

The Mease Federation

It is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches.

Parable of the Mustard Seed- Matthew 13:31-32



Message from Miss Mills

Dear Families,

Welcome back to the summer term!

I hope that you all had a good Easter and got to have some quality family time this holiday.

We are delighted to announce that on April 1st 2024 we academised and have joined The TSSMAT. Most of the changes at the moment are back office and behind the scenes. I am meeting with Mrs Gethin next week to discuss changes moving forward and we will make sure that they are approached in a timely fashion.

Over the coming weeks, we will be changing our website and we will be added to the main TSSMAT site. Letterheads and email signatures will be updated so look out for these changes.

We have already had the new menu change and our kitchens are now run by the TSSMAT. We had wonderful feedback from parents and children who attended the 'Menu Taster Session' on Tuesday. The homemade pizza was a big hit! Thank you to Mr Weaver for hosting the event.

This week we have welcomed Mr Buckley to St Andrew's and Miss Ellis to Mary Howard. They are both settling in wonderfully already and the transition has been seamless. Thank you all for welcoming them.

Despite it being only the first week back, as always, it has been jam-packed with learning experiences. On Wednesday, we welcomed the Entrust Band into both schools, the children were captivated. What an enriching experience!

This week myself and Mrs Orgill have carried out lesson observations and we enjoyed witnessing the wonderful teaching and learning that takes place on a daily basis in both of our schools. I am lucky to have such dedicated and knowledgeable staff and of course, wonderful children who enjoy learning.

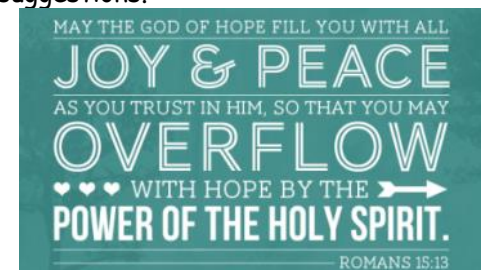
Mary Howard (KS2 children) have started their swimming lessons and Mrs Wardale has started her Level 3 qualification to become a Forest School Lead so it is extremely busy.

This half term our children in Year 6 will be taking part in their SATS. They are being fully supported but we maintain a well rounded education for the children.

As always, we offer an open door policy so please do not hesitate to contact me if you have any queries or suggestions.

Have a good weekend

Miss Mills



Dinners for Week Commencing 15th April 2024

This week is: Week 2

YOUR SCHOOL MENU

WEEK 1



MONDAY

CHOOSE FROM
 🌱 Plant-based burger in a bap with diced potatoes
 Spaghetti bolognese
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Yoghurt, fruit and freshly baked mini shortbread biscuit

TUESDAY

CHOOSE FROM
 🌱 Tomato pasta
 Italian style chicken goujons with diced potatoes
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Chocolate brownie

WEDNESDAY

CHOOSE FROM
 🌱 Handmade margherita pizza with crinkle cut wedges
 Chicken and oriental style vegetable rice
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Fruit and jelly

THURSDAY

CHOOSE FROM
 🌱 Quorn chicken pieces in a Yorkshire pudding
 Sliced beef and Yorkshire pudding
 ON THE SIDE
 Vegetables of the day, roast potatoes and gravy
 TO FINISH
 Lemon drizzle sponge

FRIDAY

CHOOSE FROM
 🌱 Sweet potato and lentil curry with a blend of brown and white rice
 Baked fish fingers and chips
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Ice cream topped with cream

WEEK 2

Our primary school menus comply with the Government's food and nutritional standards, meeting an average of 530 calories for each meal

MONDAY

CHOOSE FROM
 🌱 Meat-free hotdog with diced potatoes
 Cottage pie
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Yoghurt, fruit and freshly baked mini shortbread biscuit

TUESDAY

CHOOSE FROM
 🌱 Roasted vegetable lasagne
 Chicken nuggets with diced potatoes
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Apple flapjack

WEDNESDAY

CHOOSE FROM
 🌱 Handmade margherita pizza with crinkle cut wedges
 Ham carbonara with penne pasta
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Fruit and jelly

THURSDAY

CHOOSE FROM
 🌱 Vegetable pastry crown
 Roast chicken and Yorkshire pudding
 ON THE SIDE
 Vegetables of the day, roast potatoes and gravy
 TO FINISH
 Victoria sponge

FRIDAY

CHOOSE FROM
 🌱 Somerset cheddar cheese and potato fritтата
 Baked battered fish and chips
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Homemade cookies

