

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,

I would like to express my thanks for the overwhelming support we have had this week in regards to the weekend trespassers and vandals. We have been proactive and as a result, made strong links with the local PCSO, Costas Karpi, who will come and meet the children at St Andrew's next week. We have also ordered some security cameras which will hopefully deter any future trespassing on both sites. If you are ever passing either school and see something untoward, please report it and let me know on Class Dojo.

On a much happier note, I can report that the children have settled into the new term wonderfully. The children in Class 3 are thriving in Mr Buckley's care. They loved learning to program micro bits and used them to write me kind messages. Class 2 at Mary Howard have settled well and are enjoying being taught by Miss Ellis. They've thoroughly enjoyed reading their new book, 'The Monster Slayer', using drama to bring their writing to life.

The children in KS2 at Mary Howard are going swimming this half term at the Snowdome. The aim is for the children to reach the government's expectations for swimming by Year 6. This will be replicated at St. Andrew's next half term. We have decided to take the whole of Key Stage 2 every year so they get the opportunity to swim throughout their life in Key Stage 2 at our schools.

Last night, I was proud to attend the Tamworth Swimming Competition with four of our children representing both of our schools. Harry and Luke, represented Mary Howard and Ona and Keira

represented St Andrew's. They did an amazing job and I would like to thank them for being so fabulous. I would also like to thank their parents for supporting us and helping us to compete against other schools in the area.

Yesterday, myself and Mrs Orgill met with Charlene Gethin, our new CEO, to plan the migration over to TSSMAT. I will keep you informed of the changes and timeline. It is certainly exciting times but everything will happen timely and for the benefit of our schools.

We are awaiting the launch of the new TSSMAT website, so please bear with us during the cross-over. The new menu is going well and the children are enjoying the new recipes.

I am passionate about making our schools the very best places to grow and flourish. I appreciate the support of our parents. I would like to remind you about Parent Forum. This is a way to build relationships and strengthen communication between school and home and looking at ways to improve our schools further. There is a date booked so look at the parent forum section in this newsletter.

As always, we have an open door culture in our school, so if ever you have any queries or niggles, please do not hesitate to contact us. We are always glad to help.

Best wishes

Miss Mills

"It is God who arms me with strength and keeps my way secure." – Psalm

Dinners for Week Commencing 22nd April 2024

This week is: Week 3

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

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

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

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

Dojo Scores for this week:

Air - 23

Earth - 15

Fire - 24

Water - 14

Well done Fire!

Break time snacks

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.

Office

Please note that the office will not be manned on Thursdays from 11.15 to 1.30pm.

Please contact school via Dojo between those times.

Staffing Update

This term we have welcomed back Miss Bolton from her maternity leave. Since September, Mrs Boag has been doing a great job covering in Miss Bolton's absence.

As it was only maternity cover, Mrs Boag has had to seek employment elsewhere. Therefore, we would like to congratulate Mrs Boag on securing her new role as a secretary at a primary school in Lichfield.

Because we do not want Mrs Boag to lose out on this new opportunity, we are granting her early release, so Mrs Boag's last day will be Thursday 29th April.

We would like to wish Mrs Boag all the best and thank her for her hard work, dedication and for going above and beyond in her role. We will certainly miss her.

As a result of the early release, the office will only be manned on a part time basis, linked to Miss Bolton's request for flexible working. Please do not worry, I will make sure I am about on those days. I will let you know next week which days.

Thank you Mrs Boag and Good luck!

Year 6 SATs Breakfast

All Y6 children are invited to join Miss Warner for breakfast, for free, from Monday 13th - Thursday 16th May. The breakfast starts at 8.30am and the children will enjoy a variety of different breakfast items kindly funded by FOMH. Please let us know if your child will be attending breakfast club by returning the consent form

<https://forms.office.com/e/NKmh1FgAD0>

by Friday 3rd May. Thank you.



Parent Forum

All welcome! Please come along to a Parent Forum on 3rd May at 2.45pm.

For Information

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.

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!

The poster is framed with a colorful confetti border. At the top, the FOMH logo (Friends of Mary Howard) is on both sides, flanking a central yellow starburst that says "QUIZ!". Below this, the text reads: "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". The text is interspersed with icons of champagne glasses, a hot dog, and a trophy.

Awards



Well Done to Amelia for achieving 1st place in her Dressage Competition!



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



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



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



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



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



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

What's Coming Up This Week

Monday 22nd April

- ◆ PE - Please send children in their PE Kits

Tuesday 23rd April

Wednesday 24th April

Thursday 25th April

- ◆ Swimming—Years 3, 4, 5 & 6
- ◆ PE—please send children in their PE Kits

Friday 26th April

- ◆

What's Happening This Week

Weekly Blogs

Find out what the children have been up to in their classes this week using the links below.

Class One— [Class Blogs | The Mease Federation](#)

Class Two— [Class Blogs | The Mease Federation](#)

Class Three— [Class Blogs | The Mease Federation](#)

Dates to Note

DATES TO NOTE

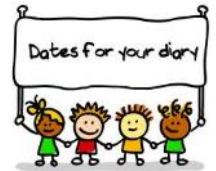
April

May

- ◆ Friday 3rd May at 2.45pm—Parent Forum
- ◆ Friday 3rd May—Rock up & Read
- ◆ Monday 6th May—Bank Holiday
- ◆ 13th-16th May—KS2 SATs week
- ◆ Thursday 16th May—Census Day
- ◆ Friday 24th May—Let your Light Shine Worship—9am
- ◆ Friday 24th May—Break up for half term

June

- ◆ Monday 3rd June—Inset Day
- ◆ Tuesday 4th June—Children return to school
- ◆ Wednesday 5th June—Class 1 Fathers Day Lunch
- ◆ Wednesday 12th June—Class 2 Fathers Day Lunch
- ◆ Wednesday 19th June—Class 3 Fathers Day Lunch



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/>

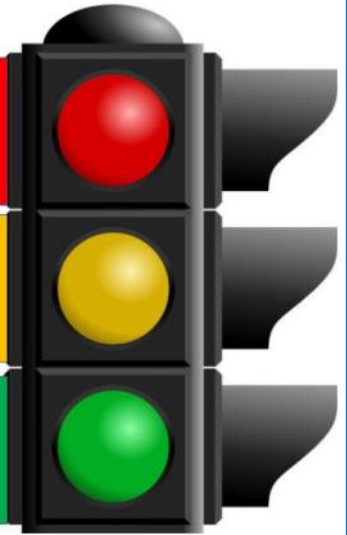
Why is it important?

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 - 93.85%

Class Two - 93.85%

Class Three - 95.56%

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!