



Seven Fields Primary School-Newsletter

Dear Parents

After our first full week back it is only natural that some children (and staff) were looking a bit tired this morning. As we build our stamina back up to new routines and expectations it will take some adjustment. I believe we have made a good start though and this was underlined by two visiting headteachers from Swindon schools this week. Our reputation for a school that is on a continuing rapid improvement trajectory is building and as such we are becoming a popular place to visit.

As I write this I have just heard the news that the young female tennis player Emma Raducanu has reached the final of the US tennis open. What a story this is as she has come through the qualifying rounds and beaten all before her. Whatever happens in the final she has already reached beyond her own expectations and that is because she enjoys the work that is in front of her.

Our children can learn from such a young role model. It is only through hard work and dedication that we can reach success. I imagine the young Brit practises the same shot over and over to get better at it. This will be the same for our children this year. Due to the time out they have had because of the pandemic, one of our big drives this year is on improving writing throughout the school. Children will need to spend time reflecting and improving their work until it is the best it can be. Practice makes perfect. I ask you to encourage your child to take pride in their writing this year especially when you see them completing their homework.

Over the next couple of weeks we have some key events that we would like the children to take part in. Next Friday is 'Jeans for Genes' day and we will be collecting donations. You will notice that 'Beat the Street' is back. Our children are also going to get more active this year. This was one of the feedbacks that we got from the RLT parent questionnaire in the summer. To this end we hope you will take part in this with your child. We also hope that you will join in. More info next week. Please also look out for the mini London marathon that the school is registered for.

Finally, it was great to be able to share hot chocolate Friday with our highest dojo winners this week. There were lots of smiley faces (mostly chocolatey) when I saw them this afternoon. It's great to celebrate success with our children.

Have a lovely weekend

D Booth

This weeks certificate nominations are as follows:

Bumblebees		
Robins	Macie—for settling quickly to learn and working hard all week	Charlie—for settling to learn quickly and producing some fantastic work
Sparrows	Oscar—for always settling to learn quickly	Blayde—for always settling to learn quickly
Wrens	Jack—for always showing a positive attitude towards learning	Gracie-belle—for excellent participation in class
Puffins	Jesse—for a positive attitude and giving everything 100%	Kayden—for being kind and caring towards his friends
Kingfishers	Leo—for completing work independently and being a class superstar	Bailey—for always using his manners and being an excellent role model
Hummingbirds	Chester—for settling brilliantly into year 4	Frankie—for making a great start in year 4
Falcons	Jake—for his amazing artwork in class	Freyja—for being amazing and helping around the classroom
Eagles	Vita—for starting as she means to go on with some great pieces of work	Bobby—for trying his best in lessons and asking good questions
Kestrels	Carter—for his excellent participation during lessons	Max—for always settling to learn quickly
Special mentions	Isaiah—for his fabulous organisational skills at lunchtime when playing with his friends	

This weeks winners of the Dojo cup are:

Sparrows

Dojos gained this week

Class	Total Dojos	Class Winner
Miss Mitchell	n/a	n/a
Miss Goss	834	Corey 59
Miss Bickle	1423	Lola 86
Mrs Wright & Miss Neville	311	Seth 25
Miss Smith & Miss Roberts	231	Jesse 19
Miss Jessop	999	Mia 53
Miss Peapell	489	Alexie 33
Miss Martin	237	Catherine 12
Miss Grimwood	665	Max 52
Mr Donnelly	1184	Laylah 84



Attendance 6th September-

Bumblebee Class	n/a
Robin Class	86.57
Sparrow Class	90.45
Wren Class	97.27
Puffin Class	99.29
Kingfisher Class	100.00
Hummingbird Class	96.15
Falcon Class	96.43
Kestrel Class	99.44
Eagle Class	97.50

And the attendance cup goes to the Kingfishers this week for their outstanding 100% attendance.



Follow us on twitter @sevenfieldsprim

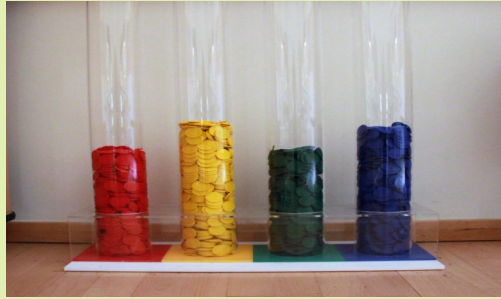
House points totals this week:

Snowdon 29

Slieve Donard 29

Ben Nevis 33

Scafell Pike 20

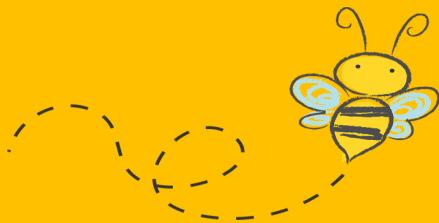


This weeks behaviour cup winners are:

Renesmee and Leo for settling beautifully into year 4, working independently and being great role models.



