



CLARE COMMUNITY  
PRIMARY SCHOOL

Friday, September 18th

# Newsletter



CLARE COMMUNITY  
PRIMARY SCHOOL

Here we are with the first newsletter of the new school year and I can't believe that we are already about to begin the third full week of term. It seems like an age ago that I penned the last proper newsletter to you all- would you believe, it was February (!) but, as with all things, we are ensuring we return to as normal operations as possible under the circumstances.

First of all, I would like to thank you all for adjusting to our new procedures concerning entering and exiting the site. With a few tweaks, I think we have reached as smooth and streamlined system as we can, and your punctuality and adherence to the one-way system is much appreciated!

We have obviously revised our policy on attendance with 'cold-like' symptoms in accordance with local and national guidance, and I am tracking closely local data- still, at present, extremely low,

and will review our own Risk Assessments accordingly.

I cannot stress enough that this is a learning curve for us all. I am very happy to talk things through if parents or carers have any concerns or queries about our arrangements.

Currently, I am very happy that we have a good balance in school between ensuring a safe and secure environment for all, but also a nurturing and happy atmosphere where staff and children are not anxious or scared by unnecessary or intrusive changes to normal procedures.

This term will be very much a gradual transition back to school. We are very deliberately reining ourselves in when it comes to extra-curricular activities and our normal programme of events. The most important thing at the moment is that your children are in school with their teacher and class, learning.

Catkins After-school and Breakfast club has been running since the

beginning of term and I am pleased to say that numbers are high and increasing, hopefully reflecting parental confidence in the quality of our wraparound care.

We hope to re-introduce throughout the year more activities involving parents such as class assemblies and the like but, for now, we wait and see.

I am delighted to report that your children are settled and enjoying school. We have actually noticed that behaviour in the dinner hall is calmer since before lockdown, perhaps reflecting more family meals held together or just that everyone is pleased to be back together again. Likewise, there is a lovely atmosphere around the school as I walk round. Classes seem attentive and productive, and the children are buzzing with their normal enthusiasm and joie de vivre.

**Rebecca Loader**  
**Headteacher**

**SCHOOL COUNCIL AND HOUSE CAPTAIN ELECTIONS** Those of you who have had a child in Year 6 before, will know that our children thrive on the increased responsibilities and duties they are awarded in Year 6. We have had our annual elections for these important roles and I am thrilled to announce the positions for this year- we have also yet to announce Play Leaders and Class Representatives, so there are still more opportunities to be had.

**Chair:** Logan; **Vice-chair:** Alex **Treasurer:** Bella; **Secretary:** Zara ;

**House Captains- Castle:** Isla, Alfi; **Pashler:** Emily, Vincent; **Clarence:** Isabelle, Bibi; **Nethergate-** Summer U, Eoin.

**Prefects-** Eadlin, Ryan, Ruby, Summer C, Nesta (Head-Prefect)

A **Stour Valley Educational Trust** Academy



if you're reading this:

RELEASE YOUR SHOULDERS  
away from your ears

UNCLENCH YOUR JAW

DROP YOUR TONGUE FROM  
the roof of your mouth

@ALYSERURIANI DESIGN

WORDS: @SENTFROMDEVYN

### **Anxiety in Children and Families**

As children have started to re-attend schools, we are noticing a number who have developed some symptoms of anxiety during and after the lockdown period.

It is really important to stress that anxiety is a very normal emotion, that we all suffer from at different moments and in greater amounts at different times in our lives. Sometimes however, it can become a problem when it starts to impact on children's lives and make them fearful of participating fully in situations that they previously had not been bothered by.

There are some very good websites which can reassure parents on what worries would be considered 'normal' developmentally, but also how they should tackle the situation should these worries get out of control.

<https://youngminds.org.uk>

<https://nipinthebud.org/>

We are also very keen to support our families through school-based interventions, so you will be receiving an email in the next few weeks, ascertaining if there are areas where you feel you would like support and the opportunity for discussion with other families in the same position. At the moment, we feel that this support would be best-placed through a Webinar or virtual meeting at a point during the school day.

## 2020-21 Key Dates

<b>AUTUMN TERM</b>	
Wednesday 1 <sup>st</sup> September 2020	First Day of Term for children
Monday 26 <sup>th</sup> October 2020 – Friday 30 <sup>th</sup> October 2020	Half-term Holiday
Friday 20 <sup>th</sup> November 2020	PD Day (No children)
Friday 18 <sup>th</sup> December	Last Day of Term
Monday 21 <sup>st</sup> December – Friday 1 <sup>st</sup> January 2021	Christmas Holidays
<b>SPRING TERM</b>	
Monday 4 <sup>th</sup> January 2021	First Day of Term for children
Monday 15 <sup>th</sup> February- Friday 19 <sup>th</sup> February 2021	Half-term Holiday
Friday 26 <sup>th</sup> March 2021	Last Day of Term
Monday 29 <sup>th</sup> March 2021 – Friday 9 <sup>th</sup> April 2021	Easter Holidays
<b>SUMMER TERM</b>	
Monday 12 <sup>th</sup> April 2021	First Day of Term
Monday 31 <sup>st</sup> May – Friday 4 <sup>th</sup> June 2021	Half-term Holiday
Friday 16 <sup>th</sup> July 2021	Last Day of Term
Monday 19 <sup>th</sup> July 2021 – Friday 3 <sup>rd</sup> September 2021	Summer Holidays

## Key Dates for Autumn Term

This is a preliminary list of key dates for this term. It is subject to alteration occasionally, but we will try to give you as much advance warning as possible, should this happen.

