

# Sprouston Primary School

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Mrs Catriona Finn – Headteacher, Sprouston & Ednam

## February Newsletter

Reminder: No School for Pupils: Friday 15<sup>th</sup>, Mon 18<sup>th</sup> - Wed 20<sup>th</sup>

### Athlete Visit and Fundraising

On Monday 21<sup>st</sup> January we had our athlete visit. Jodey Hughes, a weight lifter visited us and talked to the children about her achievements, goals and struggles during her career. She also ran a 30 minute fitness session with each class. The children really enjoyed her visit, it was very inspirational. Thank you to everyone who bought sponsor forms in. Certificates and awards will be handed out when we receive them.



### For your Information - Letter received from the Catering Department

*As some of you will be aware, in 2018 the Scottish Government proposed changes to the current food and nutrition standards in schools. These proposed changes are based on the observations from Education Scotland's Health and Nutrition Inspectors and the most up to date scientific research. The public consultation closed in August 2018 and we are awaiting final confirmation of the new standards and when all local authorities will be expected to meet them.*

*Local authorities across Scotland are now making small changes to work towards the new legislation, which we expect will be mandatory from 2020. Scottish Borders Council Catering department, along with the support of CMT and the Education department, have made the decision to start making small changes in preparation for the new standards.*

*From April 2019 the primary school menu will offer a ham sandwich 3 days per week (Monday, Wednesday and Fridays), and this choice will no longer be a daily option. On Tuesdays and Thursdays pupils will have the choice of cheese, tuna or egg sandwiches. This is based on the proposed standard to reduce the availability of red processed meat in schools.*

*The second change will be the removal of fruit juice from the primary school menu. Pupils will therefore have a choice of either water or milk. This is based on the current recommendations to reduce free sugar consumption to 5% of total energy intake.*

If anyone has any concerns or queries about this, then please let us know. There will be some information about this on the school meals section of the council's website.

### **Tennis – Lunchtime Club**

Live Borders are in the process of setting up lunchtime and after school clubs for the schools. We are starting with a Tennis lunchtime club on Tuesday 26<sup>th</sup> February and Tuesday 5<sup>th</sup> March from 12.30 to 1pm. A slip will be going home soon, please fill it in and return it to the school asap if your child would like to take part.

### **Library Bus**

Next visit: Thursday 21<sup>st</sup> February. Please send all books into school for returning or renewing.

### **Absences**

Please remember to call into the Office asap in the morning if your child is sick and will be absent from school. If you are dropping off other children please just pop into the office and let Mrs Ashby know whilst you are here. Please do not ask siblings to tell the school.

It is essential that we know if your child will not be at school and why. If you leave a message on the answer phone please indicate the reason for absence.

**Please be aware that if your child is vomiting and/or has diarrhoea, they should not return to school until 48 hours after their last episode even if they feel better.**

### **Fundraising Meeting**

Friday 8<sup>th</sup> February at 12pm. We hope to see as many of you there as possible. Thank you.

### **Parent Council Meeting**

The next Parent Council Meeting will take place on Wednesday 27<sup>th</sup> February at 6pm. All Welcome.

### **School Session Dates 2018-19**

#### **OPEN**

Monday 7 January 2019

Monday 15 April 2019

#### **CLOSE**

Friday 29 March 2019

Tuesday 2 Jul 2019

#### **In-Service Days**

Friday 15 February

Friday 3 May

#### **Holidays including 2 Casual**

18/19/20 February

Monday 6 May

#### **Dates for your Diary**

22<sup>nd</sup> – 26<sup>th</sup> April

Tues 21<sup>st</sup> May

Fri 14<sup>th</sup> June (AM)

Fri 28<sup>th</sup> June (AM)

P6/7 Residential.

Parents Evening.

Sports Day.

Back up Sports Day