



The Boreham Beacon



Issue No: 298

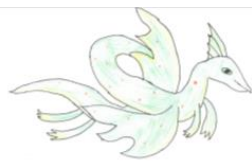
Date: Friday 30th April 2021



Boreham Primary School
A Friendship School



'Daring to aim high, scale new heights, spread our wings and fly far'



HEADTEACHER AWARDS



Reception: Lilly & Thomas
Year 1: Florence
Year 2: William S
Year 3: Charlie
Year 4R: Emily
Year 4BU: Cian
Year 5: Elan
Year 6: Alistair



CLASS ATTENDANCE AWARD

The class with the best attendance for week beginning 19th April 2021 is:
Reception and Year 1 both with 100%
Fantastic, well done!

Attendance



Which class
achieved
the best
attendance?

HOUSE POINTS

House points for this week are:

Ben Nevis: 312
Kilimanjaro: 219

Everest: 297
Olympus: 336

VIRTUAL PARENT CONSULTATION EVENINGS

We are planning to organise virtual parent consultations over the course of Tuesday 18th May, 3:30pm to 5:30pm and Thursday 20th May, 3:30pm to 7:30pm. Further details will be sent out to you shortly with how you will be able to book your online consultations to meet with your child's class teacher.

Boreham Primary School

Tel: 01245 467625 Email: admin@boreham.essex.sch.uk

SCHOOL CLUBS

In last week's newsletter, we celebrated all of the extra-curricular clubs that we have been able to re-start again. Our final two clubs took place last Friday, after school, with our brand new basketball club commencing. To support this club, I have purchased 4 brand new basketball stands which our junior children will also be able to access during their lunchtimes.



Basketball club is run by Nicky Fitch who is the owner of FITC Academy. Nicky is a vastly experienced and talented sports coach.



Rugby Tots for Reception, Year 1 and Year 2 children also started Friday after school.



SCHOOLS PACKED LUNCH AND BREAK TIME SNACK GUIDANCE



Following a couple of recent enquiries, I felt it appropriate to remind you all of our school's food policy and specifically about our expectations with regards to break time snacks and the contents of children's packed lunch boxes. Boreham Primary School aims to promote a positive lunchtime experience for its pupils and staff so that enjoying food and eating meals with others contributes to a happy lifestyle. Should the school have any concerns about individual children and their eating habits, then the school's policy is to contact parents immediately.

Break time Snacks

All pupils are expected to bring a healthy break time snack, preferably fruit or vegetables. **Crisps, sweets and chocolates will not be allowed at break time. This applies to all children across the school.** All children in Early Years and Key Stage 1 benefit from the National School Fruit and Vegetable scheme which entitles them to one free piece of fruit or vegetable a day. However, the children are also encouraged to bring in their own healthy snack too. In the past, we have posted in our school newsletter the various types of appropriate break time snacks and I have included this information for you once again at the end of this week's edition for your information.

Packed Lunches

It is a common misconception that a packed lunch brought from home is healthier than a school meal. The new standards for school food do not cover a packed lunch however studies have shown that packed lunches often contain high levels of salt, fat and sugar.

Guidance recommends that a healthy packed lunch should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day.
- A portion of starchy food such as any type of bread, pasta, rice, couscous, noodles, potato or other type of cereals every day (aim for wholegrain varieties)
- A portion of dairy such as semi-skimmed milk, low fat cheese, low fat and low sugar yoghurt, fromage frais, soya products every day.
- Only water, pure fruit juice (containing no added sugar), semi-skimmed or skimmed milk, smoothies, yoghurt or milk drinks are permitted.
- If a pudding is included within a packed lunch, we ask that it is fruit based.

Recommendations suggest that the following items should be avoided or limited.

- Salted snacks such as crisps.
- Meat products such as sausage rolls, individual pies, corned meat and sausage/chipolatas.

The following items are not permitted in school.

- Fizzy, energy or sugary drinks.
- Confectionery such as chocolate bars, chocolate covered cakes, sweets and chewing gum.
- **Any** food item containing nuts.



Whilst it is not our school policy to check on every child's lunchbox contents in a way which would cause embarrassment to a child, to promote healthy eating, senior members of staff will regularly monitor year groups to ensure that our school's policy is adhered to. We will talk to parents/carers where necessary and offer advice and guidance on providing healthy packed lunches.

On the rare occasions where we notice that children have bought in one of the named food items such as confectionary or something containing nuts, the child will be politely asked to refrain from eating the item and will bring it home. If pupils consistently bring packed lunches that do not meet these guidelines then the school will contact parents directly.

Parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Foods are at risk of harmful bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container.

Our food policy can be located on our school website should you wish to read the complete document. At the end of the policy, it includes useful websites which parents can visit for further guidance.

