



# Brighstone C.E. Aided Primary School

Headteacher – Mrs R. Lennon

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Friday 1<sup>st</sup> September 2023

## Welcome Back

Dear Parents/Carers,

Welcome to the new school year of 2023-2024! We hope you all had a lovely summer, despite the variable weather.

We are passionate about achieving and maintaining high standards so that our children are able to thrive and flourish. The start of a new year is a great time to send out some reminders so we can start as we mean to go on. We thank you for your time reading this letter and helping us to achieve high standards for our children and school community.

## School Day Timings

Please be reminded that, following the survey undertaken in the summer term, our school day timings are now:

Start of the school day		Home time	
Gates open	8.25am	Gates open	2.55pm
School starts	8.30am	School ends	3pm

Please ensure that your child arrives at school on time so they don't miss the register and any learning. Anyone arriving after 8.30am will need to report to the office and provide a reason for the lateness. A reminder that persistent lateness may result in a fine from the Local Authority. We acknowledge that families will have occasional mornings when things go wrong and we would rather the children arrived late than not at all.

## Leave of absence

A reminder that all requests for leave of absence during term time will be unauthorised and may be subject to a fine unless deemed "exceptional" in accordance with the school's Attendance Policy and Local Authority guidance.

## Uniform

<p>Our school uniform consists of:</p> <ul style="list-style-type: none"><li>• Navy blue jumper or cardigan</li><li>• Grey trousers, shorts, dress or skirt</li><li>• White polo shirt (tucked in)</li><li>• Pale blue gingham summer dress</li><li>• Grey or white socks or tights</li><li>• Black shoes</li></ul>	<p>Our PE kit consists of:</p> <ul style="list-style-type: none"><li>• Navy t-shirt</li><li>• Navy blue shorts/skort, leggings or tracksuit bottoms</li><li>• Navy blue jumper or hooded top</li><li>• Grey or white socks</li><li>• Dark trainers or black plimsolls</li></ul>
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There are no gender-specific uniform requirements.

Children are expected to come to school wearing their PE kits on their designated PE days.

Specific sports kits for interschool events are provided by the school.

If your child is attending an after-school sports club on a day that is not their designated PE day, they need to bring their PE kit to school to change into.

Other expectations:

- Long hair must be tied back in school colours
- Hair accessories must be in school colours
- Jewellery must not be worn (unless for religious reasons), with the exception of small, discreet earring studs (which must be removed or covered for PE/swimming)
- The wearing of branded clothing is not permitted

Further information about our uniform and where it can be purchased from is available on our school website:

<https://www.brighstoneprimary.org.uk/school-uniform/>

If finances are a concern, please speak with our Family Liaison Officer, Melissa Jones, who will assist you. The BSA hold a second hand uniform sale every third Monday of each term (see the BSA Facebook page and noticeboard in the playground for further details).

Please encourage the use of **deodorant** for older children. No aerosol sprays are permitted to be used in school. Any **earrings** that have not been removed for PE days will need to be covered with micro pore tape.

### PE days

Year group	PE days
Reception	Mondays and Wednesdays <i>(two shorter sessions)</i>
Year 1 and Year 2	Mondays and Wednesdays <i>(two shorter sessions)</i>
Year 3 and Year 4	Thursdays <i>(one longer session)</i>
Year 5 and Year 6	Tuesdays and Fridays <i>(two shorter sessions)</i>

### Healthy Eating – Packed Lunches

To grow and stay healthy, children need to eat a nutritionally well-balanced diet. Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.

The short-term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems, which may have an impact on a child's learning. The longer-term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.

Thank you for making sure that your children's packed lunches strive to be well-balanced with fruit and vegetables and not too many sugary and salty items. Please support us by **not including these items** in your child's packed lunch: sweets, chocolate bars, fizzy drinks, fruit-flavoured drinks or any food containing nuts. Please also be mindful of the use of single use plastic.

A reminder that **snacks for break time** should only be fruit or vegetables and children should only have **water** in their drinks bottles. *(Children in Reception and Key Stage 1 are provided with fruit and vegetables for a snack through the government's School Fruit and Veg Scheme.)*

Our school dinner provider, Chartwells, offer daily nutritionally balanced meals. These meals are free for children in Years R-2 and for anyone in receipt of Free School Meals (FSM). The cost for any other children is £2.90 per day. Where possible, dinners need to be paid for in advance on the School Money system or via the school office. When dinner arrears reach £14.50 (equivalent to 5 school days), you will be contacted to pay the bill or provide a packed lunch for your child.

## **Communication**

To help us reduce the amount of paper we use, email will continue to be our main way to communicate with parents. Please ensure that we have the correct email address and to check your spam/junk folder regularly. Our text messaging service will also be used for shorter messages, or to inform you that there is an important email being sent.

You can contact your child's class teacher via the class email address, but please note that they can only respond outside of teaching hours, so, if you have an urgent message, you are advised to contact the office in the first instance.

Further information, news, letters and master copies of forms and calendar dates will also be via our Facebook page, our school website and our weekly newsletter, the Buzz, which is available on our school website every Friday afternoon.

## **Parent/carer activities**

As mentioned in the Buzz at the end of the summer term, we have planned a Meet and Greet information session for parents/carers on Tuesday 12<sup>th</sup> September at 5pm – 6pm, where you will get the opportunity to meet the teachers and find out about the year ahead. We will also continue to look for ways to involve parents more in school activities. Look out in the Buzz and on Facebook for when these will be coming up.

If you have any questions about any of the above, please do not hesitate to contact us.

Thank you for your support, and we look forward to the year ahead!

Best wishes and see you all on Tuesday,

Mrs Lennon  
Headteacher

Mrs Jones  
DSL and Family Liaison Officer