



Dear Parents and Carers

We have made it to the end of another week and what a busy start to the term it has been. A huge thank you to all our parents and carers for the patience and support they have shown to all of the staff at Holy Trinity. All of the changes that we have put in place in school are to try to reduce the risk to our whole school community. We have a very thorough risk assessment which covers all possible eventualities but it relies on everybody playing their part. Please ensure that you maintain a safe distance from each other at drop off and collection times, don't stop to have a chat with friends and exit the site in a timely fashion.

I know we have had a bottleneck on the exit to Beech Grove so we will open one of the car park gates for pedestrians dropping off and collecting on Beech Grove to exit from rather than using the single path. We are continuously trying to improve our daily routines and timings and constructive feedback from parents and carers supports this process.

Next week sees the return of our Reception pupils to a full day so there will be an increase of adults entering and exiting the site at home time. Can I please urge you to come at the correct collection time for your child as this will help us to reduce numbers and maintain social distancing on site. Can parents and carers also ensure that where possible, only one adult is accompanying the child or children being dropped off. To help restrict our numbers, only a parent or carer will be allowed onto the site. Friends or family members have no need to accompany a parent or carer and should therefore not enter the school grounds.

Where a parent has a number of children at the academy, they will be expected to collect the younger sibling first and then the older sibling as they make their way around the one way system. If, for any reason, your older child is not quite ready then please be patient and move out of the one way system to allow others to go past.

Can I also urge you to ensure that your child attends school daily with a named water bottle. This should be full upon their arrival and will be refilled by staff throughout the day if necessary. Due to having to stagger break times and lunchtimes, our sessions can seem quite long for many of our children. Can you please make sure that your child brings something with them for a snack each day. Children in EYFS and KS1 do receive a piece of fruit as part of a government scheme but we do not know what we are getting until it arrives! I would therefore suggest that you send a healthy morning snack (not cake or chocolate) into school so that they do not go hungry throughout the morning session.

I know that this is a very worrying time for all of our families, especially when sending your children to school each day. We will continue to do the very best we possibly can to care for and educate our wonderful pupils. As we enter the autumn, many children will be getting a sore throat, a runny nose and other cold like symptoms. This was always going to be the case when our children have not seen each other for so long and then re-enter an environment where they are altogether. We have additional cleaning routines in place but this is not going to stop children becoming unwell.

Cont...



The government have clearly publicised the symptoms associated with coronavirus and this information has been sent out via parentpay and is also on the school website. If your child has any one of those symptoms then they cannot come to school and a test should be sought. I know this has proved very frustrating for many of our families with a national shortage of tests but we are reassured that this will improve in the coming days. If your child does not have any of these symptoms but what appears to be a common cold then they should be in school.

If you and your family have to isolate due to a positive test result or are awaiting a test result then you need to let us know as soon as possible and stay in touch with the school office so that we know you are all ok.

You cannot just isolate, unless you have either been instructed to do so by a medical professional, or you or a member of your immediate family have received a positive test result.

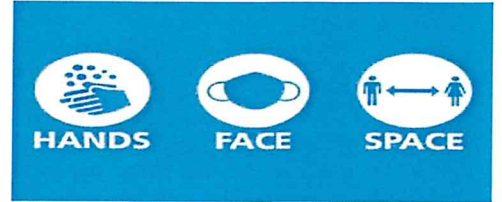
I know it is all very confusing at present and much of the government guidance continues to change on a regular basis. Our academy is here to support our community however we can so I urge you to contact us should you have any concerns or if you need clarity on information being sent out. You are also welcome to book an after school appointment or phone call with me should we be unable to speak during the school day.

I hope you all have a wonderful weekend together and I look forward to welcoming you all back to school on Monday.

Best Wishes

Mr Dickson

R. Dickson



Breakfast and Mid Morning Snack

Some children in KS2 are telling teachers that they have not had any breakfast nor have they brought a mid morning snack.

Skipping breakfast can make kids feel tired, restless, or irritable. In the morning, their bodies need to refuel for the day ahead after going without food for 8 to 12 hours during sleep. Their mood and energy can drop by midmorning if they don't eat at least a small morning meal.

Breakfast Brain Power

It's important for kids to have breakfast every day, but *what* they eat in the morning is crucial too. Choosing breakfast foods that are rich in whole grains, fibre and protein while low in added sugar may boost kids' attention span, concentration, and memory — which they need to learn in school. Here is a link to some great recipe ideas for a breakfast

<https://www.bbcgoodfood.com/recipes/collection/kids-breakfast-recipes>

PS: Don't forget to send your child with a water bottle with their name on it. Water fountains in school cannot be used at this present time.

