

# Newsletter

Friday 26<sup>th</sup> September 2025

Halsnead Newsletter

## Attendance

Attendance has been much improved this term. 3-4H are now on their tenth day of having every pupil present. This is a huge achievement, and the benefits can already be seen in everyone's learning. Please continue to ensure children arrive on time each day. Absences after the register closes are unauthorised unless there is a valid reason.

## Swimming

MK Sports Academy have extensive experience in supporting swimming for children as young as three. Appropriate buoyancy aids and support will be provided. Fully trained lifeguards and instructors ensure that safety is always the highest priority.

As a reminder, the following classes will be swimming next week: 6L, 5-6D, 5K, 3-4H and 3L. Children will need their swimming kit each day. For beginners, floating aids will be provided, including armbands, noodles and float boards, which must be worn before entering the pool. Children should come to school in their school uniform as normal next week. Children in 6L will be able to come into school from 8:30am each day next week to allow time to get ready for their 9:00am swimming lesson.

## Photograph Day

On Tuesday, we will ensure that all children have their individual photograph taken before swimming. Year 6 pupils will have their photos taken first. Because 6L are swimming first on Tuesday, pupils in this class are asked to arrive at the earlier time of 8:30am so that photographs can be completed before their lesson. There will also be an opportunity for siblings who attend the school to have photographs taken together.

We will confirm which classes are swimming from the week commencing 6th October via Dojo early next week.



**HALSNEAD**  
Primary School

# Newsletter

Friday 26<sup>th</sup> September 2025

## Youth Parliament Visit

This week Ruby, representing KS1 and KS2, visited us from Youth Parliament. She spoke to the children about how decisions are made, the needs of our local area and the importance of democracy.

## Open Evening

We are pleased to invite families to our Reception Open Evening on Thursday 16th October, 4–6pm. This is an opportunity for families who have a child starting nursery or reception in September 2025 to visit the school and find out more about what we offer. Please do share this with anyone you know who may be interested.

