Weeks Starting:**  
15th April, 6th May,  
3rd June, 24th June, 15th July,  
9th September, 30th September  
and 21st October



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b> ✓	<b>Option 1</b>	<b>Option 1</b>	<b>Option 1</b>	<b>Option 1</b>
Cheese and Tomato Pizza with Potato Wedges	Pork Sausages with Creamed Potato and Gravy	Roast Chicken with Roast Potatoes and Gravy	Chicken Korma Curry with Rice	Harry Ramsden's Fish with Oven Chips
<b>Vegetarian Option 2</b> ✓	<b>Option 2</b> ✓	<b>Option 2</b> ✓	<b>Option 2</b> ✓	<b>Option 2</b> ✓
Cheese and Five Bean Tomato Pasta	Quorn Sausage with Creamed Potato and Gravy	Roasted Vegetable Parcel with Roast Potatoes and Gravy	Oriental Vegetable Noodles	Garden Vegetable Goujons with Oven Chips
<b>Option 3</b>	<b>Option 3</b>	<b>Option 3</b>	<b>Option 3</b>	<b>Option 3</b>
School's Choice	School's Choice	School's Choice	School's Choice	School's Choice
<b>Sides:</b> Seasonal Vegetables, Salad Bar and Fresh Bread	<b>Sides:</b> Seasonal Vegetables, Salad Bar and Fresh Bread	<b>Sides:</b> Seasonal Vegetables, Salad Bar and Fresh Bread	<b>Sides:</b> Seasonal Vegetables, Salad Bar and Fresh Bread	<b>Sides:</b> Seasonal Vegetables, Salad Bar and Fresh Bread
<b>Dessert:</b> ✓ Chocolate Cookie	<b>Dessert:</b> ✓ Fresh Dairy Yoghurt	<b>Dessert:</b> ✓ Fresh Fruit Salad with Crème Fraîche	<b>Dessert:</b> ✓ Apple Sponge with Custard	<b>Dessert:</b> ✓ Vanilla Ice Cream

✓ Vegetarian   🍌 Contains a minimum of 50% fruit

# PACKED LUNCH GUIDELINES



## Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:



### 1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

**Choose ONE EVERY DAY from:**

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes



### 2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

**Choose TWO EVERY DAY from:**

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



### 3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

**Choose ONE EVERY DAY from:**

- ✓ Milk
- ✓ Cheese – hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard



### 4 Protein Foods

for growth and repair

Pack a protein punch!

**Choose ONE EVERY DAY from:**

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans



### 5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk – or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie



### Occasionally!

- Meat products such as sausage rolls, pies, sausages
- Plain cakes/sponges and biscuits of appropriate portion sizes



For more healthy packed lunch ideas and recipes visit [www.phunkyfoods.co.uk/recipes](http://www.phunkyfoods.co.uk/recipes)

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[www.phunkyfoods.co.uk](http://www.phunkyfoods.co.uk)

## Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy (kcal)	Fat (g)	Saturated fat (g)	Sugars (g)	Salt (g)
13%	3.0g	1.3g	34g	0.9g
LOW	LOW	HIGH	MED	MED

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Eat less often and in small amounts

Beans, pulses, fish, eggs, meat and other proteins  
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives  
Choose lower fat and lower sugar options

Oil & spreads  
Choose unsaturated oils and use in small amounts

6-8 a day  
Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

# AFTER SCHOOL CLUBS

We have worked tirelessly to create new and exciting opportunities for the children to take part in after school.

Due to low numbers, we may have to cancel some of the offerings, so please take this weekend to book your children into clubs.

Please note Art Club has been cancelled for this term and may return in Summer 2. Multisports for children in RECEPTION, YEAR 1 AND YEAR 2 has been cancelled.

If you are pupil premium and would like to join one of these clubs please contact the office.



0118 449 2641  
info@u-sports.co.uk  
www.u-sports.co.uk

**Summer 2024**  
**Pippins Primary School**

**BOOK NOW**

<https://eastberkshire-termtime.classforkids.io/term/612>

Dear Parents and Guardians,

uSports are pleased to announce that we will be delivering the following after-school clubs at Pippins Primay School for the Summer term.

<p>Multi Skills   Year R-2   Monday   3.10 - 4.15pm</p> <p>Soft Archery   Year 3-6   Monday   3.10 - 4.15pm</p> <p>Tri Golf   Year 1-6   Wednesday   3.10 - 4.15pm</p> <p><b>£6.50 Per Session</b></p>	<h2>How To Book</h2> <ol style="list-style-type: none"><li>1. Click the 'Book Now' button or type in the link underneath</li><li>2. Scroll to find the right club</li><li>3. Add your child's details</li><li>4. Book your child's place</li><li>5. Pay for your session</li></ol>
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Best Wishes,

Charlie Hiscox  
uSports Director

Extra Circular Activities at Pippins  
Spring Term 2

	Club	Time	Year Groups	Venue	Organisation	Sign Up	Pricing/Payment
<b>Monday</b>	Multi Sports	3.15- 4:15	Years Reception, 1, 2,	Hall	Usport	See Poster	Direct to Organisation
	Archery	3.15- 4:15	Years 3, 4, 5, 6	Sports ground	Usport	See Poster	Direct to Organisation
<b>Tuesday</b>	Pippins Sports: Cricket	3.15- 4:15	Years 1, 2 and 3	Sports Ground	Pippins: Mr Jawandha	Arbor	£5.00/ session
<b>Wednesday</b>	Mini Golf	3.15- 4:15	Years 1, 2, 3, 4, 5, 6	Sports Ground	Usports	See Poster	Direct to Organisation
<b>Thursday</b>	Pippins Music: Recorder	3.15- 4:00	Years 1, 2, 3, 4, 5, 6	Year 3 Class room	Pippins: Mrs Manners	Arbor	£3.00/ session
	Pippins Sport: Tennis	3.15- 4:15	Years 4, 5, 6	Sports Ground	Pippins: Mr Jawandha	Arbor	£5.00/ session
<b>Friday</b>	Pippins Sport: Cricket	3.15- 4:15	Years 4, 5, 6	Sports Ground	Pippins: Mr Jawandha	Arbor	£5.00/ session
	Pippins Gardening Club	3.15- 4:15	Years 1, 2, 3, 4, 5, 6	Bungalow	Pippins: Mr Jalaf	Arbor	£5.00/ session

## PIPS - Nursery

Dear Parents,

Nursery had a wonderful time at Langley Park and saw lots of beautiful rhododendron and azalea flowers in bloom. The children collected a range of different coloured petals and natural materials which we brought back to nursery to create some lovely art work. We also had great fun playing in the park, honing our physical development and showing confidence to climb and investigate the equipment.



## PIXIE - RECEPTION

What a great way to start our new topic in Pixie Class!

The children have been learning all about Safari animals.

In PE the children have been moving like animals, slithering like a snake, hopping like a frog, crawling like a lion ready to pounce!

In Art and DT the children have been creating their backgrounds of a sunset. Using the colours yellow and red to mix from light yellow through orange to a dark red. They then used their cutting skills to cut out the animals they chose to make a silhouette picture.

The children have been busy making paper plate elephants, lions and giraffes.

We have had so much fun in our learning of interesting facts about Safari animals.

In IT we looked at Google Earth to see where we are and to find out where our Safari animals' habitats are.

Reception Team  
Mrs Janes and Mrs Day

