



# Newsletter

## January 2024

### Headteacher Messages

It has been lovely to welcome all the children back this term. The term has started smoothly and I have been impressed with the children's behaviour and attitude towards their work. It is a pleasure to visit all the classes and see how hard the children work every day. There is always a lot happening at school so keep an eye on the dates, newsletter and texts as I will try and give as much notice as possible to the things that are happening and any changes to planned events.

#### Uniform

It is expected that all children wear their school uniform to and from school each day. Our uniform creates a sense of belonging and also avoids the issues that are created when children compare logos and fashion items. It is important that children are able to focus on their education when in their classrooms, not whether they have the latest must-have fashion item.

#### Weather

As the weather increasingly gets colder, please can parents ensure that children come to school with a coat, hat, scarf and gloves each day. Staff in school will ensure that children wear these when they go out to play at break times. We do have a selection of coats that have lost an owner. Please speak to the office staff if you need to check lost property to be reunited. If school is forced to close as a result of severe weather, this decision is taken locally by the Headteacher in conjunction with Hertfordshire County schools. You will be notified by a number of channels including text message, email, and through our school website. In the absence of any message indicating closure, please assume school is open as normal.

#### Lost Property

Please check the lost property collection over the next few days.

#### Attendance Update

London Colney Primary and Nursery School is a place where every child belongs. We create welcoming environments to allow all children to gain a sense of belonging and ultimately achieve academically through regular school attendance. Tracy is the member of staff leading on attendance and in our drive to secure the best attendance for every child. Our target this year is for over 95% attendance.

#### Mobile Phones

Please can parents be aware of the time that children are spending on devices such as mobile phones and tablets. We are aware of children spending time into the early hours speaking with their friends from school. This does not set them up for a good day, the morning after.

#### Maternity Leave

We would like to wish Louise best wishes as she prepares for her maternity leave. We look forward to meeting her new baby. Thank you for all Louise's hard work and we look forward to her return in a few months. If you have any concerns, please do contact Hannah who is our new SENCO

Best wishes

Sarah

### Upcoming Events

<b>Yr 1 Class Assembly</b> Parents invited to attend	<b>6<sup>th</sup> Feb</b> 2.45pm
<b>N&amp;R Junk Orchestra</b>	<b>7<sup>th</sup> Feb</b> AM
<b>Yr 4 Multiplication Check</b> Parents invited to attend	<b>12<sup>th</sup> Feb</b> 3.15pm
<b>Yr 2 Class Assembly</b> Parents invited to attend	<b>13<sup>th</sup> Feb</b> 2.45pm
<b>Numbers Day for NSPC</b>	<b>16<sup>th</sup> Feb</b>
<b>Yr 3 Class Assembly</b> Parents invited to attend	<b>27<sup>th</sup> Feb</b> 2.45pm
<b>Yr 6 RAF Museum</b>	<b>4<sup>th</sup> Mar</b>
<b>Yr 4 Class Assembly</b> Parents invited to attend	<b>5<sup>th</sup> Mar</b> 2.45pm
<b>World Book Day</b> Dress as your favourite book character	<b>7<sup>th</sup> Mar</b>
<b>Mother's Day Assembly</b>	<b>8<sup>th</sup> Mar</b> Time TBA
<b>Yr 5 Class Assembly</b> Parents invited to attend	<b>12<sup>th</sup> Mar</b>
<b>Yr 3 Celtic Harmony Trip</b>	<b>11<sup>th</sup> Mar</b>
<b>Yr 6 Class Assembly</b> Parents invited to attend	<b>19<sup>th</sup> Mar</b>
<b>Academic Review Day</b>	<b>25<sup>th</sup> Mar</b>
<b>Yr 5 Natural History Museum Trip</b>	<b>27<sup>th</sup> Mar</b>
<b>Yr 4 SAPSMA Alban Arena</b> Parents to buy tickets to attend	<b>27<sup>th</sup> Mar</b> 3pm onwards

### Attendance Figures

*Please can we remind you that school starts at 8.45am every day. Children should be here by 9.00am at the latest.*

*Registers close at 9.05am and if your child arrives after that time they will be marked as late – thank you*

**08.01.24 –31.01.24**

<b>Y1</b>	<b>93.5</b>
<b>Y2</b>	<b>91.5</b>
<b>Y3</b>	<b>93.3</b>
<b>Y4</b>	<b>91.5</b>
<b>Y5</b>	<b>96</b>
<b>Y6</b>	<b>92.2</b>
<b>All</b>	<b>92.4</b>

## Year 1 Phonics – Parent Information Session.



Thank you to our Yr 1 parents and carers who came in for the Phonics Presentation. This morning. We hope you found it useful and will continue the phonics learning at home with your children.