WEEK 3



MONDAY

CHOOSE FROM
 🌱 Somerset cheddar cheese and tomato quesadilla with diced potatoes
 Pork sausage roll with diced potatoes
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Yoghurt, fruit and freshly baked mini shortbread biscuit

TUESDAY

CHOOSE FROM
 🌱 Macaroni cheese with Somerset cheddar
 Chicken curry with a blend of brown and white rice
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Jam sponge

WEDNESDAY

CHOOSE FROM
 🌱 Handmade margherita pizza
 Bubble salmon
 ON THE SIDE
 Vegetables of the day and crinkle cut wedges
 TO FINISH
 Fruit and jelly

FRIDAY

CHOOSE FROM
 🌱 Vegetable and bean burrito
 Baked fish fingers and chips
 ON THE SIDE
 Vegetables of the day
 TO FINISH
 Freshly baked marble shortbread biscuit

THURSDAY

CHOOSE FROM
 🌱 Somerset cheddar cheese and tomato puff
 Roast chicken and Yorkshire pudding
 ON THE SIDE
 Vegetables of the day, roast potatoes and gravy
 TO FINISH
 Chocolate orange sponge

Light bite options available. Daily sandwiches, jacket potatoes with fresh daily fillings

For Information



ClassDojo

This Week's Dojo Scores

Dojo Scores for this week:

Air - 14

Earth - 16

Fire - 32

Water - 12

Well done Fire!

Swimming

From Thursday 11th April until Thursday 23rd May—Years 3, 4, 5 & 6 will start swimming lessons. Please ensure children have suitable swimming costumes for girls (no bikini's or tankini's).

Suitable swimming short for boys. Swimming hats for long hair.

Thank you.

IMPORTANT—Nut Allergy Update

As we have now joined TSSMAT, we will be adopting their directive on the management of nuts and nut based products in school which will now be extended to include products that may contain nuts/traces of nuts.

It is important that you check the labelling of food products before sending your child into school with them - it is not always apparent that products contain nuts or traces of nuts but the consequences may be fatal.

If children require snacks at break-time, these **should only be fresh or dried fruit and healthy snack bars** that have been checked carefully. Foundation Stage and Key Stage 1 pupils will continue to be provided with a piece of fruit, daily.

Thank you for your co-operation and understanding in the matter.

Break time snacks

As per the information above, children should be provided with healthy snacks to eat at breaktime. Please support us by not sending in the following items for consumption at break time:

- Crisps
- Biscuits
- Sweets
- Chocolate bars
- Cakes/cake bars

These items may be included in your child's packed lunch as part of a balanced diet.

Dates to Note

DATES TO NOTE

April

- ◆ Thursday 18th Swimming Gala
- ◆ Friday 19th Library Bus

May

- ◆ Monday 6th May—Bank Holiday
- ◆ 13th-16th May—KS2 SATs week
- ◆ Friday 24th May—Let your Light Shine Worship
- ◆ Friday 24th May—Break up for half term
- ◆ Monday 3rd June—Inset Day
- ◆ Tuesday 4th June—Children return to school



For Information

Thank you again to all who came to support FOMH on our Easter Bingo evening. An amazing total of £405 was raised on the night! The committee have been discussing ideas with Miss Mills and staff at the school with a fundraising target and what it will be used for - we'll update you on this soon and how much we have raised so far!

Our next event is our family-friendly quiz at the end of this half term. See below for details and look out for a letter this week detailing how you can buy your tickets. We hope to see you there!

QUIZ!

Bring the whole family and come and join us for a
★ FOMH family-friendly quiz! ★

at
MARY HOWARD SCHOOL

on
WEDNESDAY 22nd MAY

5pm-7pm

£2.50 adults, £2.50 children, under 5s FREE

Teams of 8 max. (mix of adults and children!)

Prize for the winning team!

Food and drink available to purchase



Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:



1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

Choose ONE EVERY DAY from:

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes

Choose wholegrain



Use a thermos flask to keep pasta warm



Get kids involved in the choosing/making

2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

Choose TWO EVERY DAY from:

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



Add salad to your sandwiches



Use a thermos flask for delicious soups

3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

Choose ONE EVERY DAY from:

- ✓ Milk
- ✓ Cheese - hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard



Choose low sugar dairy products



Reduce sugar: choose plain yoghurt and have fruit on the side

4 Protein Foods

for growth and repair

Pack a protein punch!

Choose ONE EVERY DAY from:

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans

Keep processed meat to a minimum

Choose oily fish like salmon once every 3 weeks



5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk - or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie



Milk, water or 150ml juice

Occasionally!

