

THORPE HESLEY PRIMARY SCHOOL

USEFUL INFORMATION FOR PARENTS

Thorpe Hesley Primary School



Where Children Grow

THE NEST

2 YEAR OLD PROVISION

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Practical Tips for a Healthy Lunchbox

- Try to vary the contents of the lunchbox daily. That way you can ensure your child is getting the variety of nutrients their bodies need to function and grow.
- Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.
- Wash your hands before handling Food. Wash fruits and vegetables before use and put food in clean containers.
- To keep food fresh, make sure it is stored properly: lunches packed the night before need to be stored in the fridge. If using rice, make sure it is cooled quickly and stored in the fridge overnight. To keep your lunch fresh during the day, use a cool bag and put in a frozen drink or reusable ice pack.
- Keep different breads in the freezer so you can just take out and defrost what you need for one day's lunchbox. Using different breads will make the lunchbox more interesting and enjoyable.
- If your child refuses to eat brown bread, try a lighter variety or make sandwiches using a slice of white and a slice of wholemeal bread.
- For variety, use pitta strips, Crackers, bread sticks or fruit and vegetable finger foods with a dip.
- Always try to add a little salad to a sandwich. To avoid soggy sandwiches, dry the salad before adding it to the sandwich or put it in a separate sandwich bag or tub.
- Make a lower-fat salad dressing by mixing it with some low-fat yogurt or semi skimmed milk.
- You can use leftovers; for example rice and curry, vegetable pizza or pasta and sauce.
- Make a salad using rice, potato or pasta from the night before, mixed with vegetables, beans and so on.

For more information and advice go to:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>
<https://www.bbcgoodfood.com/recipes/collection/school-lunch>



HEALTHIER PACKED LUNCHES FOR CHILDREN



WHAT YOU NEED TO KNOW

Eating well is important. Children need to eat well as it will give them energy and nutrients to grow and develop, be healthy and active. A Healthy, enjoyable lunch gives children the energy they need to learn and play at school.

Use the information in this leaflet to help make your child a healthy packed lunch. Please support the school's food policy by following these guidelines.

WHAT IS A HEALTHY PACKED LUNCH?

Starchy Foods

Base each meal on a starchy food such as bread, potato, rice, pasta. Starchy foods give energy, fibre, vitamins and minerals.

- Bread, try different types such as pitta bread, wraps, chapattis or bread rolls.
- Other starchy foods, such as pasta, couscous or rice.
- Whole grain varieties are best for fibre, which is vital for a healthy digestive system.



Meat and Alternatives

Add some protein, for example meat, fish, eggs, beans or pulses. Protein foods build muscle and provide minerals.

- Lean meats, such as chicken, turkey or ham.
- Include oily fish, such as pilchard, sardines or mackerel at least once every three weeks.
- Cheese, such as cottage cheese, edam or soft cheese.
- Egg. Such as quiche or omelette.
- Meat alternatives, such as tofu or tempeh.
- Dishes containing pulses, beans or meat, for example Dahl, stew or bean salad.
- Meat products such as sausage rolls, sausages and chipolatas, pies and pastries, fried foods should not be included more than once a fortnight.
- Use butter, margarine, mayonnaise or salad dressings separately, because these can be high in fat, or use lower fat alternatives.
- The school does not allow nuts in packed lunches.



A HEALTHY PACKED LUNCH IS A BALANCED MEAL PROVIDING A VARIETY OF NUTRIENTS, TO BE FOUND IN FOUR FOOD GROUPS:

Milk and Dairy Foods

Include a dairy product or dairy alternative, such as fromage frais or tsatziki. These foods provide calcium necessary for strong bones and teeth, as well as providing protein and vitamins.

- Lower fat varieties are healthier.



Fruit and Vegetables

Don't forget to include fruit and vegetables. You can use fresh, frozen, tinned or dried. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy.

