



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

This week has been another week filled with rich learning experiences for all of our children. It has been a pleasure to witness and see the impact of a well-rounded education and how it helps our children *Grow & Flourish*. It is a pleasure that the children, enjoy sharing their learning with me. I have listened to some amazing stories written by our children, seen children mastering their number knowledge and seen children develop as confident and competent readers.

I am also delighted to share with you that Mrs Wardale is thoroughly enjoying her Forest School Level 3 course. She will dedicate her time during the summer term, to setting up our Forest Schools and trialling a few taster sessions across both schools. We would like to thank the Forest School Grant for enabling us to make our dreams a reality. I am passionate about taking learning outdoors and know the benefits of such provision. Forest School experiences can increase children's self belief, confidence, learning capacity, enthusiasm, communication and problem-solving skills and emotional and physical well-being. I will keep you informed as we begin our journey.

In terms of now being part of the TSSMAT, we will be migrating in a timely manner. We will begin to evolve together. I am looking at St Andrew's school logo, making more links to history, St Andrew's church and the village of Clifton Campville. If we do have any parents with any design/graphic skills, who could assist me with this logo challenge, I would love to hear from you.

As always, we offer an open door policy and I am always available to you should you have any queries, questions or concerns. then please do not hesitate to contact me. I am always glad to help!

Have a lovely weekend

Miss Mills

“And the peace of God which surpasses all understanding will guard your hearts and minds”

(Philippians 4:7)

Dinners for Week Commencing 29th April 2024

This week is: Week 1

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

Dojo Scores for this week:

Air - 23

Earth - 13

Fire - 20

Water - 17

Well done Air!

On week commencing 10th June, all Year 1 children must be in school as they will take their Phonics Screening Checks.

Break time snacks

As per the information above, children should only 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

Reminder

The final payment for the Class 3 Residential is due on 29th May 2024.

Staffing Update

Yesterday we said goodbye to Mrs Boag. We would like to wish her 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!

The office will now only be manned on a Wednesday and Friday. Please only call us in an emergency. The best way to contact us for non-urgent enquires will be via Class Dojo. Thank you for your understanding.

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 features a central yellow starburst with the word 'QUIZ!' in red. It is flanked by the FOMH logo (Friends of Mary Howard) on both sides. The text below the starburst 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 poster is decorated with a colorful border of confetti and streamers. Small icons of a champagne glass, a hot dog, and a trophy are also present.

Awards



Well Done to James for getting two football trophies!





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 shopping

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



Plain cakes occasionally

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

www.phunkyfoods.co.uk

For Information

Well done to Rachael Swailes!

Rachael completed a 32.5 mile Ultra across the Welsh Coastal Path last weekend, for women's cancer charity.

Amazing Lady! You are a true star!

★ If you would like to sponsor her please follow the link ★
https://www.justgiving.com/crowdfunding/She-Ultra1?utm_term=dpapmB65E



Congrats! You just set your PR in the 50K!

Distance
50.49 km

Elevation Gain
1,108 m

Moving Time
9:20:01

Avg Pace
11:05 /km

Avg Power
8 W

Calories
1,949 Cal

View Analysis



Home



Maps



Record



Groups



You



What's Coming Up This Week

Monday 29th April

- ◆ PE - Please send children in their PE Kits

Tuesday 30th April

Wednesday 1st May

Thursday 2nd May

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

Friday 3rd May

- ◆ Rock up & Read—8.45am
- ◆ Parent Forum—2.45pm

**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

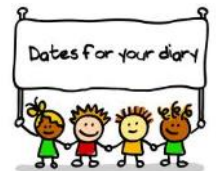
April

May

- ◆ Friday 3rd May—Rock up & Read—8.45am
- ◆ Friday 3rd May at 2.45pm—Parent Forum
- ◆ 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
- ◆ W/C 10th June—Year 1 Phonics Screening Checks
- ◆ 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/>

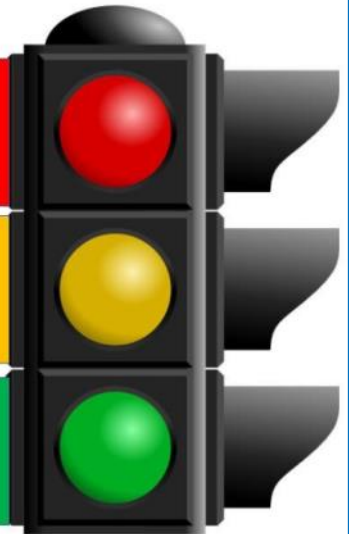
Why is it important?

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 - 90.77%

Class Two - 95.38%

Class Three - 96.67%

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!