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Dear Parents and Carers,

Many thanks to all of the parents and carers who came to the 'Parent's Breakfast' last Friday morning. It was lovely to be able to spend some chatting with one another and provided a much-needed boost for the Rockmount Friends and Community (RFC) which is our school PTA. We now have parents/carers from each year group who have expressed their support for the RFC and we will hold an RFC meeting in the next week to plan a calendar of events so that help can be shared across the school year.

We had a fantastic turn out for the first Community Club of the year last Sunday morning with a beautiful bright blue sky adding to our enjoyment. The Edible Garden was cleared and we are very pleased to be starting the renewal of the composting area helped by the skill and knowledge of one of our parents! The pond area was seriously overgrown after the summer period and was transformed within a couple of hours – many hands do make light work! The children particularly enjoyed the opportunity to feed the chickens and to cook smores on the fire pit. The sessions are usually held on the first Sunday of the month from 10.00-12.00 and all families are welcome to join us for however long you are able to stay. As the next club would fall during the half-term break, we will hold it on **Sunday November 9<sup>th</sup>** instead.

We are currently working on our half termly newsletter which will be sent out just before the half-term break. We have welcomed feedback on this as it seems to have become bigger every time we publish it! This year our newsletters will cover the half termly highlights from each year group as well as some specific events and achievements. The coverage of events such as special whole school days, author visits etc will be published under the 'Latest News' area of the school website as they happen so that children can share them with their families and friends.

Well done to our Year 6 Pupil Leadership Team who have collected a huge amount of food donations for their Harvest Charity Collection. Many thanks to you all for your support with this; all of your donations have been delivered to Croydon Nightwatch, a charity supporting the homeless.

We would like to remind all families of our **Food Policy**, which is available on the website and via this link:

<https://www.rockmountprimaryschool.co.uk/page/?title=Healthy+School+and+School+Meals&pid=110>

Diet and nutrition play an important role in the mental, physical and social development of a child and the establishment of healthy eating in childhood can reduce the risk of health problems such as diabetes and weight gain later in life. A piece of fruit is provided for every KS1 and EYFS child in school every day whilst KS2 children are able to bring in a piece of fruit to eat at breaktime. Recently we have noticed that some children are bringing in snacks and packed lunch items which do not comply with our Food Policy, such as sweets, crisps and cakes. The link above will provide you with healthy snack and packed lunch suggestions. We are also a **water-only school** which means that children must not bring juices to school to drink during the day or as part of their packed lunches. Water is available throughout the school day and at lunchtime water coolers dispense freshly chilled water for the children to have at their tables. Children are encouraged by staff to drink regularly. Our Food Policy has been well researched and supported by external advisors to ensure

that we are seeking to address the health benefits of a good diet. We ask that families support this long-standing policy but please do speak to a member of staff if you need any further advice with this.

We are looking forward to seeing you in school for parent/carer meetings on Tuesday 21<sup>st</sup> October and Wednesday 22<sup>nd</sup> October. Please make sure that you have made an appointment with your child's class teacher as we are very keen to involve you in your child's learning. We will also have opportunities for you to taste some of the menu choices chef cooks as part of the menu cycle and visit a book fair which will be set up in the school hall.

Kind regards,

Helen Carvall