



Shorefields Parent Newsletter

14th February 2020

<https://www.shorefields.essex.sch.uk>



Chat and Play 1st Saturday of the month at Homelands Free Church (opposite Frinton triangle Shopping Centre Car Park) 2.30-4pm Saturday.

A free get together for local children and families with additional needs. Come along and chat to them about their **free** Play sessions for Families with Children with Additional needs.

Dates for the diary

17th Feb—Half Term

24th Feb—Back to school

25th Feb—Pink Day

6th March—World Book Day

3rd April—Last day of term—Finish at 1.30

20th April—return to school

We are working in partnership with Hawk Farm in Weeley, to raise some funds. We are looking for sponsors for a Health and Wellbeing project, so that our students can engage in and develop life-long skills and greater independence, through outdoor learning.

If you know of any businesses in the area that might be interested in supporting the project, please get in touch with Alison at Shorefields

Quick reminder that after half term those children using the hydro pool **MUST** wear approved swimwear, this can be purchased from [splashabout.com](https://www.splashabout.com)

<https://www.splashabout.com/>





School Dinners – w/b 24/02/20 we will be on week 1 of the Autumn Menu.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option 1	Spaghetti Bolognaise Served With Garlic Bread	All Day Breakfast, Sausage, Egg, Bacon & Hash Brown	Roast Pork, Yorkshire pudding, Stuffing & roast pota- toes	Tomato Pasta Bake	Omega 3 Fish Fingers Served With Chips
Main Meal Option 2	Cornish Pasty Served With New Potatoes	Vegetarian Sausage, Egg, Hash- Brown, Tomato	Cheesy beans in a Yorkshire Pudding, Stuffing & Roast Potatoes	Chicken Chunks Served With Seasoned Cubed Potatoes	Beef Or Cheese Burger Served With Chips
Vegetables	Cabbage & Mixed vegetables	Baked beans, mushrooms	Peas & Carrots	Broccoli & sweetcorn	Spaghetti hoops & Bubble and Squeak
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Dessert/ Pudding	Homemade Rice pudding With Chocolate Or Strawberry Sauce	Fruit Platter Or Chocolate Angel Delight	Lemon Drizzle Cake	Artic Roll With A Wedge Of Melon	Fruit Smoothie Or Chocolate Cupcake



Just to let you know that we will be celebrating world book day on Friday 6th March. It will be a non-uniform day and if your children wish to dress up as a book character they are very welcome to, there will be a few activities throughout the day similar to what we have done before.

World Book Day

2020

WORLD

BOOK
DAY

SPLASH

Splash have arranged a session at Amazing Activities on Sunday 16th February, 10-11.30

£6pp—limited spaces

If you are interested then please book through Louise Bennison

Information to parents

A reminder that School Nurses should not send text messages as their first contact with parents.

If you receive a text message requesting information about your child from anyone purporting to be a School Nurse, please DO NOT engage.

To check authenticity of the text message received, please contact the Essex Child and Family Wellbeing Service Single Point of Access on:

Mid Essex 0300 247 0014 (option 2)

North Essex 0300 247 0015

South Essex 0300 247 0013

West Essex 0300 247 0122

To see examples of suspicious text messages, click the link below:

<https://who-called.co.uk/Number/07562068525>

Healthy food tips for the week

Try to reduce sugar intake by giving your children very diluted juice. Try to avoid pure juice cartons – especially apple juice. Sugar erodes tooth enamel, disrupts sleep, increases anxiety and leads to mood swings. It also weakens the immune system and increases the risk of infections. Let us know how you get on :)

Please note that our policies can be found on our school website.



Pink Day

Tuesday 25th February

Come to school dressed in something 'Pink' for a suggested donation of £1

Refreshments and raffle tickets will also be on sale
Registered charity number: 1017658