- Add tomato, lettuce or beetroot to a sandwich.
- A vegetable dish, such as salad or roast vegetables.
- Fresh fruit, such as apple, banana or pear.
- Dried fruit, such as raisins, apricots or figs.
- Fruit salad (fresh or tinned in juice).
- Finger foods, such as cherry tomatoes, cucumber or celery sticks. Good with a dip such as humous or guacamole.
- Use Fresh fruit and vegetables, which are in season to help the environment and enjoy variety!
- Aim to include at least one portion of fruit and one portion of vegetables or salad.



Drinks

Drinks, especially water, help children to concentrate and feel well. Water is freely available in school.

- Only water, milk or fruit juice should be included in the lunchbox.



Snacks and Confectionary

Snack foods may be included occasionally but aim to make healthier choices. Snack foods tend to be high in fat, sugar and salt. Foods high in fat can cause excessive weight and may lead to heart disease. High sugar foods are high in calories and bad for teeth. High salt foods may increase blood pressure, which can lead to heart disease and some cancers.

For a healthier snack:

- Replace sweets and chocolate with dried fruit, a small bunch of grapes or fruit salad.
- Replace cakes and pastries with fruit bread or malt loaf.
- Replace salted savoury snacks with rice cakes or breadsticks.
- We do not recommend that children bring cakes and pastries.
- Packed lunches should not contain chocolate, biscuits, sweets, salted savoury snacks, cereal bars or fizzy drinks.
- PLEASE DO NOT INCLUDE ANY NUT PRODUCTS IN YOUR CHILD'S LUNCHBOX



Toilet Training

Within school, as with many schools across the country, we are seeing an increase in the number of children attending our Nursery and Reception who are still in nappies. We fully appreciate that all children are different and that, for some, this is appropriate. However, where your child is ready, we would strongly encourage you to take the plunge with toilet training at home. The NHS guidance recommends introducing sitting on the potty as part of your child's normal day when they're around 18 months to 2 years. Some people choose to start earlier.

For those of you who feel your child is ready, we have included some useful links for support and advice below.

Here at Thorpe Hesley Primary school, we are happy to support our families with their toilet training needs. If you need support as a family then please speak to your class teacher. They will put in place a toileting plan that runs alongside your toilet training schedule at home. Please be open and honest about the support your child needs as we find that this ensures the journey to being toilet trained more successful. Healthcare providers can also offer support and school have access to the school nurse so we can also look to them to provide support. Here are a few sites that we recommend that might help and support you on your toilet training journey.

<https://eric.org.uk/>

<https://www.bbc.co.uk/tiny-happy-people/articles/zh7kr2p>

<https://www.bbc.co.uk/bitesize/articles/zdv9382>

<https://www.nhs.uk/conditions/baby/babys-development/potty-training-and-bedwetting/how-to-potty-train/>

Rotherham support and downloadable app:

https://play.google.com/store/apps/details?id=com.mobilerocket.rotherhamnursingservice&hl=en_GB&pli=1

We hope families feel supported with their toilet training journey and if you need any more support then please do not hesitate to ask.

Foundation Stage Team



COULD YOUR CHILD BE ELIGIBLE FOR

PUPIL PREMIUM FUNDING?



"The communication between leaders, teachers and teaching assistants is very successful in identifying the appropriate support needed and checking the impact of these interventions."

OFSTED, July 2017

COULD YOU BE ELIGIBLE?



Schools do not always automatically receive this funding so if you think there is a chance that your child could be eligible for Pupil Premium provision, please contact school.

If you have already applied for Pupil Premium funding for an older sibling, this will not automatically entitle younger brothers or sisters to the funding. It is really important that you therefore complete an application for every child who may be entitled to this additional provision.

Pupil Premium provision within school

When a child within school is identified as being eligible for Pupil Premium funding their class teacher will complete a record of the child's current attainment and will identify any areas where they think that individual would benefit from additional support or development.

Using this as a starting point, provision is then able to be tailored specifically to the child's own individual needs.

These records are updated half termly to ensure that they continue to meet the changing needs of the child as they move through school.

The attainment and progress of each PP child is also closely monitored so that any issues with progress are identified quickly and provision can be adapted taking this into account.

