



ALL SAINTS
CHURCH OF ENGLAND SCHOOL
KIRKBY OVERBLOW

BULLETIN – 7TH FEBRUARY 2020

“AT ALL SAINTS WE ALL FLOURISH AND ACHIEVE AS A CHILD OF GOD”

Thank you to all those parents who have offered their thoughts on our new lunch menus – this has helped us work out which meals have been popular with the children and which ones we will swap for something different. Rachel and Chris have worked hard on their menu making sure that we now do follow the government guidelines for school nutrition and that there is a mixture of types/styles of food. As ever, we try to be as accommodating as possible with individual preferences and I hope our opportunities to swap and change have been appreciated.

As the new menus have come on board, I have been benchmarking across both schools in the Fellowship to ensure that the meals served are cost effective and value for money. We do not make a profit on school lunches and our aim is always to break even. I have also been checking the websites of other schools to ensure that the meals we are offering are similar – in most cases they are remarkably similar.

I have also checked our new menus against The School Food Standards, which are extremely clear on the amounts and types of food that primary aged children should be eating across each week. These are just some of the standards that we have to follow:

- A dessert containing at least 50% fruit two or more times each week
- At least three different fruits and three different vegetables each week
- A portion of food from the milk and dairy section each day
- One or more wholegrain varieties of starchy food each week
- Starchy food cooked in fat or oil no more than two days each week
- No more than two portions of food which include pastry each week
- A meat or poultry product no more than once each week
- And many, many, many more!

The School Food Standards also include portion size information. This has helped us ensure that any previous inconsistencies in portion sizes – particularly for the older children – should not reoccur. We are very proud to say that the vast majority of our food is homemade and freshly cooked in our own kitchen, since last year we have significantly reduced the amount of ‘freezer to oven’ food that is served. Our Year 6 children enjoy the responsibility of serving the younger children and we have made sure that this tradition can carry on whilst keeping our pupils who have allergies or intolerances

‘Don’t forget to help our school raise **free donations**. Remember easyfundraising every time you shop online. Click www.easyfundraising.org.uk/kirkbyoverblowschoolpta’

safe. We also recognise that the hall can be a noisy place at lunchtime, which is why we offer a quieter classroom to our younger children and to those children who find noise distressing.

A year and half ago we made the decision to pull out of North Yorkshire County Catering. They had informed us that they would significantly increase their prices, which would have meant that that parents in our school would have been paying £3.50+ per meal. At that point, we decided to bring our catering 'in house'. This was a brave and difficult decision for a small village primary school but one that has ultimately been the correct choice. Other small schools are now in the situation where they have been forced to outsource their catering – which means meals are cooked off-site and delivered ready-made, choices are limited, changes are difficult to accommodate and catering to individual needs becomes more problematic. We are very fortunate to have Rachel and Chris, that we can serve 'home-cooked' food and that there is a choice.

I am sure that, like me, you recognise that producing nutritionally-balanced, 'child friendly' school meals, to a budget, for 87 children, who all have differing tastes and appetites will always be a challenge but that our cooks are working hard to make sure that our school meals are the best they can be.

With every blessing,

Mrs Amber Andrews
Headteacher

PARENTS EVENINGS - TUESDAY 11TH AND THURSDAY 13TH FEBRUARY

Lists are now on the doors for parent's evenings on Tuesday and Thursday next week. If you haven't already done so, please sign up for your slot.

If you wish to bring your child/ren along on the evenings, we will again be offering taster sessions at Kirkby Acorns at £2 per child for half an hour including activities and a snack. Due to health and safety rules please do not leave your child/ren unattended in school during your appointment.

Mrs Andrews will be available in school from 4pm on the Thursday.

BREAKFAST CHURCH – THIS SUNDAY 9TH FEBRUARY

Come along to this relaxed family service at All Saints Church. Breakfast is served from 9.15am with an informal service starting at 9.45am. All are welcome - there will be activities for the children.

MENU CHANGE

Please note that the Cheesy Pasta on Thursday week 1 has been replaced by a Cheesy Jacket Potato. The children that had chosen the pasta have re-picked for that day (most have opted for the hot option - yummy homemade Cottage Pie). If you would like a revised copy of your child's menu please let the office know.

CORONAVIRUS – ADVICE FOR PARENTS/GUARDIANS FROM THE DEPARTMENT FOR EDUCATION

You should not be unduly worried about the possibility of your children catching the Coronavirus. There is no reason why your children should not continue to attend their early years, school or further education setting as normal. We recognise that some families or children may be planning to travel to China during the forthcoming half term period. If so, please refer to the FCO's latest travel advice via the link <https://www.gov.uk/coronavirus>

WAITROSE COMMUNITY MATTERS

Thank you for supporting the 'Community Matters' Scheme at Waitrose. We raised £182 for our school.

HELP THE HOMELESS – BAKE OFF AND CAKE SALE THURSDAY 27TH FEBRUARY

Our Charity Officers have organised an event, which will raise money to help the homeless in Harrogate by creating care packages. In order to do this, we are holding a Bake Off competition and a bake sale on Thursday 27th February. All children in school are welcome to enter the competition. All you need to do is dust off your aprons, bowls and wooden spoons to bake and decorate a cake and bring it to school with your entry fee of £2. The theme of the cake competition is **ANIMALS**. After school, there will be a cake sale with all slices of cakes being sold for 50p. All the money raised will be used to create a care bag which may include items such as gloves, hat, sandwich and a drink. We look forward to seeing your fantastic creations.

JUMP ROPE FOR HEART

On Monday 2nd March, we will be hosting our jump rope skipping event to raise money for the British Heart Foundation. It is an exciting event where all the children will take part in skipping activities, games and competitions. In your red folder, there will be a sponsorship form and a letter outlining why this event is so important and how we can help make a difference. The children are welcome to bring sportswear to wear for the event in the afternoon, which they can change into at lunch time. Please support your child in collecting as many donations as you can as every little helps. Get practising your skipping skills! We are all looking forward to this exciting event!

HALF TERM

Just a reminder that school finishes for half term next Friday 14th February. As usual, the last day of the half term is our PTA/Friends non-uniform day and children may wear their own clothes **in return** for £1.