School Meals

Our catering provision is provided and managed by Edwards & Blake and all of our school meals are prepared in the kitchen by Edwards & Blake staff in full compliance with the National School Food Standards. This includes relevant desserts such as chocolate cookies and brownies, as only pure cocoa powder is used to make them.

HEALTHY HEROES TIP OF THE WEEK

Captain Kinetic says...

Keep your body healthy by exercising regularly. Try this circuit exercise.

<https://youtube/X7JZJBmWVKw>



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HEADTEACHER'S SPECIAL CLASS SPEAKING COMPETITION

This week we have shared details of a special Head teacher's public speaking competition with you and the children which we would encourage as many children as possible to participate in at home. Whilst this is not compulsory, we hope that you will support your child out of school with this competition.

We hope that you agree that this will help us all to acknowledge and pay thanks to a range of people during the COVID pandemic period whilst further developing your child's self-confidence when speaking in-front of a wider audience.

ONLINE SAFETY TIP OF THE WEEK



Look out for signs of cyberbullying as a parent: Here are some indicators:

- Stopping using their electronic devices suddenly or unexpectedly.
- Seeming nervous or jumpy when using their devices, or becoming obsessive about being constantly online.
- Any changes in behaviour such as becoming sad, withdrawn, angry, or lashing out.
- Reluctance to go to school or take part in usual social activities.
- Unexplained physical symptoms such as headaches, stomach upsets.
- Avoiding discussions about what they're doing online or who they're talking to.

MRS MEAN MOONWALK

One of our longest serving teaching assistants, Mrs Mean will be completing the virtual Moonwalk on 15th May walking a distance of 26.2 miles. The Moonwalk is part of 'Walk the Walk' which is a charity raising money and awareness for breast cancer. Mrs Mean will be completing this event alongside one of our former members of support staff, Mrs Panks. If you would like to make a donation to either Mrs Mean and/or Mrs Panks' worthwhile cause then please visit their fundraising pages via the two links below.

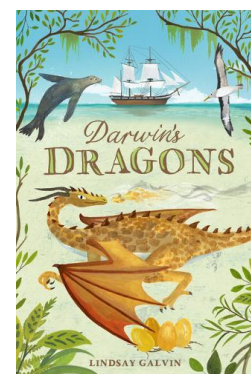
Mrs. Mean: <https://walkthewalk.enthuse.com/pf/richard-mean-0b9d6/post/245803>

Mrs. Panks: <https://walkthewalk.enthuse.com/pf/claire-panks-fb68e/post/245912>

In the meantime, if you see Mrs Mean and Mrs Panks training around the village give them both a cheer to show your support!

BOREHAM BOOK OF THE MONTH

It's the year, 1835. Cabin boy Syms Covington is on the voyage of a lifetime to the Galapagos Islands with the world-famous scientist Charles Darwin. But when Syms falls overboard during a huge storm, he washes up on an unexplored island. Stranded there, he makes a discovery that could change the world.....



IN SCHOOL THIS WEEK

Developing Character Through Role Play



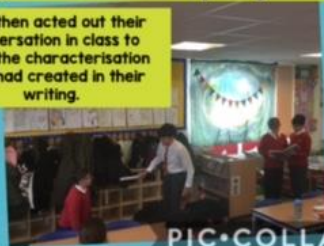
Year 6 worked in pairs to write a conversation between Kensuke and Michael, a boy who had been washed up on an exotic island where Kensuke lived, after falling out of a boat!



Kensuke's Kingdom By Michael Morpurgo



They then acted out their conversation in class to show the characterisation they had created in their writing.



PIC•COLLAGE



Reception have been learning about plants and can now identify different parts.



PIC•COLLAGE

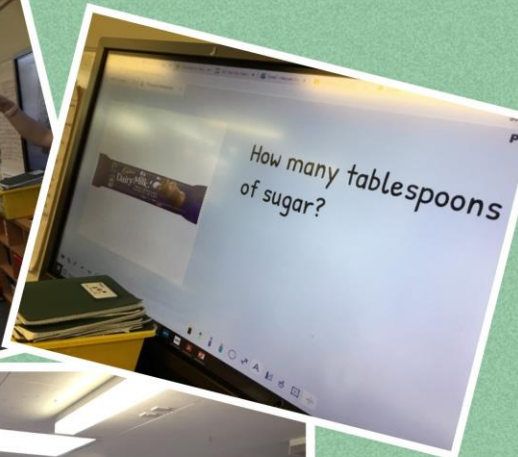
IN SCHOOL THIS WEEK



**4BU ENJOYED USING
THE OUTDOOR STAGE
TO PERFORM THEIR
POEM THIS WEEK**



PIC•COLLAGE



**PSHE - HOW MUCH SUGAR IS IN OUR FOOD
AND DRINK?**

PIC•COLLAGE

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GARDENING CLUB

This week in Gardening club, we split into three groups and each group got to work in each section for 20 minutes. One group worked in the Bio-dome re potting some seeds we planted a few weeks ago and eventually, when there is no risk of frost, some will be planted in the allotment garden and some left in the Bio-dome.

