



# Seven Fields Primary School-Newsletter

Dear Parents/Carers

Welcome back to the start of term 2 and the second half of the autumn term. It was disappointing that the school had to quickly change its plans just before half term. We had to cancel swimming and stop meeting together in mass gatherings such as in the hall for assembly. We will adopt these extra measures for the next week until we get further guidance from Public Health England. Our harvest celebrations were affected. Thank you so much for all your harvest donations. They will be sent to Gorse hill Baptist Church. The PTA also had to postpone the spooky disco. We will look for another date later in the term. Thank you for your patience and understanding at this time.

The children in Year 1 did a fantastic job of representing the school this week. ITV came to film our children reciting some famous nursery rhymes and Mrs Still was able to reinforce their importance in a child's language development. Thank you for allowing your child to take part. We will send out a notification of when the item will be televised.

Over the next few weeks the children will be celebrating key events and taking part in activities that are linked to our calendar, such as anti-bullying week and Children in Need. Whilst not part of the national curriculum per se, these events help children to develop the cultural capital they need to become good citizens. By thinking of others and doing all we can to support those less fortunate than ourselves, we can continue to develop our own sense of self and purpose.

This week we spoke to the children of the importance of light. Yesterday (4th November) was the Hindu festival of Diwali- the festival of light where we are reminded of the story of Rama and Sita. Today, of course, is bonfire night and in assembly I reminded the children of the Gun Powder Plot to blow up the houses of parliament and King James and the importance of safety around fireworks.

Both these festivals have light at the heart of their celebration and it reinforces the fact that we all need to have light in our lives. Now that the clocks have gone back, the nights are drawing in more quickly and we use lights more to work and live. The light from the fundamental element of fire also brings warmth and the feeling of warmth brings comfort. Whatever these festivals mean to you and your family, we cannot deny the fact that we all need warmth and comfort in our lives. So stay warm together as a family, comfort each other this weekend, stay safe and perhaps think about what light means to you.

D Booth

This week's certificate nominations are as follows:

<b>Butterflies AM and PM</b>	Evelyn for being an all round superstar	Emmie-may for showing kindness and good manners
	Edie for settling to play quickly and being helpful	Max for coming in to school with a big smile on his face and settling to play
<b>Bumblebees</b>	Quinn for always modelling the magnificent 7 and trying her best	Riley for coming in to school with a smile on his face
<b>Robins</b>	Alfie LC for setting to learn quickly and working hard	Oliver for working hard and trying his best
<b>Sparrows</b>	TJ for supporting a peer with their Maths work	Archie for producing a fantastic piece of English work
<b>Wrens</b>	Dylan for helping his peers with their work	Jayden for working hard on his handwriting
<b>Puffins</b>	Lola for working hard in Geography and History	Kaylen for his fantastic knowledge and contributions in History
<b>Kingfishers</b>	Finley for completing work in class and making teachers very proud	Amelia for always trying her best and being a kind, caring student
<b>Hummingbirds</b>	Macie for working really hard in all lessons	Laison for working hard in Maths lessons
<b>Falcons</b>	Kynan for maintaining positive behaviour all week	Harry for always participating in lessons
<b>Eagles</b>	Harry for working well on his Maths learning	Owen for consistently working hard to improve in lessons
<b>Kestrels</b>	Logan for improved attitude to learning	Mia for always working hard in lessons
<b>Special mentions</b>	Maria MS for being so kind and caring and an absolute joy to be around	

This week's winners of the Dojo cup are:

Kingfishers

## Dojos gained this week

Class	Total Dojos	Class Winner
Miss Mitchell	767	Leonie 55
Miss Goss	677	Darcie 52
Miss Bickle	955	Krystal-Rose 70
Mrs Wright & Miss Neville	2081	Harrison 113
Miss Smith & Miss Roberts	1220	Clodhna 64
Miss Jessop	2121	Taylor-Jay 99
Miss Peapell	713	Frankie C 40
Miss Martin	1031	Liam 57
Miss Grimwood	810	Lily M and Max 68
Mr Donnelly	696	Laylah 73



