

# Headteacher's Newsletter



Central Park Primary School

Issue 27

May 23

Dear Parents/Carers

It has been a short but very busy term. Ofsted inspected the school during the week of the Key Stage 2 SATS. The report is due out shortly and once it is released we can share it with you all. It was an ungraded inspection as the school was previously graded as good. The two days was a positive experience at Central Park and I look forward to sharing the report with you. We also had Key Stage 1 SATS last week. Please look out for events for the summer term including the summer fair. Have a safe and restful half term

Best Wishes

## FOOD SAFETY

It's important to be careful of the safety and well-being of children with allergies when it comes to bringing certain foods into school. We have some staff and children with nut allergies that can be severe and even life-threatening for some individuals. We ask that parents do not send nuts, sweets and chocolates that contain nuts into school e.g. Celebrations. It's important to comply with these guidelines and be mindful of the ingredients in the foods you pack for school lunches or snacks.

If your child has a nut allergy, it's important to inform the school about their condition and work with the staff to ensure their safety. By working together we can help create an inclusive environment where all children can feel safe and protected. It's also important to educate students about allergies, fostering empathy and understanding among their peers.

THIS SCHOOL IS  
**NUT FREE**



## WELL DONE !!!

Congratulations to Sulaiman Vawda, Yusuf Khan and Remy Erichsen-Fendinge who played in the final of the U10s (year 5) team Echo League Cup Final this Sunday, They won 5-1 in the final—an amazing win !!!!



## WATER BOTTLES

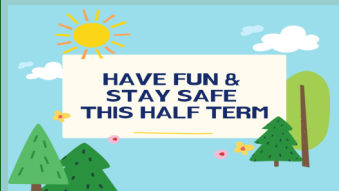
Please make sure your child brings a water bottle to school every day so they can have access to a drink easily during the day—especially in the warmer weather



Thank you

## HALF TERM HOLIDAY

Please remember the half term break is next week (Monday 29th May until Friday 2nd June). Monday 5th June is a teacher training day so there is no school—school re-opens on Tuesday 6th June.



## SCHOOL GATES

If you are bringing your children to school, please move away from gate entrances once this has happened. We have a growing number of parents and carers who gather at the gates blocking others from entering or leaving.

Parents must collect their children from the school playground – beeping car horns is not acceptable and is disturbing to our neighbours. Thank you



## ROAD SAFETY



Please be considerate when driving around the school area. If you are dropping off or picking up pupils please be extra vigilant. I have had a few near misses reported to me when cars have reversed and almost hit pupils crossing the road.

If you are walking to school please cross using the patrol crossing or the islands in the middle of the roads. These are safer places to cross. If you live close to school do you need to drive? Walking or cycling is much healthier.

## Healthy Eating

When packing a healthy lunch for school, it's important to include a balance of nutrients to keep your child energized and focused throughout the day. Here are some ideas for a healthy packed lunch for school:

**Sandwich or Wrap:** whole grain bread or wrap. Lean protein options like grilled chicken, turkey, or tuna. Add vegetables such as lettuce, tomatoes, cucumbers, or sliced bell peppers. Consider using spreads like hummus, avocado, or mustard instead of mayonnaise.  
**Salad:** Mix leafy greens like spinach or lettuce with a variety of colourful vegetables. Add protein sources like grilled chicken, chickpeas, or hard-boiled eggs.

**Bento Box-style Lunch:** Include a selection of bite-sized foods for variety and fun. Pack cherry tomatoes, baby carrots, cucumber slices, and snap peas as vegetable options. Add protein-rich foods like cubes of cheese, turkey or chicken slices, or Greek yogurt. Include a small portion of whole grain crackers or pretzels for a crunchy element

**Fruit and Yogurt:** Layer low-fat yogurt, fresh berries, and a sprinkle of granola or nuts in a small container. Consider adding a drizzle of honey or a dash of cinnamon for extra flavour

**Drinks:** Pack a refillable water bottle for your child to stay hydrated throughout the day. Avoid sugary drinks and instead opt for water or flavoured water infused with fruits or herbs.

*See the diagram here for suggestions for possible healthy swaps to make in packed lunches.*

Match up some swaps you could make in your lunch box to make it super healthy, or choose new ones.

### Let's get swapping!!

**Items to swap**

- Chocolate biscuit
- Sweets
- Chocolate dessert pot
- Cake bar
- White bread ham sandwich
- Chocolate bar
- Lunch box products (i.e. Lunchables)
- Crisps
- Chocolate muffin
- Strawberry milk
- Plain cheese sandwich
- Toffee popcorn
- Energy drink
- Processed meat product
- Chocolate spread sandwich
- 100% Fruit juice
- Sugary or sweetened drink
- Cereal bar

**Healthy swaps**

- Yoghurt
- Dried fruit and nuts
- 100% Fruit juice diluted with water
- Fruit salad with yoghurt
- Humous dip with pitta sticks
- Fruit loaf
- A banana
- Plain rice cakes with peanut butter
- Pot of cherry tomatoes
- Chicken
- Rice pudding pot
- Plain popcorn (try flavouring with cinnamon)
- Fruit kebabs
- Plain semi-skimmed milk
- Grapes
- Half white and half wholemeal ham and lettuce sandwich
- Oat cakes with cream cheese or peanut butter
- Cheese and tomato sandwich
- Crunchy pepper or carrot sticks
- Rice or pasta salad pots
- Plain water
- An apple
- Water with fresh lemon and lime

## USEFUL LINKS

We know this time can be a difficult for some families, so we have listed some of the support groups and help services available:

### ***MENTAL HEALTH***

Mind—promotes the views and needs of people with mental health problems:  
www.mind.org.uk 0300 123 3393

Samaritans—confidential support for people experiencing feelings of distress or despair:  
www.samaritans.org.uk - telephone 116 123 (Free 24 hour support helpline)

YoungMinds—information on child and adolescent mental health. Services for parents and professionals: www.youngminds.org.uk—parents' helpline 0808 802 5544 (Mon-Fri, 9:30am to 4pm)

### ***ABUSE***

Refuge—advice on dealing with Domestic violence—www.refuge.org.uk, tel 0808 2000 247 (24 hour helpline)

NSPCC—children's charity dedicated to ending child abuse and child cruelty.  
Www.nspcc.org.uk or telephone: Childline 0800 1111 (24-hour helpline) or 0808 800 5000 for adults concerned about a child (24 hour helpline)

### ***PARENTING***

Family lives—advice on all aspects of parenting, including dealing with bullying.  
Www.familylives.org.uk—telephone 0808 800 2222 (Mon-Fri, 9am to 9pm)

### ***FOODBANK***

If you find you are struggling you can get in touch with the local food banks at <https://newham.foodbank.org.uk/locations/>

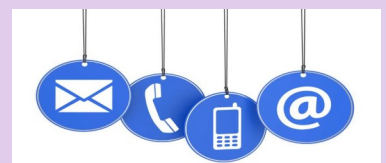
Please look at this link <https://www.gov.uk/government/publications/staying-safe-outside-your-home/staying-safe-outside-your-home> it has some really useful tips on staying safe outside of your home.

## Contact us...

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Should you wish to contact Mr Taylor please contact Mrs Williams via the school office and she will arrange an appointment.