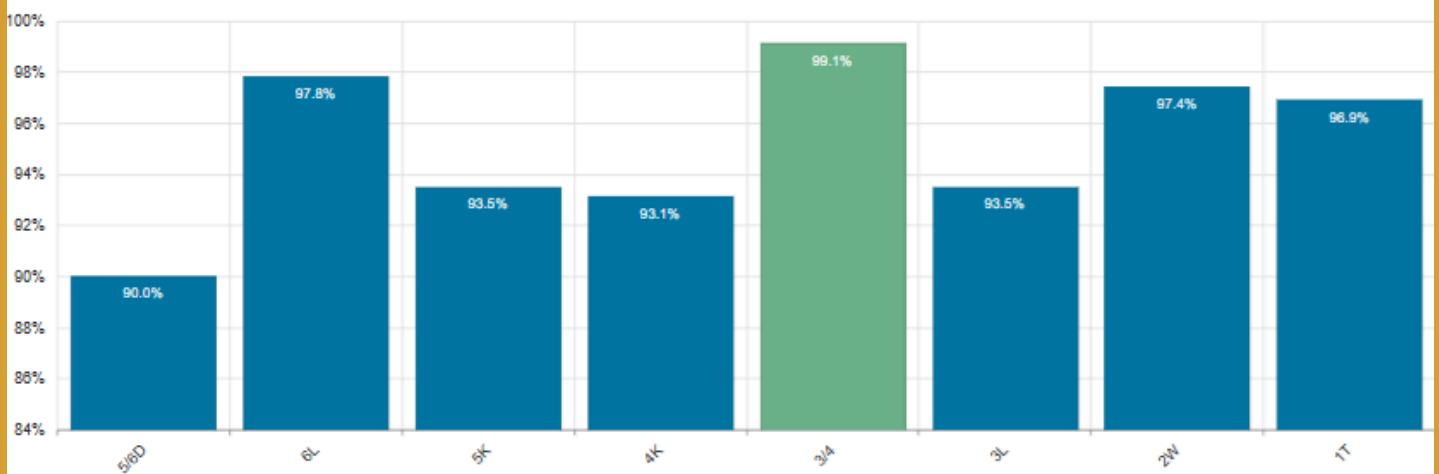


**HALSNEAD**  
Primary School

# Newsletter

## Weekly menu

29/09/25	Main Meal	Vegetarian Option	
Monday	Chicken burger and wedges	Quorn fillet burger and wedges	Jacket potato/sandwich
Tuesday	Tomato pasta and garlic bread	Tuna pasta	Jacket potato/sandwich
Wednesday	Chicken tikka rice and naan bread	Quorn tikka rice and naan bread	Jacket potato/sandwich
Thursday	CENSUS DAY £1 Lunch Chicken nuggets, chips beans/spaghetti	Quorn nuggets, chips beans/spaghetti	Jacket potato/sandwich
Friday	Fish fingers, chips, veg or beans	Veg fingers, chips, veg and beans	Jacket potato/sandwich



## Weekly attendance

## Packed Lunch Safety Guidelines

---

### Packed Lunch Expectations & Food Safety – Primary School

At [School Name], we are committed to keeping all children safe, healthy, and happy during the school day. Please take a moment to read through our updated Packed Lunch Guidelines, which apply to all pupils across the school.

---

### We Are a Nut-Free School

To protect children with serious allergies:

- No nuts or nut-based products should be sent into school.

This includes:

- o Peanut butter
- o Nutella
- o Granola or cereal bars containing nuts
- o Some pesto sauces or cold meats (check labels carefully)

Always check ingredient labels before packing your child's lunch.

---

### Packed Lunch Safety

If your child's dietary needs or allergies change at any time, please notify the school office immediately so we can update our records.

---

### Preventing Choking in Younger Children (Reception – Year 2)

Younger children (especially under 5s) are more vulnerable to choking. Please help us keep them safe by preparing food appropriately:

Fruits & Vegetables:

- Remove any stones, pips, or hard skins
- Cut small round items (grapes, cherry tomatoes, blueberries) lengthways and into quarters
- Slice harder fruits and vegetables (like apples and carrots) into thin strips, not chunks

#### Meat & Protein:

- Remove all bones
- Cut sausages into thin strips (limit processed meats and remove sausage skins where possible)

#### Dairy & Breads:

- Cut cheese into small strips, not cubes
- Use wholemeal or lightly toasted bread to avoid clumping
- Do not send popcorn – it poses a choking risk

---

#### Supervised Lunchtimes

- Children must be seated and supervised while eating
- Staff will:
  - Monitor for allergies or choking risks
  - Discourage food sharing
  - Support pupils who need help with packaging or portion sizes
- Any choking incidents or allergic reactions will be reported to parents immediately

---

#### Healthy Drinks Policy

We ask that pupils bring only:

- Fresh tap water
- Plain milk

Please do not send:

- Fizzy drinks

- Flavoured milk
- Squash or fruit juice
- Smoothies

These are high in sugar and not suitable for school.

Please avoid rice-based drinks for children under 5 (due to naturally occurring arsenic).

# Early years foodchoking hazards

Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

Vegetable and fruits	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit. Cut small round
Small fruits	fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
<b>Meat and fish</b>	<b>Advice</b>
Sausages and hot dogs	Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily.
Meat or fish	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat. Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible.
<b>Cheese</b>	
Grate or cut cheese	
<b>Nuts and seeds</b>	
Chop or flake whole nuts	<b>Advice</b>
	Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old.
<b>Bread</b>	<b>Advice</b>
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips.
<b>Snacks and other foods</b>	<b>Advice</b>
Popcorn	Do not give babies and young children popcorn.
Chewing gum and marshmallows	Do not give babies and young children chewing gum or marshmallows.
Peanut butter	Do not give babies and young children peanut butter on its own, only use as a spread.
Jelly cubes	Do not give babies and young children raw jelly cubes.
Boiled sweets and ice cubes	Do not give babies and young children boiled, hard, goeey, sticky or cough sweets, or ice cubes.
Raisins and other dried fruits	Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces.

Make sure food is prepared appropriately for children under 5 years old, see: <https://www.nhs.uk/start4life/weaning/>

It is also advisable that care givers are familiar with how to respond to a choking incident, see: How to stop a child from choking: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

and How to resuscitate a child: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child/>