### Attendance

Bumblebee Class 92.59

Robin Class 91.87

Sparrow Class 97.16

Wren Class 99.52

Puffin Class 96.85

Kingfisher Class 96.43

Hummingbird Class 99.11

Falcon Class 83.17

Kestrel Class 88.89

Eagle Class 90.63

And the attendance cup goes to the

Wrens



### Certificates

**Congratulations to anyone who has been nominated by your teacher this week**

**Well done to you all on your achievements !**



Follow us on twitter @sevenfieldsprim

**House points totals this week:**

Snowdon 53

Slieve Donard 47

Ben Nevis 55

Scafell Pike 40



This weeks behaviour cup winners are:

Carter for showing a big improvement in his behaviour this week and Lily-Mae for always trying her best with her work and being a good role model



They are back! Hot chocolate Fridays have returned and we would like to say a huge well done to the following children:

Frankie, Liam, Krystal-Rose, Darcie, Harrison, Lily, Laylah, Max, Clíodhna and Taylor-Jay





Kingfishers are seen here classifying animals during their science lesson.



And here we see the wonderful flags they have made when exploring European art work.



A fabulous piece of art work created by Finley using twigs, leaves and paints which show a firework scene.





We would like to once again introduce you to our new catering company Harrison who now provide the school meals here at Seven Fields. We still have our wonderful catering team on site seen here in their lovely new uniforms who cook everything fresh daily to provide our children with healthy, nutritious meals. The feedback from children is good and they particularly enjoyed the jerk chicken this week.

Please take a look at the new menu and orders are still to be made on ParentPay



## FOOD ALLERGY OR INTOLERANCE

Some of your customers may have an allergy or intolerance to some foods and food ingredients that you use to produce the food you serve. The Food Standards Agency has issued a list of fourteen most common food allergens and examples of foods where they could be found:

	<b>01 CELERY</b> Includes celery stalks, leaves and seeds and celeriac. It is often found in celery salt, salads, some meat products, soups and stock cubes
	<b>02 CEREALS CONTAINING GLUTEN</b> Includes wheat (such as spelt and Khorasan wheat / Kamut), rye, barley and oats. It is often found in foods containing flour, such as some baking powders, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and flour dusted food
	<b>03 CRUSTACEANS</b> Includes crabs, lobster, prawns, scampi and crayfish. It is often found in shrimp paste used in Thai curries or salads
	<b>04 EGGS</b> Often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and foods brushed or glazed with egg
	<b>05 FISH</b> Often found in some fish sauces, pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce
	<b>06 LUPIN</b> Includes lupin seeds and flour, and can be found in some types of bread, pastries and pasta
	<b>07 MILK</b> Found in butter, cheese, cream, milk powders and yoghurt. It is often used in foods glazed with milk, powdered soups and sauces
	<b>08 MOLLUSCS</b> Includes mussels, squid, whelks, clams, octopus, oysters and land snails. It is often found in oyster sauce or as an ingredient in fish stews
	<b>09 MUSTARD</b> Includes liquid mustard, mustard powder and mustard seeds. It is often found in breads, curries, marinades, meat products, salad dressing, sauces and soups
	<b>10 NUTS</b> Includes almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts. These can be found in breads, biscuits, crackers, desserts, ice cream, marzipan (almond paste), nut oils and sauces. Ground, crushed or flaked almonds are often used in Asian dishes such as curries or stir fries
	<b>11 PEANUTS</b> Can be found in biscuits, cakes, curries, desserts and sauces such as for satay. It is also found in groundnut oil and peanut flour
	<b>12 SESAME</b> Can be found in bread, breadsticks, houmous, sesame oil and tahini (sesame paste)
	<b>13 SOYBEANS</b> Found in beancurd, edamame beans, miso paste, textured soya protein, soya flour, soya sauce or tofu. It is often used in some desserts, ice cream, meat products, sauces and vegetarian products
	<b>14 SULPHUR DIOXIDE (SULPHITES)</b> Preservatives found in some dried fruit, meat products, soft drinks and vegetables as well as in wine and beer