**COME LEARN  
PHONICS WITH ME**

Please come to our phonics session on Wednesday  
the 31st of January at 9am.

We will be covering the following:

- Sit in on a phonics lesson
- See how we teach phonics
- How we teach reading
- What parents should do at home
- Phonics screening check

# A REMINDER OF OUR SCHOOL UNIFORM REQUIREMENTS.



## SCHOOL UNIFORM

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Our school uniform gives our children a sense of belonging. It is designed to be both smart and practical. It is expected that children attending London Colney Primary & Nursery School comply with these guidelines.

### Winter Uniform

- Grey or black trousers, plain black leggings, skirt or pinafore
- Plain white, royal blue or sky blue polo shirt
- Royal Blue jumper, cardigan, sweatshirt or fleece with school logo (logo optional)
- Grey or white socks or grey tights
- Flat black shoes or trainers, no logos or colours on footwear  
*If children cannot tie their own laces, they should have shoes with Velcro fastening*
- Small plain blue, white or black hairbands or ribbons

### Summer Uniform

- Grey shorts or trousers, white or royal blue polo shirt and grey or white socks
- Blue and white checked or striped dress, blue cardigan, white or grey socks
- Sensible shoes (no sliders, flip flops or crocs)
- Hat or cap
- Sun lotion to be applied before school

### Active PE Uniform

- Black jogging bottoms, shorts or leggings (*these must be plain, no logos or stripes/colours*)
- White or royal blue t-shirt
- Blue or black sweatshirt if it is cold (no hoodies)
- Plain black trainers, no logos, stripes or patterns

### Important Information

- Make up, false eyelashes, nail varnish, false nails must not be worn in school.
- Smart watches must not be worn.
- No tattoos or temporary tattoos are allowed.
- Long hair should be tied back for safety reasons and to help prevent the spread of head lice.
- No jewellery to be worn, only small stud earrings are permitted.

Uniform is available from Smarty Schoolwear, 65 Town Centre, Hatfield, AL10 0JJ, email, <https://www.smartyschoolwear.co.uk/> 01707 263909

## HEALTHY LUNCHBOX AND SNACK POLICY

At London Colney Primary School we aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively we need to work in partnership with parents and carers in securing the best for every child.

### Aims

- To ensure children have a suitable midday meal that sustains and prepares them for the afternoon learning.
- To provide a safe, healthy and appealing eating environment for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times.
- To help children develop an understanding of health eating.
- To promote the School Food Trust guidelines and national standards for healthier eating.
- To support parents and carers in providing a healthy packed lunch that meets the same standards as food provided in school dinners and abide by the regulations of the British Nutrition Foundation.

### Guidelines

- The following guidelines for lunchbox contents comes from the statutory guidelines for school provided meals. This ensures equality for all children.

### The recommended contents of a healthy lunch box are:

- A good portion of starchy food e.g. bread, crackers, pasta or rice salad
- Plenty of fruit and vegetables e.g. an apple, orange, banana, carrot sticks, small box of raisins or any other fruit or vegetable
- A portion of milk or dairy food e.g. yogurt
- A drink e.g. a small carton of milk, juice, squash or a bottle of water
- One small biscuit e.g. kit-kat, penguin, club, cake bar etc – *this is equivalent to a school meal dessert*

**PLEASE DO NOT SEND YOUR CHILD WITH NUTS OR FOOD CONTAINING NUTS AS WE HAVE A NUMBER OF CHILDREN WITH ALLERGIES**

### Packed lunches should not include:

- Chocolate bars or sweets
- Fizzy drinks
- Hot food (due to health and safety guidelines)

### Monitoring and evaluation:

We fully respect individual parent's food choices for their children and understand that there are many different needs and tastes. However, if a lunchbox contents **regularly** fall short of the expectations in this policy we will send a reminder home to parents. We want to work with parents to educate our children about healthy dietary choices so that the children, through understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.

### Healthy Snack:

All children in KS1 and Reception receive a free piece of fruit or vegetable everyday as part of the Governments School Fruit and Vegetable Scheme.

As children move up to KS2, if they wish to have a break time snack they are required to bring something in from home.