Miss Mitchell would like to say a huge WELL DONE to all of our children in Bumblebee class who came for their first day in their new class with big smiley faces .



All children engaged well and made lots of new friends. We look forward to seeing their progress this year.

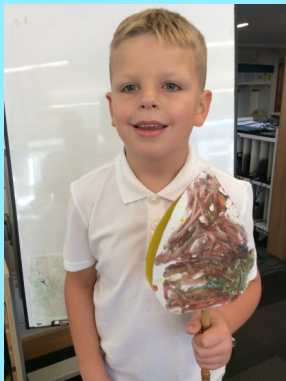
They are back! Hot chocolate Fridays have returned and we would like to say a huge well done to the following children for achieving the highest dojo in their class: Corey, Lola, Seth, Mia, Alexie, Oscar, Catherine, Max and Laylah.



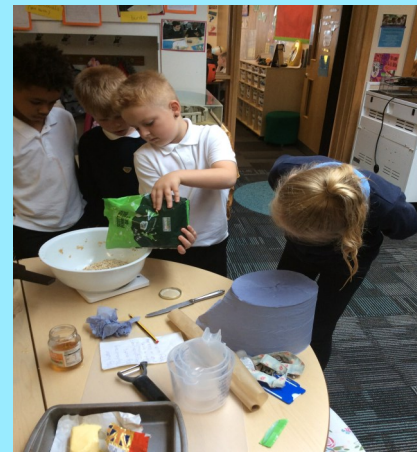
Kingfishers are seen here enjoying their first PE session back at school

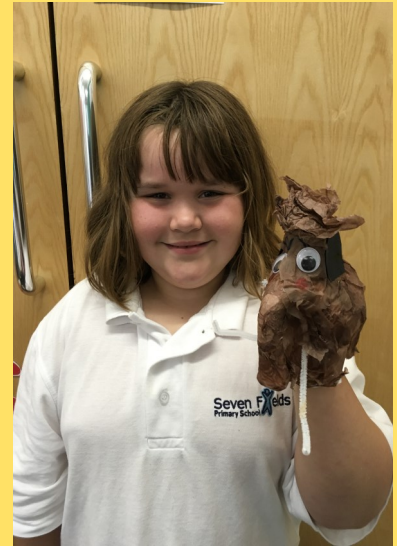


Charlie proudly showing us his amazing Stone Age homework he has worked very hard on. Fabulous work Charlie.



Children in Kingfishers have also been busy making Stone age stew and Biscuits.





The children in Puffin class have been very creative and made these woolly mammoths.



Handle with Care

If your family is experiencing difficulties at home,
We would like to provide additional support at
school. We understand that you are not always
able to share details and that is okay. If your child
is coming to school after a difficult night,
morning or weekend please text us

“Handle with Care”

Nothing else will be said or asked. This will let us
know that your child may need extra time,
patience or help during the day.



On Friday 17th September all children can wear jeans with
their uniform instead of school trousers/skirts for Jeans For
Genes day. We ask that they bring £1 for us to donate to a
wonderful cause.



Please be reminded that we do not
allow dogs onto the school site

Thank you

Please see below for the list of
allergens that correspond with our
school meals

14 Allergens

Coming to a food label near you

Food Standards Agency
food.gov.uk

The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as a menu) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

1 Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

2 Cereals containing gluten

Wheat (such as spelt and thousand wheat/kamut), rice, barley and oats are often found in foods containing flour, such as some types of baking powder, butter, bread crumbs, bread, cakes, confectionery, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

3 Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

4 Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

5 Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

6 Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.

7 Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

8 Molluscs

These include mussels, laid snails, squid and whelks, but can also be incorrectly found in oyster sauce or as an ingredient in fish dishes.

9 Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, cakes, marinades, meat products, salad dressings, sauces and soups.

10 Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.

11 Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

12 Sesame seeds

These seeds can often be found in bread (especially on hamburger buns for example), breadsticks, bismuits, brownies, sesame oil and tahini. They are sometimes toasted and used in salads.

13 Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

14 Sulphur dioxide (sometimes known as sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

For more information, visit: food.gov.uk/allergy or nhs.uk/health/allergies

Sign up to our allergy alerts on food.gov.uk/emails, or follow #AllergyAlert on Twitter and Facebook

Let's keep connected at food.gov.uk/facebook

Join our conversation @[foodgovuk](https://twitter.com/foodgovuk) on Twitter

Watch us on food.gov.uk/youtube