What's on the menu?					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Beef Bolognaise & Spaghetti served with Garlic & Herb Bread	Pork Sausages served with Caramelised Onions, Mashed Potato & Gravy	Roast Beef with Yorkshire Pudding & Roast Potato	Jamaican Style Jerk Chicken served with Savoury Rice & Sweetcorn	Breaded Fish served with Chips & Tomato Sauce
	Vegetable Ragù & Pasta served with Garlic & Herb Bread	Carrot & Leek Sausages served with Mashed Potato & Gravy	Cheese & Potato Puff Pastry Wheel	Chinese Style Noodles with Fresh Coriander	Vegetable Mixed Bean Chilli served with Long Grain Rice
	Apple Crumble with Custard	Pineapple Upside Down Cake	Chocolate Sponge with Chocolate Custard	Vanilla Ice Cream & Poppy Seed Shortbread	Oaty Flapjack
WEEK TWO	Chicken Kabul Korma served with Rice & Mango Chutney	Mexican Style Beef served with a Tomato Salsa & Cheddar Cheese	Baked Gammon served with Roast Potatoes & Gravy	Sticky BBQ Chicken served with Rice & Peas	Baked Battered Fish with Chips & Tomato Sauce
	Northern Indian Style Palak Dhal	Vegetable Burrito with a Tomato Sauce & Cheddar Cheese	Baked Vegetable Puff Pastry Wellington	Macaroni Cheese served with Garlic & Herb Focaccia	Ratatouille Penne Pasta
	Raspberry Ripple Ice Cream with Watermelon	Marbled Sponge Cake with Vanilla Custard	Carrot Cake	Orange Jelly with Orange Wedges	Chocolate Cookie
WEEK THREE	Sweet & Sour Style Pork with Egg Fried Rice	Shepherd's Pie topped with Mashed Potato	Roast Chicken with Sage & Onion Stuffing	Beef Lasagne with Garlic & Herb Bread	Fish Fingers with Chips & Tomato Sauce
	Salad Bar	Tomato & Basil Penne Pasta	Roasted Pepper & Red Onion Frittata	Roasted Vegetable Lasagne with Garlic & Herb Bread	Sour Dough Cheese & Tomato Pizza
	Lemon & Lime Drizzle Cake with Custard	Cinnamon, Oat & Sultana Cookie	Vanilla Syrup Sponge Cake with Custard	Strawberry Ice Cream with Fruit Topping	Vanilla Cookie
Available daily: Jacket Potato with a Choice of Fillings • Filled Roll with a Choice of Ham, Cheese or Tuna Mayo • Fresh Fruit or Yoghurt					

## Important Information

### Food Allergy or Intolerance

Harrison Catering is aware that some of its customers may have an allergy or intolerance to some food ingredients.

If you have any food allergy or intolerance, please speak to the member of staff who is serving you about your requirements and they will check with the Catering Manager or Chef about the ingredients in the food on display.

If there is any uncertainty about the ingredients in a particular dish, you will be advised not to consume the food.

Never try to guess the ingredients in a dish.



# IMPORTANT INFORMATION:

## PE DAYS:

Mondays: Kingfishers and Wrens PM

Tuesdays: Puffins PM

Wednesdays: Falcons and Eagles PM

Thursdays: Bumblebees AM and Robins and Kestrels PM

Fridays: Hummingbirds and Sparrows PM

Children are to wear school PE kit on these days. They should not be in branded sportswear. If your child is in an afterschool club they must bring school PE kit as they are still representing Seven Fields primary school.

## REMINDER:

School PE kit should be worn on PE days. Children should be wearing white t shirts and black/navy shorts or plain navy/black joggers (when it's colder). They should not be wearing normal clothes/branded tracksuits or sportswear on these days.

This also counts when it come to after school clubs, children are in school taking part in a school activity, representing themselves and the school.



Please remember that Dojo is our main form of communication with regards to upcoming events, news and daily messages from school. Make sure you check regularly.

Thank You

## ATTENDANCE

We would like to remind you of the importance of arriving on time to school because this will avoid missing vital learning time. 10 lates could mean you are served a penalty notice.



Week commencing 15th November is anti-bullying week. On Monday of this week they can wear odd socks to school to celebrate how different and amazing we all are.



Friday 19th November 2021 children can wear pyjamas and odd socks to school.

## REMINDER:

Dinners are to be booked by yourself by midnight on Thursdays. We no longer put in late orders and any child who has not had dinners booked will only have the choice of jacket potato or a roll for that week. Please keep on top of your orders.

Thank you

