



Forefield Matters

17th October 2025

Dear Parents, Carers and Children,

This week in assembly, Miss Cain (our Well-Being Champion and PE Lead) reminded the children about how to be healthy in school. We do lots of things at FJS to encourage children to be as active as possible and this week we have discussed healthy playtime snacks. Children are allowed to bring in a snack for morning playtime if they wish. This **MUST** be a healthy food item such as: fruit, vegetables, dry cereal (no sugar), bread sticks, cheese strings and some cereal bars. Please avoid any snacks containing a high level of sugar as having these at playtime can really affect concentration levels. Children were also reminded that we are a **NUT FREE** school - please do not send in any snacks or lunchbox items containing nuts. If any child has a medical condition that requires specific food items to be part of their daily diet please inform school if you haven't already done so.

Our attendance figures have shot up this week! Five classes: 3KS, 5S, 5R, 6P and 6W have 100% attendance and the overall result was 98%. This is, by far, the best week so far this term and school council have banked another £10! Perhaps it's because 52 of our children took part in the Sefton Cross-Country races at St Mary's this week! Well done to everyone who took part and a big thank you to everyone who helped with transport. Seb Quinn in 4W came 3rd in his race – what an amazing achievement!

We also had lots of fun this week with Luke Temple (our 'adopted author') who inspired the whole school on Monday afternoon and returned on Tuesday to sign copies of his books.

Thanks to a late equalizer, the result of the local derby (FJS v Great Crosby) was 1-1. Well done to everyone who took part in this first league match (previously postponed by the weather). Miss Cain was very impressed!

It is Parents' Evening next week – an opportunity to see if your child has settled into their new class and made a good impression. Teachers will also report on individual attendance.

Finally, 'Thank You' to everyone who returned their slip to volunteer to help improve our school environment. The Woodland Trust will be supplying hedging and trees – but not until Spring. We will be in touch when we have a date. Have a lovely weekend!

PROUD:

PASSION,
RESPECT,
OPPORTUNITY,
UNIQUE,
DETERMINED



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Term Time Absence:

Please note that term time absence can only be authorised in **exceptional circumstances** and that in-line with government guidelines, Sefton LA may issue penalty notices to families taking holidays during term time.

Diary for week beginning 20th October 2025

Monday: 9.45 – 11.15
10.15 – 11.45
12.15 – 12.40
3.30 – 4.30
3.50 – 6.40

3.50 – 8.00

4MP Swimming
5H Swimming
Y5/Y6 Girls' Football (Miss Cain) - **CANCELLED**
Y3-Y6 Tennis (Active Sport)
Parents Evening for 3H, 3KS, 4H, 5H, 5R, 6C, 6P, 6W
and Mrs Barton
Parents Evening for 5S

Tuesday:

Morning
12.15 – 12.45
3.30 – 4.30
3.50 – 6.40

SMOOTHIE TUESDAY

Y5 WonderDome
Board Games Club (Mrs Russell)
Y6 Football (Miss Cain) - **CANCELLED**
Parents Evening for 3B, 4H, 4MP, 6C, 6P, 6W

Wednesday: 9.00 – 9.30
12.45 – 1.15
3.30 – 4.30
3.50 – 5.00
3.50 – 6.40

Coffee morning for SEN Parents and Carers (Studio)
Y3/Y4 Drama Club (Mrs Barton, Mrs Harding, Miss Mawdsley)
Y3-Y6 Dodgeball (Active Sport)
Parents Evening for 5S
Parents Evening for 3B, 3H, 3KS, 4MP, 5H, 5R and Mrs Barton

Thursday:
12.25 – 3.15
3.30 – 4.15
3.30 – 4.30

Individual photographs taken by Tempest Photography
Peter Dowd Football Competition (Y6) at St Benedict's RC Primary
Y5/Y6 Drama (Limelight Speech and Drama Academy)
Y3-Y6 Football (Marine FC)

Friday: 12.15 – 12.45
3.30 – 4.30
3.30

Y5 Football (Community Multisports Coaching)
Y4 Handball (Community Multisports Coaching)
School ends for half-term

MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage and Tomato Pasta Mixed Salad	Chicken Tikka Curry Boiled Rice Naan Bread	Roast Turkey & Gravy Sweetcorn & Green Beans Paprika Potatoes	Cajun Chicken and Vegetable Pasta Herby Bread	Fishy Friday Garden Peas and Sweetcorn Chipped Potatoes
(V) Veggie Cottage Pie and Greens	(V) Pizza Pockets with Salad Sticks Potato Wedges	(V) Quorn Lasagne and Garlic Bread Side Salad	(V) Cheese and Onion Frittata Jacket Potato & Salad	(V) Bean and Cheese Quesadilla Crispy Mixed Salad Chipped Potatoes
Fruity Oat Cookie	Vanilla Cupcake	Marble Cake	Frozen Yoghurt Pot	Fruit Cookie



Please find below our smoothie menu for November/December 2025.

1. THE PURPLE ONE (Competition)
2. Strawberry Surprise
3. Bluetiful Smoothie
4. Pearlicious
5. Mellow Mango
6. Green Grinch
7. Merry Berry Christmas

The milkshake set for the whole term is Raspberry & Strawberry Milkshake.
All milkshakes are made with oat milk & soya ice cream.

All smoothies are made fresh by us with the freshest fruit at a cost of £1.50 each.
Smoothies need to be pre ordered every term (term length varies).

Please see instructions for our BOOKWHEN page below.

Unfortunately, once payment has been made refunds cannot be given.

Please read through our refund policy before booking.

Payments on our BOOKWHEN page will be closed every week from 8:00pm the night before we start in your school. They will reopen at 2:00pm on your schools smoothie day.

<https://bookwhen.com/vonniessmoothies>

1. Please click on the link above
2. Select your child's school and click on 'Select' & then 'View Selections'
3. Enter your email address
4. Fill out all the details as it will not let you through to the payment page until you have completed the questions.
5. Enter your card details and then click '**Complete Booking**'.

You will receive a confirmation email and also a reminder email on smoothie day.

For any enquiries, please contact us on

Email - vonniessmoothies@outlook.com

Instagram - @vonniessmoothies

As always thank you for supporting our business!

Kind Regards

Gemma & Yvonne

Vonnies Smoothies