Another group painted some already sprayed potting cans and creatively made them their own, which eventually we will use for planting. The last group learned how to make a compost mixture so water can be retained to give seedlings a better chance of survival. The seeds planted were ones that will attract bees and birds into the garden. Again using their creativity, they designed their own plant labels.

Our froggie visitor was found hiding under the potato bags we planted last week, he then hopped off to the hibernaculum!

Lynn Souslby



PARENT / GRANDPARENT VOLUNTEER REQUIRED

We have purchased some new sleepers to replace the rotten ones currently located within our school wildlife garden. We have some beautiful wildflowers growing within the garden but the poor state of the sleeper beds makes our garden look a little uncared for. We are hoping that either a skilled parent or grandparent would be kind enough to offer some time to insert the new sleeper borders for us. If you think you may be able to help, please contact Mr Bowyer directly.

SCHOOL SCIENCE WEEK

During week beginning the 17th May 2021 we will be celebrating Science Week. During this week each class will be using our outdoor areas to enrich their science learning. This will include use of the Bio-dome, wildlife garden, allotment area as well as other areas of the outdoors. **On Wednesday 19th May** we will be celebrating 'Wellbeing Wednesday' where children can come in non-uniform (suitably dressed for being outside and getting dirty) and enjoy a variety of outdoor learning opportunities.





BREAK TIME SNACK IDEAS FOR PARENTS

As our school's food policy states, we would prefer to see children eating fresh fruit or raw vegetables for their break-time snack but there are some other alternatives that you can consider too.

- Raw vegetable sticks (carrots, cucumber, pepper, celery)
- Fruit (whole or cut up – grapes must be cut in half)



- Bread sticks 
- Fruit and oat flap jacks 
- Cheese and grapes/cheese and pineapple 

- Dried fruit 


- Fruit pots 
- Yoghurt 

- Hot cross buns 

- Fruit scone 

- Malt loaf 

- banana bread 

- Fruit salad 

- cheese strings 

- Dairylea 

- Salad pitta 

Many of our children bring in their fresh fruit / raw vegetables in small plastic containers. Please label these with your child's name as we find so many left outside in the playground which we end up disposing of.



'WHERE OH WHERE IS BOREHAM BEAR?'

This week Boreham Bear visited our Year 6 class to learn about Pickles the dog who famously found the 1966 World Cup Trophy after it had been stolen!

KEY DIARY DATES

Monday 17th May - Friday 21st May 2021

School Science Week

Tuesday 18th May 2021

Parent Online Consultation Evening 3:30-5:30pm

Wednesday 19th May 2021

Well-Being Wednesday (Non-uniform Day)

Thursday 20th May 2021

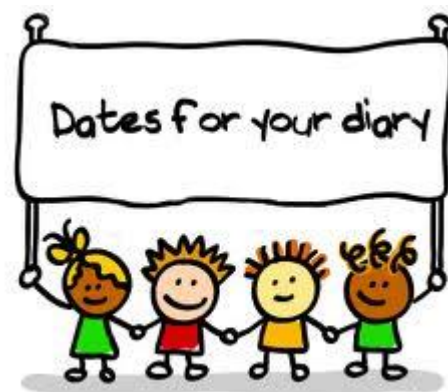
Parent Online Consultation Evening 3:30-7:30pm

Monday 24th May 2021 & Tuesday 25th May 2021

Headteacher Special Public Speaking Competitions in classes

Friday 28th May 2021

Headteacher Special Public Speaking Grand Final!



BREAK FOR HALF TERM (31st May to 4th June)

Monday 7th June 2021

Summer Term 2nd Half commences

Class Photographs

Thursday 10th June 2021

Year 3 Greek Day

Year 6 First Aid Training Day

Friday 18th June 2021

Year 6 Waterfight!

Monday 21st June 2021

National School Sports Week

Tuesday 22nd June 2021

Year 6 to Danbury Outdoors Residential Centre

Friday 25th June 2021

School Sports Day (Unfortunately due to current restrictions this will not be an event that parents can attend)

Wednesday 14th July 2021

Children to meet their new class teachers

Year 6 Production to parents

Thursday 15th July 2021

Year 6 Leavers Awards Assembly at 9:30am

Year 6 Family Fun / Picnic Night on the school field 6:00-8:00pm

Friday 16th July 2021

Last day of term! Break for summer holidays at 1:30pm.

Monday 19th July - Wednesday 21st July are all INSET Days