

# NEWSLETTER

Dear Families,

As you know, sport and being physically healthy, is one of our great strengths at John Clare, and it is not just our children who achieve sporting success. Mrs Kefford recently won the West Pinchbeck 10k, with a PB time and her achievement has appeared in the Evening Telegraph! Well done Mrs Kefford - we are all very proud of you!

Next Thursday, we shall be raising awareness of the importance of mental health by wearing something yellow to support the YoungMinds charity and show young people that they are not alone. There are days

when all of us struggle with how we are feeling. Things can get tough, and it can be difficult knowing how to cope. For so many young people, when this happens, they don't always get the help they need, when they need it. They don't know where to turn, who to talk to, or even if anyone else feels the same. No young person should feel alone with their mental health. But together with YoungMinds, we can change this. We look forward to our 'Hello Yellow' day, where we will 'wear it loud and wear it proud'. If you are able to support the <u>YoungMinds</u> charity, every donation will help create vital mental health resources, campaign for local support hubs and run the Parents' Helpline.

Very best wishes, Mrs Nicolson

## YOUNGMINDS fighting for young people's mental health

### Parking

Parents are only permitted to use the school car park between 7.30am and 8.00am and after 4.00 pm.

Outside of these times, the car park is only to be used by staff and Disabled Badge holders. If you are dropping off or collecting children outside of the above times, please park safely and courteously on the road and do not obstruct the entrance to school.

#### Change of footwear Please ensure that your child

Please ensure that your child has a change of footwear in school every day, including PE days.



Some children have not been bringing a change of footwear on PE days and are having to wear their muddy trainers in the classrooms.

### Nut and Seed Free School

Harvest Festival

Thank you to everyone who support-

ed our Harvest Festival last week.

A total of 108kg has been donated to

the Peterborough food bank!

Our school endeavours as far as possible to be a nut -free school, this includes sesame seeds.

Therefore we request that any food brought into school for lunches or snacks does not include any nuts or sesame seeds, this includes hummus.

Monday	Tuesday	Wednesday	Thursday	Friday
Roast Turkey with	Beef Chilli Con Carne	Cheesy Chicken and	Chicken Burger in a Bap	Italian Cod in a Herby
Cranberry Sauce,	(Mild)	Roasted Vegetable Pasta		Tomato Sauce
Roast Potatoes, Yorkshire		Bake		
Pudding and Gravy				
Quorn Fillet with Stuffing	Vegetarian Chilli	Roasted Vegetable Pasta Bake	Quorn Chicken Burger	Quorn Fillet in a Herby Tomato Sauce
Served with Carrots and	Served with Brown Rice		Served with Rainbow	
Peas	and Tortilla Crisps	Served with Garlic Bread	Coleslaw and Potato Wedges	Served with Wholegrai Pasta and Garlic Bread

### Positive Posts

- Arthur H for engaging well in learning and being kind and helpful.
  - Ada for being a shining example to the rest of the class.
- Arabella for a positive attitude to learning.
- Evie for super writing and working independently.
- Polina for working hard everyday and traying her best.



### Class Attendance for the Week 97.4%

Whole School Attendance for the Week Woodgate



### School Noticeboard

Please check our school website for <u>upcoming events</u>!

#### OCTOBER

- 9 School Photos Individual Photos Open Day for prospective families
- 10 Wear Something Yellow!
- Swaddywell Stay and Share
- 18 Halloween Party

### AUTUMN TERM STAY AND SHARES

Following drop-off, please do come into school for a short assembly, after which you will be able to share your child's learning with them in the classroom!

Following your child's Stay and Share, you are very welcome to join representatives from the staff team for a cuppa and catch-up!

> 17th October - Swaddywell Class 7th November - Broadwheel Class 21st November- Woodgate Class 5th December- Buttercross Class