### Healthy snacks can include:

- Fruit
- Vegetables
- Dried fruits
- Cereal bars
- Crackers

**PLEASE DO NOT SEND YOUR CHILD WITH CRISPS, CHOCOLATE OR SWEETS**

## Practical Tips for a Healthy Lunchbox

- ☺ Try to vary the contents of the lunchbox daily. That way you can ensure your child is getting a variety of nutrients their bodies need to function and grow.
- ☺ Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.
- ☺ Wash your hands before handling food. Wash fruit and vegetables before use and put food in clean containers.
- ☺ To keep food fresh, make sure it is stored properly: lunches packed the night before need to be stored in the fridge. If using rice, make sure it is cooled quickly and stored in the fridge overnight. To keep your lunch fresh during the day, use a cool bag and put in a frozen drink or reusable ice pack.
- ☺ Keep different breads in the freezer so you can just take out and defrost what you need for one day's lunchbox. Using different breads will make the lunchbox more interesting and enjoyable.
- ☺ If your child refuses to eat brown bread, try a lighter variety or make sandwiches using a slice of white and a slice of wholemeal bread.
- ☺ For variety, use pitta strips, crackers, bread sticks, or fruit and vegetable finger foods with a dip.
- ☺ Always try to add a little salad to a sandwich. To avoid soggy sandwiches, dry the salad before adding it to the sandwich or put it in a separate sandwich bag or tub.
- ☺ Make a fruit smoothie by blending juice and fruit together, or a yogurt or milk drink by mixing yoghurt or semi-skimmed milk with pureed fruit.
- ☺ Make a lower-fat salad dressing by mixing it with some low-fat yoghurt or semi-skimmed milk.
- ☺ You can use leftovers: for example, rice and curry, vegetable pizza or pasta and sauce.
- ☺ Make a salad using rice, potato or pasta from the night before, mixed with vegetables, beans and so on.



## Healthier Packed Lunches for Children

### What you need to know

**Eating well is important. Children need to eat well as it will give them energy and nutrients to grow and develop, be healthy and active.**

**A healthy, enjoyable lunch give children the energy they need to learn and play at school.**



**Use the information in this leaflet to help make your child a healthier packed lunch. Please support the school's food policy by following these guidelines.**

### What is a healthy packed lunch?

A healthy packed lunch is a balanced meal providing a variety of nutrients, to be found in our four food groups:

#### Starchy Foods

Base each meal on a starchy food, such as bread, potato, rice, pasta, yam. Starchy foods give energy, fibre, vitamins and minerals.

- ☺ Bread, try different types, like pitta bread, wraps or bread rolls.
- ☺ Other starchy foods, such as pasta or rice.
- ✓ Whole grain varieties are best for fibre, which is vital for a healthy digestive system.

#### Meat and Alternatives

Add some protein, for example meat, fish, eggs, beans or pulses. Protein foods build muscles and provide minerals.

- ☺ Lean Meats, such as chicken, turkey or ham.
- ☺ Egg, such as quiche or omelette.
- ☺ Meat alternatives, such as tofu or tempeh.
- ☺ Dishes containing pulses, beans or meat, for example dahl, stew or bean salad.
- ⚠ Use butter, margarine, mayonnaise or salad dressings sparingly, because these can be high in fat, or use lower fat alternatives.
- ✗ The school does not allow nuts in packed lunches.



#### Milk and Dairy Foods

Include a dairy product or dairy alternative, such as fromage frais or tzatziki. These foods provide calcium necessary for strong bones and teeth, as well as providing protein and vitamins.

- ✓ Lower fat varieties are healthier.

#### Fruit and Vegetables

Don't forget to include fruit and vegetables. You can use fresh, frozen, tinned or dried. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy.



- ☺ Add tomato, lettuce or beetroot to a salad.
- ☺ A vegetable dish, such as salad or roast vegetables.
- ☺ Fresh fruit, such as apple, banana or pear.
- ☺ Dried fruit, such as raisins, apricots or figs.
- ☺ Fruit salad (fresh or tinned in juice) or vegetable salad.
- ☺ Finger foods, such as cherry tomatoes, cucumber sticks or celery. Good with a dip, such as houmous or guacamole.
- ✓ Use fresh fruit and vegetables, which are in season to help the environment and enjoy variety!
- ✓ Aim to include at least one portion of fruit and one portion of vegetable or salad.



#### Drinks

Drinks especially water, help children to concentrate and feel well. Water is freely available in school.

- ☺ Other health drinks such as milk, pure 100% juice, sparkling water or yoghurt or milk drink can also be included.

#### Snacks and Confectionery

Snack foods may be included occasionally but aim to make healthier choices. Snack foods tend to be high in fat, sugar and salt. Foods high in fat can cause excessive weight and may lead to heart disease. High sugar foods are high in calories and bad for teeth. High salt food may increase blood pressure, which can lead to heart disease and some cancers.

#### For a healthier snack:

- ☺ Replace sweets and chocolate with dried fruit, a small bunch of grapes or fruit salad.
- ☺ Replace cakes and pastries with fruit bread or malt loaf.
- ☺ Replace salted savoury snacks with rice cakes or breadsticks.
- ✗ Please do not put chocolate, nuts, sweets, fizzy drinks or sugary drinks in packed lunches.

We have some very talented children here at school, you can see Cassidy working hard on her crochet, very neat and such lovely colours. Well done Cassidy.



