



Caston Church of England Primary Academy

Executive Headteacher: Mrs Sarah Disney

The Street, Caston, Attleborough, Norfolk, NR17 1DD

Tel: 01953 483304 Email: office@caston.norfolk.sch.uk Web: www.caston.norfolk.sch.uk

15th October 2021

Dear Parents/Carers

Dates for Your Diary

Friday 22nd October - Last day of school for half term

Monday 1st November - Return to school

Wednesday 3rd November - Harvest Festival at the church - 1.45pm

Thursday 4th November - Open afternoon for children starting Reception in Sept 2022

Monday 8th November – Flu Immunisations

Tuesday 9th November – School Photo's

Friday 17th December – End of Term

Healthy Lunches

Over the last few weeks there have been a number of issues with some of the items coming in children's packed lunches so we have attached a guide to suitable suggestions. This will provide you with some ideas and this list is by no means exhaustive. We would like to remind you that we are a nut free Federation.

We recognise that it can sometimes be confusing to see what some children are allowed to have who eat school lunches compared with packed lunches so I would like to clarify this further. School kitchens have to adhere to very strict nutritional guidelines about what can and cannot be included in school meals. This includes any salt, sugar and saturated fats. All menus compiled by school kitchens must meet these standards and all recipes are scrutinised for their nutritional content before being passed to the kitchen. This means that although the children will sometimes have puddings, cakes or chips for example, these are sourced and cooked in a healthier way and are presented as part of a balanced menu over the week.

We understand that it is sometimes hard to explain this to children, who may see their friends as being allowed to have something on school meals that they are not as packed lunches, but we can control the sugar, salt and fat content of school lunches in a way that we cannot with packed lunches. In the past, we have tried to ensure that packed lunches are of a similar healthy standard to school meals, but we recognise that it can be difficult to navigate the array of different types of foods and to ensure variety in packed lunches. Therefore, to clarify our rules for packed lunches, they can include anything so long as there is no: - chocolate spread - Nuts (to safeguard those with allergies) - Fizzy drinks - Cakes (unless these are homemade) - Biscuits (unless these are homemade) – Sweets – Large family bag of crisps.



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Data Collection

Thank you to those who have returned these, please could you check and return them if you have not done so as soon as possible.

Arriving at School

We are writing to emphasise the importance of being in school on time as there have been numerous incidents of some families routinely arriving at school at 9.00 a.m. or later. School starts at 8.55 a.m. every day. Children need to be in their class line at 8.55 a.m. so that they can start their lessons promptly. Children who arrive late are greatly disadvantaged because they miss starting the day with their peers and the beginning of lessons. This means that they are often unsettled and confused about tasks. Their teacher will not always be able to re explain work.

It is also very important that children establish good routines and habits in preparation for the rest of their lives. Punctuality is a life skill that they need to develop whilst they are young. We are required to monitor children's punctuality and attendance. On-going lateness (after the class register has been taken) is classified as an unauthorised absence and this is contrary to The Education Act.

We understand that there may be rare occasions when you are unavoidably late due to unforeseen circumstances. On these occasions, please make sure that you contact the school office to inform us when you will arrive.

Kind regards
Mrs Sarah Disney