Meat products such as sausage rolls, pies, sausages

Plain cakes/sponges and biscuits of appropriate portion sizes



For more healthy packed lunch ideas and recipes visit www.phunkyfoods.co.uk/recipes

Awards



**Well done to Alfie for getting his brown-white belt
in his Karate Lessons!**

What's Coming Up This Week

Monday 15th April

- ◆ PE - Please send children in their PE Kits

Tuesday 16th April

Wednesday 17th April

Thursday 18th April

- ◆ Swimming—Years 3, 4, 5 & 6
- ◆ PE—Please send children in their PE Kits
- ◆ Snowdome Swimming Gala Finals—6pm-8pm

Friday 19th April

- ◆ Library Bus

**What's
Happening
This Week**

What's been happening this week

This week, we were very lucky to be joined by Entrust for a live music performance! The children were extremely happy to see Mr Moon back. The theme this year was a journey into space. We learned about how each of the instruments worked and what family each instrument belongs to. We listened to and joined in with some well-known pieces and enjoyed hearing some classical pieces too like Beethoven's Moonlight Sonata!



On Tuesday, we had our food tasting session for our new menu. We had a great turnout and everybody really enjoyed the food!



Attendance

Think measles!

Vaccination rates have fallen, and cases of measles are increasing.

Measles is highly infectious, the most infectious of all diseases transmitted through the respiratory route. Measles can be severe, particularly in immunosuppressed individuals and young infants. It is also more severe in pregnancy, and increases the risk of miscarriage, stillbirth, or preterm delivery:

The UK Health Security Agency (UKHSA) has said the risk of a measles epidemic across the UK is considered small - but there are now growing concerns over a rise in confirmed cases. For more information follow the link to

National measles guidelines

<https://www.gov.uk/government/publications/national-measles-guidelines>

How to manage cases of suspected measles: what patient details to take, who to notify and assessing risk of disease spreading in close contacts.

More detailed information about Measles and school trips can be found [advice on measles and school trips](#).

Measles is a notifiable disease in England and Wales. You must inform local health protection Unit (HPU) of suspected cases.

Having the MMR vaccine is the best way to prevent it.

Watch out for MEASLES
Symptoms & Prevention

Symptoms

- High temperature
- Runny or blocked nose
- Cough and sneezing
- Red, watery eyes
- White spots inside the mouth
- Red rashes appearing 3-5 days after symptoms begin
- Potential measles contacts urged to call Healthline

Prevention

- Wash your hands frequently with an alcohol-based rub
- Cover your nose and mouth when coughing or sneezing
- Avoid sharing food, water, utensils and other items contaminated by saliva
- If you are infected, isolate at home for at least 4 days
- Avoid contact with people who are vulnerable to the infection
- Give infants the first dose of MMR (measles, mumps, rubella) vaccine between 12 and 15 months

More information can be found online at <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

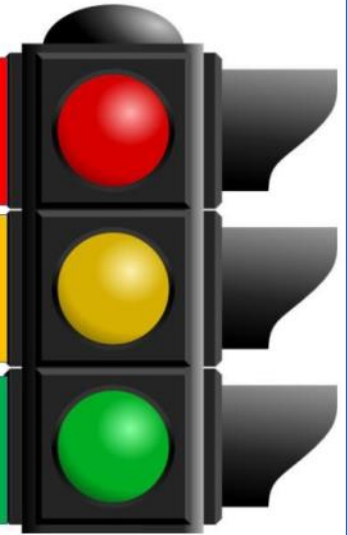
Why is it important?

Attendance	Days absent	Weeks absent	Lessons missed
95%	9 days	2 weeks	50 lessons
90%	19 days	4 weeks	100 lessons
85%	29 days	6 weeks	150 lessons
80%	38 days	8 weeks	200 lessons
75%	48 days	10 weeks	250 lessons
70%	57 days	11.5 weeks	290 lessons

89% or below
Drastic effect on academic achievement

96% - 90%
Cause for Concern

100% - 97%
Excellent!



Across our Federation, we expect good attendance to ensure that all pupils are able to take full advantage of the education available to them. Good attendance matters.

Pupils who have good attendance: **Get better jobs in the future, Achieve better results, Make better friendships, Have good self-esteem and confidence**

We strive for every child to achieve 96% attendance or higher. Please do not be offended if you are told that we are concerned about your child's attendance or if you receive a letter of concern. Attendance falls under the category of safeguarding and it is our duty of care to challenge and support attendance. If we can help in any way please contact Miss Mills or the office. Thank you.

Attendance figures for this week

Class One - 99.23%

Class Two - 100%

Class Three - 97.78%

Medical Appointments

Could we kindly remind parents, to try and book medical appointments outside of school times. We do understand that there are occasions when this is not always possible. Thank you!