**Year 5 have been making the most of the gymnastic equipment.**



Year 1 have been having fun transforming our junk into  
Some very interesting models.



Year 4 have worked really hard in their spelling practise. They have enjoyed creating their own sentences using the spelling words of the week "quarter", "learn", "calendar", "remember", "pressure" and "separate". Their challenge was to see how many of these words could fit in one sentence to make sense! Fantastic work Year 4.



LONDON COLNEY PRIMARY &  
NURSERY SCHOOL

10 ONLINE  
SAFETY  
TIPS

# SOCIAL MEDIA KINDNESS

#Socialmedia

ONLINE SAFETY TO SUPPORT  
SOCIAL MEDIA KINDNESS

- Be kind to others and share happiness
- Think before posting on social media
- Talk to your friends about their posts
- Look after your digital footprint
- Ask a trusted adult to check privacy settings
- Don't copy others if it feels wrong
- Don't share unkind things
- Tell a trusted adult if you see bullying
- Ask permission to share images of others



***Please note – we are running this Multiplication Check Session again on Monday 12<sup>th</sup> February @3.15pm.***

## **FOLCS (Friends of London Colney School)**

Friends of London Colney School are a small but dedicated group of relatives of pupils who organise events to fundraise for the school. If you are interested in joining in, in any way you can, please get in touch with us via the School Office.

We have lots of events coming up, please keep a look out here in the Newsletter, on our Facebook page or contact us directly via, our Facebook page or email for more information:

[Friends of London Colney Primary School](#)

[folcs@londoncolney.herts.sch.uk](mailto:folcs@londoncolney.herts.sch.uk).

Thank you, FOLCS

*Please be mindful of the building work that is still going on across the road from us. It changes daily, but there are always heavy construction vehicles manoeuvring and various different parking restrictions in place. We ask that you park away from school and walk up to the gate to help ease any congestion and keep it safe for all of the children. Building work will continue for the foreseeable future so please be patient and mindful of others – thank you.*

### **REMINDER – DO NOT PARK OR STOP IN FRONT OF THE SCHOOL ENTRANCE GATES.**

It is dangerous, illegal and inconsiderate to our school community and puts our children in danger. You may think it's ok to do it for a few minutes but it is not, thank you.

**We'd like to thank you all for your continued daily support, please do come and speak to us about any issue, good or bad.**

**Our school website is: [www.londoncolney.herts.sch.uk](http://www.londoncolney.herts.sch.uk)**

**Our school email is: [admin@londoncolney.herts.sch.uk](mailto:admin@londoncolney.herts.sch.uk)**

**Our school telephone no is: 01727 823283**

London Colney Primary & Nursery School - Term Dates 2023/2024



September 2023						
Mo	Tu	We	Th	Fr	Sa	Su
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November 2023						
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Autumn Term  
21.12.23  
finish 1.30pm

January 2024						
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February 2024						
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March 2024						
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April 2024						
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Spring Term  
28.03.24  
finish 1.30pm

May 2024						
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June 2024						
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July 2024						
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August 2024						
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Summer Term  
18.07.24  
finish 1.30pm

Calendar Key	
<span style="background-color: #e0e0e0; border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span>	Term Time
<span style="background-color: #d3d3d3; border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span>	School Holidays
<span style="background-color: #c0c0c0; border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span>	Bank Holidays
<span style="background-color: #a0a0a0; border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span>	Inset Days
<span style="background-color: #808080; border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span>	Occasional Day
<span style="background-color: #606060; border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span>	Secondary Transition Day
<span style="background-color: #404040; border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span>	Swimming Year 4

Notable Dates	
1 Sept 2023	- Start of 2023/2024 Term
11 July 2024	- Secondary Transition Day
23 July 2024	- Last school day of 2023/2024

Autumn Term =	1 September - 20 October 2023	36 days
	30 October - 21 December 2023	38 days
Spring Term =	4 January - 16 February 2024	32 days
	26 February - 28 March 2024	24 days
Summer Term =	15 April - 24 May 2024	29 days
	3 June - 22 July 2024	37 days
		<b>196 days</b>

190 Pupil Days, 5 Inset/Teacher Training Days, 1 Occasional Day

London Colney Primary & Nursery School - Term Dates 2024/2025



September 2024						
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October 2024						
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November 2024						
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December 2024						
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Autumn Term  
20.12.24  
finish 1.30pm

January 2025						
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February 2025						
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March 2025						
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April 2025						
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Spring Term  
04.04.25  
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May 2025						
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June 2025						
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July 2025						
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August 2025						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Summer Term  
23.07.25  
finish 1.30pm

Calendar Key	
190	Term Time
<span style="background-color: #d3d3d3; border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span>	School Holidays
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