It is important to stress that this provision is not solely aimed at children performing below expectations – a lot of our Pupil Premium children are very able children who enjoy the extra challenge of 1 to 1 support, activities and games to push their learning even further.

All of our children enjoy this extra provision and our data shows that it is having a really positive impact on their attainment in school.



KEY CONTACTS



Mrs Shaw

Responsible for coordinating and monitoring Pupil Premium provision throughout school.



Mrs Nazir

Support for coordinating and monitoring Pupil Premium provision throughout school.



Mrs Dawson

Admin support for Pupil Premium and main contact for queries.



**Mrs Hewitt
Head Teacher**



What OFSTED said about the provision for Pupil Premium children within our school (OFSTED, July 2017):

“ These pupils are extremely well catered for. The team around these pupils provides care, support and guidance that are first class. As a result, these pupils make strong progress. ”

“ These pupils' needs are very well addressed through a rigorous system of assessment and highly effective resulting support. ”

“ These pupils are extremely well catered for. The team around these pupils provides care, support and guidance that are first class. As a result, these pupils make strong progress. ”

“ Funding is targeted well to ensure that these pupils make strong progress from their starting points. ”

if you think your child is eligible for Pupil Premium funding please apply at <https://www.rotherham.gov.uk/benefits/apply-free-school-meals/1> or contact the main school office. Further information available on the school website.



EXAMPLES OF PUPIL PREMIUM PROVISION



Pupil Premium provision within school ranges from additional targeted adult support within class, to small group and one-to-one activities out of class. These activities may include:

- Group games and practical activities focussed on encouraging social interactions and improving self-esteem and confidence;
- One-to-one and small group reading sessions, with opportunities to discuss what has been read and practise answering comprehension style questions and activities;
- Practical maths activities and opportunities to consolidate learning from in class;
- Writing activities focussing on helping the children work on their own writing targets in interesting and interactive ways.

Thorpe Hesley Primary School
Headteacher: Mrs Sarah Hewitt

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Tel: 0114 2570153
thorpehesleyprimary.rotherham.sch.uk
Email: thpoffice@nclt.ac.uk





THORPE HESLEY PRIMARY SCHOOL – PARENT’S GUIDE TO ARBOR



Parent Portal

Arbor is a Management Information System (MIS) that we use in school which helps us work faster, smarter and more collaboratively.

As a parent you have access to the ‘Parent Portal’. This is available as an app or via the Arbor website. The parent portal allows you as parents to view your child’s profile which includes:

- Personal details
- Emergency contact details
- Payment options including school meals, trips, breakfast club & Woodlies
- Parental consents – Home/School Agreement, ICT Agreement, Local Walks

You will also be able to make amendments to contact details (new telephone numbers & email addresses etc).

To download the Arbor app, head to the App Store or Google Play Store and search ‘Arbor’. To sign in you will be asked for your email address. **This must be the email address that we have on record for you.** You will then have to set up a password. Once you have accepted the T&C’s you will be asked to enter your child’s date of birth before being diverted to your child’s profile.

Communications

We send out a number of communications to parents every week. These include the weekly newsletter, letters to parents and medical forms. These are sent via email directly to your inbox. We will also occasionally send messages via SMS.

We ask that parents check for school communications on a regular basis to ensure you are not missing important information. **TOP TIP** – Why not set up a folder for school related emails? This way you can move the emails to your ‘School’ folder ensuring they are all in one place and easier to find if you need to refer back to anything.

**** Please ensure all your contact details are up to date to ensure you are not missing important information from school****

Need help using Arbor?

If you need any help using Arbor or if you have any queries, please contact the school office on 0114 2570153 or THPOffice@nclt.ac.uk

PLEASE NOTE THAT ALL NEW TO SCHOOL/NURSERY CHILDREN MUST BE ON OUR SYSTEM & ENROLLED BEFORE YOU CAN ACCESS THE PARENT PORTAL. YOU WILL BE NOTIFIED BY EMAIL ONCE YOUR CHILDS PROFILE HAS BEEN CREATED (this will usually be on the day your child starts with us).