Best Back To School Breakfasts

How many times have you heard that breakfast is the most important meal of the day? But what do you serve if your child is intolerant to certain foods? What exactly is the best breakfast for your children in order to stay alert, focussed and satisfied when they head back to school this month?

Nothing
No food in the tummy = no energy in the brain!

Not eating breakfast is not a healthy or active start to your child's day. It's also been proven that children who skip breakfast are twice as likely to be obese.*

Frosted Cereals
Up to 37% sugar!

Some frosted cereals have been proven to contain up to 37% sugar! High sugar foods give you a sudden rush of energy, which is broken down very quickly, leaving digestion, causing sluggishness and a rumbling stomach early on in the day.

Would you have a plateful of sugar for breakfast? Hmm, maybe not.

Toast
The nation's favourite breakfast!

Toast is a quick and easy option, but is it any good for you? Increased bread is surprisingly calorie and high in sugar, which leads to a sharp spike in energy, which is broken down quickly, leaving digestion, causing sluggishness and a rumbling stomach early on in the day.

Porridge
Brighten up the bowl with fruit or even a few swirls of honey.

Rich in fibre, high in protein and packed with essential nutrients porridge is a great start to a morning for a natural and sustained release of energy.

Suffer from a dairy intolerance? Milk should be avoided at all costs, but can be substituted with water or dairy alternatives such as soya, almond or oat milk.

Banana, Yoghurt & Nuts
Healthy? Yes. Sustainable? Absolutely.

A fruit/yoghurt combination is one of the most sustainable, low-fat options on the breakfast menu. Mix and match your fruits to keep it fresh and exciting for your kids. Why not make the toppings in to a smiley face? Get creative!

SOURCES

- YORKTEST Experts in food intolerance testing - <http://www.yorktest.com/>
- <http://www.telegraph.co.uk/health/2009/08/Children-who-skip-breakfast-twice-as-likely-to-be-obese.html>
- <http://www.nhs.uk/news/2012/02/February/Pages/breakfast-cereals-still-too-high-in-sugar.aspx>
- <http://www.express.co.uk/news/UK/273932/Here-is-a-toast-to-our-favourite-breakfast-148>

PE Days

These are the days that classes will be having their PE lesson. Please send your child to school in suitable PE kit and footwear on these days.

Clee - Thursday
Earlshill - Thursday
Wrekin - Monday & Thursday

Lawley - Monday and Friday
Caradoc - Thursday
Longmynd - Tuesday
Hawkstone - Tuesday & Friday
Stiperstones - Thursday
Haughmond - Thursday

'Hands. Face. Space' emphasises important elements of the guidance we want everybody to remember: wash your hands regularly, use a face covering when social distancing is not possible and try to keep your distance from those not in your household. This is particularly important when crossing the playground in the morning/afternoon. **Please keep your distance from other families that are not part of your household.**



School Website

NEWS EVENTS INFORMATION PHOTOS CALENDAR

holytrinitycepa.co.uk

Our new website is tailor made to bring you closer to your child's experiences at our school.

- School News & Information
- Photos and Activity from Class Teachers
- School Calendar
- Regular News Emails
- Mobile Friendly

Subscribe now!

Our newsletter system is changing, now any family member can subscribe to our news emails - you're in charge. Click the newsletter link at the bottom of any page.

SUBSCRIBE TO NEWSLETTER



If you subscribe to our school website please remember to update your child's class so that you get the correct information.

For any new parents in school please login to the website and scroll down the first page to the SUBSCRIBE button and tick the relevant boxes for your child's class.

Then head over to the Parent's area where you can find out all about your child's class. This is where teachers will post spellings, homework and any news from class that they would like to share with you.

Parent's Area also includes lunch menus, term dates, forms, latest school news.

Class Names and Teachers:

Nursery - Mrs Kenning
Clee - Mrs Meddins
Earlshill - Mrs Allcock
Wrekin - Mr Hughes
Lawley - Mrs Thompstone

Caradoc - Miss Wright
Longmynd - Miss Hutson
Hawkstone - Mrs Holmes
Stiperstones - Mrs Platt
Haughmond - Miss Scoltock

Thank you to all the new parents to school that have registered with ParentPay. We still have 35 parents across the whole school that are yet to sign up. It is very important that your child is signed up as this is how all payments to school must be made and how the majority of communications (letters, emails, texts) are sent out. It is your responsibility to ensure your contact details and email addresses are all up to date in order to receive the information and for us to contact you in an emergency.



