



Buxton Primary School

Aylsham Road, Buxton, Norwich, NR10 5EZ
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Headteacher: Mr Imran Khan

Building Foundations Together
for a Bright Future

Newsletter

Issue 2

25th September 2019

Settling in!

The children have settled in very well over the first couple of weeks back at school and I am pleased to say that all children and staff have done well at remembering the new class names!

Our new members of the school, Sea Turtles class, have settled incredibly well into life at Buxton Primary School and we look forward to their class assembly next month.

As always, we are off to a busy start to the term with the children working super hard. We continue to encourage the growth mind-set approach and have our own school characters to promote this:



Malala 'Motivation'



Granny 'Grit'



Percy 'Perseverance'



'Resilient' Roy

We also have new stickers which the children receive if they demonstrate these attributes around school and we have updated our weekly certificates to promote a positive growth mind-set approach as well.

Mr Khan ☺

Early Morning Entry Key Stage 1

We try to encourage the independence of children throughout school and one of the ways this can be done is for Year 1 and 2 (as well as the older children) to come into school on their own in the mornings. The children are aware of what they need to do when they come in and school adults are around to help them if it is needed. Thank you for your co-operation and support with this.

Breakfast Club

Could we please remind parents who are dropping children at breakfast club not to drive up the school driveway. The area is used by children walking to school and therefore, as at normal arrival time, we do not allow cars on the driveway for safety reasons. We also need staff to be able to freely access the car park. Thank you.

Macmillan Coffee Afternoon

Today, Wednesday 24th September from 1.15pm to 2.30pm. The PTFA will be serving tea, coffee and cake in return for a donation to this very worthwhile cause.

Blythswood Care Shoebox Appeal

Once again this year we will be supporting this Shoebox appeal to help bring a smile to children overseas this Christmas. Children will be bringing a leaflet home soon.



WE PROMOTE STAFF WELL-BEING





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Aldi's Kit for Schools

This September Aldi is running a promotion to support healthy eating called 'Get Set to Eat Fresh'. They are giving 20 schools the chance to win £20,000 and every school that enters by completing the Aldi's Kit for Schools poster will receive an exclusive sports kit. We are asking that if you (or anyone you know) shops in Aldi that they collect the stickers and bring them in to the school office. How amazing would it be if we could win £20,000 to support Healthy living for our children!



Homework

We will continue our 'streamlined' homework procedures this year, which proved an easier system for children and parents. **ALL pupils** will be given their homework on a Friday – and it needs to be returned to school on a Wednesday. Homework relates to any English or Maths task (including spelling/sounds work or tables). All children in Year 2 and above are provided with weekly homework workbooks. This provides parents/carers with an ongoing record of homework tasks completed and marked.

Teachers are happy to answer any questions relating to the homework they set.

Reading: It is expected that ALL children read at home either with a parent/carer, or to themselves. Reading journals/ Diaries are provided as an ongoing record.

Times Tables: There is now greater emphasis on multiplication times tables (up to 12x) and there will be a national test for Year 4. This will be from this academic year. The more times table games you can play with your children, the better it will be to help reinforce the trickier ones!

Dates for September/October 2019	
25th September	Macmillan Coffee Afternoon
26th September	Pret-a-Portrait – Individual photos
30 th September	Yr 2 Trip to Norwich Castle
1st October	Yr 6 Height & Weight Check
2 nd October	Yr 5&6 trip to The Sainsbury Centre
2 nd October	Yr 6 Open Evening at Aylsham High School
4 th October	Cross County Event at Greshams
5 th October	SPA Event at Blickling Hall 2-4pm
9 th October	Sea Turtles Class Assembly 9am
11 th October	Phonics Workshop & Tapestry for Reception Parents 2.15pm – 3pm
15 th October	Yr 3&4 trip to Anglo Saxon Village West Stow
16 th October	Christmas Play Auditions in school 1-3pm
17 th October	Harvest Service in Church 2-3pm
20 th October to 25 th October	HALF TERM
30 th October	Nasal Flu Immunisations – whole school



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Healthy Eating

At Buxton Primary School we are passionate about healthy eating. We teach about healthy eating as part of the curriculum and actively promote the NHS 'Healthier Lunchboxes' campaign. Please find details below on some fantastic healthy lunchbox tips.

Keep them fuller for longer



Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.

Mix your slices



If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.

Freeze your bread



Keep a small selection of bread in the freezer. Make lunchboxes more interesting by using different shapes, like bagels, pittas and wraps, and different types of bread, such as granary, wholemeal and multi-grain.

DIY lunches



Wraps and pots of fillings can be more exciting for children when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.

Less spread



Cut down on the spread used and try to avoid using mayonnaise in sandwiches.

Cut back on fat



Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.

Ever green



Always add salad to sandwiches – it all counts towards your child's 5 A DAY.

Always add veg



Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.

Cut down on crisps



If your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes instead.

Add bite-size fruit



Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.

Tinned fruit counts



A small pot of tinned fruit in juice – not syrup – is perfect for their lunchbox and is easily stored in the cupboard.

Swap the fruit bars



Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.

Watch the teeth!



Dried fruit counts towards your 5 A Day, but can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.

Swap the sweets



Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).

Go low fat and lower sugar



Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.

Check your cheese



Cheese can be high in fat and salt so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties of cheese.

Get them involved



Get your children involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.

Variety is the spice of lunchboxes!



Be adventurous and get creative to mix up what goes in their lunchbox.

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>



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Healthy School



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