THORPE HESLEY PRIMARY SCHOOL BREAKFAST CLUB

Terms & Conditions

- Breakfast Club has 27 places available, term time only, for our 2-year old and Nursery children
- Sessions can be booked from 8.00 a.m. - Breakfast club for 2 year olds and Nursery children is run in the 2-Year-Old provision room in the Infant Building
 - The cost per session / per child is £5.50
- Access is by the entrance to the 2-year-old classroom via the 2-year-old school yard. All children must be brought to the school premises by a responsible adult and handed over to staff on duty.
- No vehicles are allowed to come down the school drive or enter the staff car parks unless you have applied for a parking permit.
- The children will be taken to their classrooms at the start of the school day by staff.
- Children will be offered - fruit juice, milk, cereal, fresh fruit, toast (choice of spreads), yoghurt and other healthy food items will be offered from time to time. If your child arrives after 8.30 a.m., they will be offered fresh fruit and yoghurt.
- Parents/Carers will be asked to book the sessions required per term in advance via email from us. Once sessions have been requested by you they cannot be amended, cancelled or added within that term. For example; if you require Wraparound care on Monday, Tuesday and Wednesday these are the sessions you are committing to for the full term.
PLEASE DO NOT DROP YOUR CHILD OFF IF YOU HAVEN'T BOOKED THEM IN AS THEY WILL NOT BE ALLOWED TO STAY
- Payment for sessions booked **must** be made before the session takes place, although your account can be topped up at any time if you want to be in credit. All accounts must be cleared in full before the end of each half term.
- All payments are to be made on **Arbor** or via **childcare vouchers**. 2 Year Olds and Nursery children can use any remaining 30 hour funding by agreement.
- Behaviour expectations are the same as within school. Any child whose behaviour is unacceptable will lose the right to attend the Club.
- If you have any queries regarding bookings or payments for Breakfast Club please see Mrs Durham (infant building) or contact her on 0114 2570153.

When booking sessions for your child you are agreeing to all the terms & conditions as listed above.



THORPE HESLEY PRIMARY SCHOOL AFTER SCHOOL CLUB

Terms & Conditions

- After School Club has 27 places available, term time only, for our 2-year old and Nursery children
- Sessions can be booked to 4.30 p.m. or 5.45 p.m. – After school club for 2 year olds and Nursery children is run in the 2-Year-Old provision room in the Infant Building
- The cost per session / per child is;
 - £7.50 for the 4.30 p.m. finish
 - £12 for the 5.45 p.m. finish
- Access is by the entrance to the 2-year-old classroom via the 2-year-old school yard. All children must be collected from outside the school classroom by a parent/guardian listed on the Club's safeguarding sheet
- No vehicles are allowed to come down the school drive or enter the staff car parks unless you have applied for a parking permit.
- The Nursery children will be collected from their classrooms and taken to After school Club by members of staff.
- Children will be offered as standard:- A warm snack which will be changed each day (eg Beans on Toast, Cheese on Toast, Pizza) Juice, fresh fruit, yogurt, jelly and other healthy food items will be offered from time to time. A smaller snack is offered to those staying until 4.30 p.m.
- Parents/Carers will be asked to book the sessions required per term in advance via email from us. Once sessions have been requested by you they cannot be amended, cancelled or added within that term. For example; if you require Wraparound care on Monday, Tuesday and Wednesday these are the sessions you are committing to for the full term.
- Payment for sessions booked **must** be made before the session takes place, although your account can be topped up at any time if you want to be in credit. All accounts must be cleared in full before the end of each term.
- All payments are to be made on **Arbor** or via **childcare vouchers**. 2 year olds and Nursery children can use any remaining 30 hour funding by agreement.
- Behaviour expectations are the same as within school. Any child whose behaviour is unacceptable will lose the right to attend the Club.
- If you have any queries regarding bookings or payments for After School Club please see Mrs Durham (infant building) or contact her on 0114 2570153.

When booking sessions for your child you are agreeing to all the terms & conditions as listed above.