Dinner Debts:

If your child has a dinner debt on their ParentPay account can you please make sure the debt is cleared as soon as possible or it may result in child not being able to have a school lunch until the debt is cleared. Do not hesitate to contact the school office if you are having problems either making a payment on ParentPay or are in financial difficulty.

Remember ParentPay is not an app you have to login and create a shortcut for your device: <https://www.parentpay.com/parent-account-faqs>

Have you circumstances changed?

If your circumstances have changed during the outbreak of Corona virus you may be entitled to claim for free school meals.

Please check the Shropshire council website for eligibility criteria and to make your application. <https://shropshire.gov.uk/free-school-meals/apply-for-free-school-meals/#>



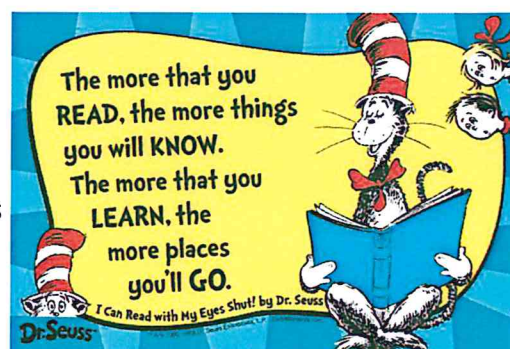
READING AT HOME

In order to reduce shared resources between home and school, we are changing the way in which we organise our home reading. We will be sending an appropriate reading book home with your child on a Friday along with their Reading Diary, we will not comment directly in the Reading Diaries but will check your comments and contributions. Their book will be changed on the following Friday.

Children will continue to read at school on a regular basis and we will keep our own detailed records. Feedback on the progress your child is making and any support you may be able to offer will be communicated to you via your child's class email. Likewise, we would encourage you to communicate with your child's class teacher via the class email.

Younger pupils will be able to access additional reading books using our Bug Club online reading resource and complete a wide range of reading based games and activities. Their class teacher is able to monitor their progress. Should you have any difficulties accessing this resource please contact your child's class teacher.

We appreciate your continued support.



**Stars of the
Week**

**Well Done to
Everybody!**

Earlshill Class - Darcie Evans
Wrekin Class - Dalia Mohamed
Lawley Class - Odin Parker
Caradoc Class - Georgi Kolev
Longmynd Class - Millie Penney
Hawkstone Class - Georgina Harman
Stiperstones Class - Mia Sorour
Haughmond Class - Ethan Browne

Author Event - Baroness Floella Benjamin – Wednesday 7th October at 10 am

Baroness Floella Benjamin is doing one exclusive UK event online. As you know we love bringing authors into school, but as the Covid-19 pandemic has made this impossible for the near future, we are holding a virtual event suitable for school. We will be helping Baroness Floella Benjamin to celebrate the picture book edition of her wonderful memoir, 'Coming to England', illustrated by Diane Ewen.

A picture book edition of Coming to England, the inspiring true story of Baroness Floella Benjamin: from Trinidad, to London as part of the Windrush generation, to the House of Lords.



It follows ten-year-old Floella as she and her family set sail from the Caribbean to a new life in London. Alone on a huge ship for two weeks, then tumbled into a cold and unfriendly London, coming to England wasn't at all what Floella had expected . . . What will her new school be like? Will she meet the Queen?

Filled with optimism and joy, yet deeply personal and relevant, young children will resonate with Floella's experiences of moving home and making friends. Alongside vibrant illustrations by Diane Ewen, this powerful story shows little people how courage and determination can always overcome adversity.

Event Details:

The event will be 'live-steamed' and is suitable for both KS1 and KS2 pupils (Years 1-4). More details will be sent home nearer the time.

Reading at Home



Who?

You! No matter how young or old you are!

What?

- Chapter book
- Poetry
- Magazine
- Dictionary
- Starfall.com
- eBook
- Mail
- Cook book
- Fairy tale
- Calendar
- Nonfiction
- Coupons
- Picture book
- Back of the cereal box
- Fiction
- Joke book
- Biography
- Tablet
- Comic book
- Newspaper
- Mystery book
- Owner's manual
- Recipe

When?

- When you wake up
- While you eat lunch
- On the weekends
- Right before bed
- When you're in the bathroom
- After dinner
- During any free time, even just a few minutes!

Where?

- On your bed
- On a comfy couch or chair
- In a reading fort
- At a table or desk
- In the backyard
- In the bathroom
- In a special reading corner
- By a window
- On the porch

Why?

- To grow as a reader!
- To learn about new places, people, and things.
- To go on adventures without leaving your home!

