

to follow) 3:30-5:30
p.m

<https://forms.office.com/e/VC0B1Q9FZQ>

We are going to be running a parent

EMOTIONAL REGULATION AWARENESS SESSION FOR PARENTS/CARERS(ONLY)



Are you struggling to help your child to manage their emotions?
Would you be interested to find out some hints and tips to help your child?
Join Compass Be for a workshop session for parents & carers. Places can be booked through your school.

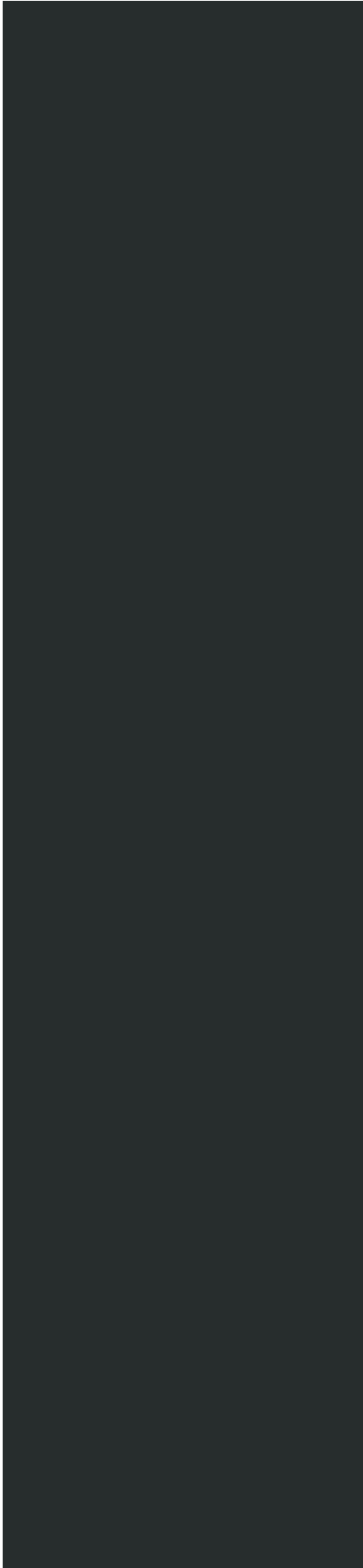


As we continue to prioritise the health and well-being of our students, I am writing to address an important matter concerning the snacks our children bring to school. We have learned that some students are bringing snacks high in sugar and unhealthy fats, such as large bags of crisps and chocolate, to school regularly.

While we understand the convenience and appeal of such snacks, it is essential to recognise the impact they can have on our children's health and academic performance. Research has shown that a balanced diet plays a crucial role in supporting concentration, energy levels, and overall cognitive function. Therefore, I urge all parents and guardians to consider the nutritional value of the snacks they provide for their children. We would also like to remind you that we have a few serious nut allergy children in school, and we are a NUT FREE school.

ATTENDANCE

The national attendance figure is 97%.



Weekly attendance figure	Sessions lost this week	Authorised absences	Unauthorised Absences
93.3%	119	75sessions	44 sessions

Mrs. Harrison

