



*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,

Week four of our summer term has been another good week across our two sister schools. It is wonderful to see the children improve each day. They continue to grow and flourish, demonstrating that each one is truly a mustard seed, beginning to take root.

At St. Andrew's, learning was enhanced through a poetry day, organised by SASA. Children were able to use the outdoors as a stimulus to write poetry. We also took some of our painted stones and added them to the worm on the Millennium Green.

At Mary Howard, the whole of KS2 (Years 3-6) are taking swimming lessons at Tamworth Snowdome. The children are progressing well and many of the Year 6s are set to complete the Government's swimming requirements. The children in KS2 at St Andrew's will start next half term.

Year 2 and Year 6 are getting ready for their upcoming tests. Our children will take them in their stride, showing resilience and determination to demonstrate just how fantastic they are. We offer a well-rounded education so we know that the children are suitably equipped to take these external tests without hesitation.

Thank you to the parents at Mary Howard, who have been so supportive of our school after the incident this week. It appears that the lighter nights and better weather brings out some challenges. The Local PCSOs have again been in touch and hopefully, working together, this will be a deterrent to any further incidents.

From 8th May, we are taking part in Staffordshire's Little Heroes initiative to improve attendance and punctuality. Children will have a sticker each day and get certificates at the end of each half term for attendance and punctuality. Look out for further information in the newsletter. We will be leading an assembly on this next week to introduce it to the children.

As we look forward to our Bank Holiday weekend, I do hope that it allows you to have quality time with your family. We welcome you back on Tuesday 7th May.

Best wishes

Miss Mills

*Just as the Lord has forgiven you, so you must forgive others' Colossians 3.13*



# Dinners for Week Commencing 6th May 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**

## Dojo Scores for this week:

Air - 23

Earth - 27

Fire - 38

Water - 23

**Well done Fire!**

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.

Next week, Year 2 will be completing SATs tests. These tests are now non-statutory but provide a useful baseline for KS2. The tests will be completed through out the week in small groups.

## Little Heroes Attendance

On Wednesday 8th May, our Little Heroes Initiative begins. You will see posters and other resources around the school. In classes, there will be a sticker chart and every day a child attends and arrives on time, a sticker will be added to their name on the chart. The Hero stands for—'Here Everyday Ready and On Time'. The initiative will run until July and If children receive 100% throughout, they will receive a certificate and a little gift. For more information please visit—[Staffordshire.gov.uk/littleheroes](http://Staffordshire.gov.uk/littleheroes). We hope you will help support us with this, thank you.



**HERE EVERYDAY READY ON TIME**



## 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.



# 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.

## 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](#)

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. A poster including the slip to order tickets has been sent home today, make sure to get your tickets quick!

The poster is framed with a colorful border of confetti and streamers. At the top, the FOMH logo (Friends of Mary Howard) is on both sides. In the center, a large yellow starburst contains the word "QUIZ!" in red, bold, capital letters. 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 22<sup>nd</sup> MAY 5pm-7pm £2.50 adults, £2.50 children, under 5s FREE". To the left of the text are illustrations of two champagne glasses and a hot dog. To the right is a gold trophy. At the bottom, it says "Teams of 8 max. (mix of adults and children!)" and "Prize for the winning team!" in green, and "Food and drink available to purchase" in red.



## 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

### 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



Use a thermos flask for delicious soups

### 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](http://www.phunkyfoods.co.uk/recipes)

# What's Coming Up This Week

## Monday 6th May

- ◆ Bank Holiday

## Tuesday 7th May

## Wednesday 8th May

Helpful Heroes attendance initiative begins

## Thursday 9th May

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

## Friday 10th May

◆

**What's  
Happening  
This Week**

# Dates to Note

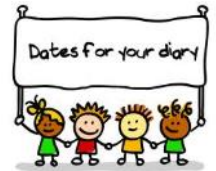
## DATES TO NOTE

### May

- ◆ Monday 6th May—Bank Holiday
- ◆ 7th-10th May—Year 2 SATs week
- ◆ 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/>

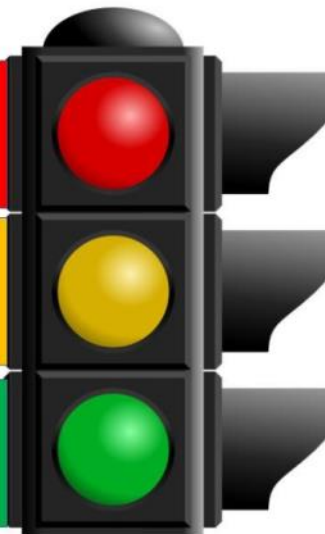
## Why is it important?

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 - 98.46%**

**Class Two - 98.46%**

**Class Three - 98.33%**

### 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!