Individual Class Photos (PARENTS NEED TO PRE-REGISTER, INFO WILL BE SENT)	Tuesday 29 <sup>th</sup> September
Provisional Class Photos	Thursday 15 <sup>th</sup> October
Dellar Sports Camp – HALF TERM	Monday 26 <sup>th</sup> October – Friday 30 <sup>th</sup> October
Provisional Parents Evening 15:30 – 17:30	Tuesday 3 <sup>rd</sup> November
Provisional Parents Evening 17:00 – 19:30	Thursday 5 <sup>th</sup> November
Prov. Den Building Day – (Info to follow)	Friday 27 <sup>th</sup> November
Prov. Pens Down Day	Friday 27 <sup>th</sup> November
Prov. EYFS Nativity Performance	Thursday 3 <sup>rd</sup> December
Prov. Christmas Dinner	Thursday 10 <sup>th</sup> December
Clare Community Carols time TBA	Monday 14 <sup>th</sup> December
Prov. Carol Service 13:15 – 14:15	Thursday 17 <sup>th</sup> December



# eats.

## Week 1

### Week One commencing:

7th September, 28th September, 19th October,  
16th November, 7th December, 11th January 2021,  
1st February 2021, 1st March 2021, 22nd March 2021

### Monday

Margherita Pizza  
with Herb Diced Potatoes  
or  
Vegetarian Pasta Bolognese

Side Salad  
Peas and Sweetcorn

Strawberry Whip  
& Shortbread

### Tuesday

Meatballs in Tomato Sauce  
with Pasta Twists  
or  
Vegetable Frittata & Potato Wedges

Mixed Vegetables

Flapjack and Fruit Wedge

### Thursday

Traditional Roast Beef,  
Yorkshire Pudding and Gravy  
or  
Cheese & Potato Pie

Carrots and Cabbage

Iced Carrot Cake

### Friday

Crispy Baked Fish Fillet  
or  
Vegetarian Hot Dog

Oven baked Chips  
Baked Beans  
Garden Peas

Fruity Friday - A choice of  
Fruit Jelly, Fruit Yoghurt  
or Fresh Fruit Salad

### Wednesday

Sausage Roll  
& Herb Diced Potato  
or  
Tomato & Vegetable Pasta with Garlic  
slice

Garden Peas & Carrots

Chocolate Crunch  
& Chocolate Sauce

#### Available every day -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, strawberry or orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration - a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch - see schools website for details

For information on allergens & intolerances visit [www.eats-catering.co.uk](http://www.eats-catering.co.uk)

# eats.

## Week 2

### Week Two commencing:

14th September, 5th October,  
2nd November, 23rd November, 14th December,  
18th January 2021, 8th February 2021, 8th March 2021

### Monday

Southern Style Quorn  
Burger in a Bun  
or  
Vegetarian Sausage Under Wraps

Baked Potato Wedges  
Peas & Sweetcorn

Vanilla Crunch Slice

### Tuesday

Italian Baked Chicken  
or  
Tomato & Cheddar Quiche

Herb Diced Potatoes  
Carrots and Broccoli

Lemon Drizzle Sponge  
& Fruit Wedge

### Thursday

Traditional Roast Chicken  
or  
Cauliflower & Broccoli Bake

Roast Potatoes  
Carrots and Cabbage

Toffee Cream Tart

### Friday

Baked Fish Fingers  
or  
Vegan Nuggets

Oven Baked Chips  
Baked Beans  
Garden Peas

Fruity Friday - A choice of  
Fruit Jelly, Fruit Yoghurt  
or Fresh Fruit Salad

### Wednesday

Pork Sausages, Mash & Gravy  
or  
Vegetable Bean Burger,  
Mash & Gravy

Sweetcorn & Green Beans

Chocolate Brownie

#### Available every day -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, strawberry or orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration - a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch - see schools website for details

For information on allergens & intolerances visit [www.eats-catering.co.uk](http://www.eats-catering.co.uk)

**Monday**

Neapolitan Pizza  
or  
Sweet Potato  
& Salmon Fishcake

Herb Diced Potatoes  
& Mixed Vegetables

Iced Sponge Cake

**Tuesday**

Pork & Apple Burger  
with Potato Wedges  
or  
Vegetable lasagne  
& Garlic Slice

Carrots and Peas

Marbled Cookie  
& Fruit portion

**Wednesday**

Mac n' Cheese  
or  
Chicken in Gravy with a Pastry Top  
& Mashed Potatoes

Green Beans and Sweetcorn

Chocolate Rice Krispie Cake

**Thursday**

Traditional Roast Pork  
or  
Veggie Toad in the Hole

Roast Potatoes  
Carrots and Cabbage

Raspberry Ripple  
Ice Cream Pot

**Friday**

Crispy Baked Fish Fillet  
or  
Crunchy Vegetable Fingers

Oven baked Chips  
Baked Beans  
Garden Peas

Fruity Friday - A choice of  
Fruit Jelly, Fruit Yoghurt  
or Fresh Fruit Salad

**CLARE COMMUNITY PRIMARY SCHOOL**

**CATKINS BREAKFAST & AFTER-SCHOOL CLUB**



### MONDAY TO FRIDAY

**BREAKFAST SESSION - 7.45 AM – 8.45 AM - £3.50  
(CEREAL, TOAST, JUICE, ALL INCLUDED)**

**AFTERSCHOOL: -**

**MINI SESSION 15:00 – 16:30 - £6.15 (SNACK INCL @ 4PM)**

**MIDI SESSION 15:00 – 17:00 - £8.20 (SNACK INCL @ 4PM)**

**LATE SESSIONS 15:00 – 18:00 - £13.30 (MEAL INCL @ 5PM)**

**PLEASE ASK THE SCHOOL OFFICE FOR DETAILS**

