



Carlton Primary and Nursery Personal Welfare and Development Newsletter

Week beginning: 8th October 2018 | Issue 75

DEAR PARENTS & CARERS,

Welcome to our annual personal welfare and development newsletter. We are sharing important updates with you. If you have any questions, no matter how small, please ask us. We are always happy to help!

Jacque

Emergency Numbers:

Please ensure we have accurate details of your phone, address, and emergency contact details. **We require a minimum of two telephone numbers and two adults who can also be contacted in case of an emergency.**

Thank You!

Since last year, there have been a few staffing changes that we wanted to make parents aware of. Georgina is now our Deputy Headteacher and Designated Safeguarding Lead, replacing Mandi in both roles. Both Jacque (Headteacher), Shayne (Assistant Headteacher) and Tracey (Family Support Worker) are also Safeguarding leads. We would also like to introduce Luma Abdulla, who has joined Carlton as SENDCo and Year 5 teacher.

PHOTOGRAPHS AND SOCIAL MEDIA AT CARLTON



Please can we ask parents to not take photos of other people's children during school events, and additionally to not post on social media. Thank you

Punctuality Reminders

Please remember school opens at 8.45am. Children arriving at 9.00am are considered late and will have missed an opportunity to respond to their marking.

Anyone arriving after 9.10am receives an unauthorised mark – this counts as a school absence.

10 unauthorised absences result in referrals to Education Welfare Services and could result in a Penalty Notice.



Reminder: Mobile Phones MUST be switched off in school. Anyone using a phone will be asked to leave the setting. Please take calls outside of the school.

Why not, **GREET** your child with a **SMILE** –
Not a **MOBILE?**

CHILD PROTECTION AND SAFEGUARDING REMINDERS

At Carlton, we strive to work together with you to ensure your children are safe. Please read

- Schools check with the child to see if there are any changes to arrangements for collection
- Children will not be released into the care of other adults even when offered without permission
- Schools put **FSSW (Families Services and Social Work)** on **notice at 4.00pm** if we are having difficulties contacting parents or other family members
- If no contact can be made by 4.30pm, the school must contact a duty social worker who will come and collect the child/ren or make arrangements for them to be transported to the FSSW office.
- Where children are regularly uncollected or late, we have a duty to report to the Education Welfare Service. If there are also child protection concerns, a referral will be made to FSSW.

Equalities and Accessibility

Carlton is an equal opportunities school, that ensures the Equality Act (2010) is both practiced and promoted.

We have a separate school Equalities and Accessibility plans, which can be viewed on the school website. These plans demonstrate how we are moving forward with key actions in both of these areas.

We always welcome the views of parents and carers, and if you would like to become involved in our Accessibility Working Group, please contact Georgina directly, or the school office.

Carlton Primary School
Grafton Road,
London NW5 4AX
Tel: 0207 485 1947
www.carlton.camden.sch.uk



Awards we have achieved



SPORT AND HEALTH DATES FOR YOUR DIARY

Carlton participates in a wide-range of Camden School Sports Association (CSSA) and School Games competitions across the year. Here is a calendar of upcoming events:

Date	Activity
Sept/Oct	Y5/6 Netball League (at LSU)
28 th Sept.	CSSA Cross Country (Heath)
10 th October	CSSA TAG Rugby tournament (Heath)
17 th October	Y3/4 Dodgeball Tournament (Talacre)
Late October	Y5/6 Football League Begins (TBD)
October	Flouride treatment visit (R-Y2)
21 st Nov.	Y5/6 Basketball Tournament (Talacre)
5 th Dec.	Y3/4 Benchball Tournament (Talacre)

Planning ahead, our Carlton Sports Day is booked for the **4th July, 2019** at the Parliament Hill track.

SCHOOL MARATHON/CARLTON CROSS COUNTRY RUN



This year we are continuing our School Marathon-with the goal of all children running 42km by the end of the year. In May we will again hold our (now) annual Carlton Cross Country run in support of Age UK Camden.

Packed Lunches

Carlton Parent Packed Lunch Policy

As a Camden Healthy School with a Gold Mayor of London Healthy schools award, we at Carlton promote healthy eating to our families and children and recognise the crucial role that parents play in supporting the school's approach. This policy is part of our whole school food policy and aims to give clear guidance firstly to parents and carers, but also pupils on providing a healthy packed lunch.

We believe that a healthy packed lunch can contribute to the health of children and young people and needs to be consistent with the nutritional standards provided by school meals.

This policy applies to all packed lunches consumed within school, on school trips and on school journeys.

Special diets and allergies. We ask that parents/carers be aware of nut allergies. The school recognises that some pupils may require special diets that do not follow the national food standards exactly. In this case parents and carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Facilities for packed lunches

We will:

- Provide appropriate facilities to store packed lunches
- Provide free, fresh drinking water
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have school lunches or packed lunches, and wherever possible, **ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.**

Monitoring: To promote healthy eating we will regularly monitor the content of packed lunches and involve Carlton Mini Health Champions and staff.

We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches.

A guide to healthy eating is below.

ANTI-BULLYING

We take any reports of bullying very seriously at Carlton. The children are actively taught to understand what bullying is, and report it to adults immediately. Here are just a few reminders for parents if you feel your child is being bullied:

- Take time to listen to your child and stay calm
- Write down what your child has said. If it involves cyberbullying, keep any evidence of emails and texts
- Encourage your child to talk to their teacher or someone at the school
- Never intervene with other children or children's parents, but let the school know.
- Contact your child's class teacher as soon as possible to let them know your concerns.
- Staff will update parents and carers about what they are doing to resolve the issue and when it has been resolved
- If you are not satisfied with the response you get and any action taken, you should contact the Headteacher with your concerns.
- If you remain dissatisfied, you should follow the school's complaints procedure, as detailed in the school prospectus.



Healthy Eating

Foods that should be included EVERY DAY:		Why?
✓ A starchy food	Such as bread, pasta, rice, couscous, noodles or potatoes. Choose wholegrain varieties where possible.	These foods give your children energy as well as containing fibre and important vitamins and minerals such as Vitamin B.
✓ Fruit	At least one portion of fruit every day.	Fruits contain many vitamins and minerals.
✓ Vegetables	At least one portion of vegetables every day.	Vegetables also contain many vitamins and minerals and make low fat, filling snacks for children.
✓ Beans, pulses, fish, eggs, meat and other proteins	Choose lean options where possible and avoid processed items such as sausage rolls and Peperami. Include oily fish such as salmon, mackerel, kippers, and sardines at least once every three weeks.	Protein foods aid growth and repair, as well as providing minerals such as iron. Oily fish contains Omega-3 which contributes to brain function
✓ Dairy foods	Such as milk, cheese, yoghurt, fromage frais and soya products. Opt for cheeses which are lower in fat and not highly processed and choose plain, low fat natural or Greek yoghurts instead of flavoured if possible.	Dairy foods provide calcium which is essential for healthy bone development and growth. Proce.
✓ A drink	Water is always the best choice of drink for children. Pure fruit juice, semi-skimmed or skimmed milk, smoothies, and low fat, low sugar yoghurt or milk drinks can be included also.	Drinking 6-8 glasses / 1.5 litres of water throughout the day will keep children hydrated and aid concentration in school.

Confectionary, cakes, biscuits, crisps and sugary drinks should **NOT** be included in packed lunches or at any part of the school day **including after school.** These items are not needed as part of healthy diet and are high in fat, sugar and salt which can lead to weight gain and health problems in both the long and short term, such as tooth decay, heart disease and diabetes.