



Carlton Primary and Nursery Personal Welfare and Development Newsletter

Week beginning: 26th February 2018 | Issue 67

DEAR PARENTS & CARERS,

We thought we would use the opportunity this week to share with parents a range of updates around the area of Personal Welfare and Development. Please have a read, and if you have any questions let us know. Also, please remember to attend your child's parent meeting this week and complete our annual parent survey if you have the chance.

<https://www.surveymonkey.co.uk/r/JZPJQ8>

Emergency Numbers: All personal contact details are being updated.

Please ensure we have accurate details of your address and emergency contact details. **We require a minimum of two numbers.**

A form will be emailed to you or you can fill one in when you visit this Friday.

Thank You!

For our non-uniform day supporting the Committed Project, we are happy to announce **that we raised £224**. Thank you to the entire Carlton Community for your donation, as this money will go to helping underprivileged children take part in a range of adventurous activities and projects led by survival experts.

HEALTHY LIVING WITH FAMILIES FOR LIFE

We have a few very motivated families who are participating in our Monday family club.



They have been enjoying fun physical exercise all together and learning about healthy recipes that they can make with their children.

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 9.10 am 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 or fine.



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

Late Collection of Children from School Guidance

- 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.

Kids Marathon

All year groups at Carlton are taking part in the Kids Marathon, with the aim of running 42.195km across the school year. Children run during the first 5-10 min of each PE lesson, and at the end of the year, we will have a celebration assembly. **Our current school leaders are:**

Year Group	Girl	Boy
1	Isra 5.1km	Yasir 5.7km
2	Malika 6.9km	Timur 6.1km
3	Nasreen 11.3km	Jayden 7.3km
4	Just began Jan18	Just began Jan18
5	Tamia 9.6km	Adan 9.2km
6	Fayezah 4.3km	Ali 5.5km

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Awards we have achieved

SPORT AND HEALTH DATES FOR YOUR DIARY

For children in Reception to Year 6

As the weather warms up, there will be a wide range of Camden School Sports Association events that Carlton will participate in. Here is a calendar of upcoming events:

Date	Activity
23 rd March	Y2 Cluster Football Tournament
20 th April	Swimming Gala
8 th May	Y3/4 Football Tournament
End of May	Carlton Cross Country Run
8 th June	Y6 Coram Fields Football Tournament
13 th June	Cricket Tournament
19 th June	Outdoor Athletics Competition
6 th July	Carlton Sports Day-Hampstead Heath
11 th July	Rounders Tournament

CARLTON CROSS COUNTRY RUN



This May we will be holding our (now) annual Carlton Cross Country run in support of Age UK Camden (Date TBD). Please be on the lookout for sponsorship forms.

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.

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 to 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.

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.

RATHER THAN BRING SWEETS AND CRISPS TO SCHOOL – WHY NOT TRY ‘SWEETS ON A SATURDAY’ as a weekly treat?