



# INIS Newsletter

## Head Teacher Message



March 2024 - Issue 9

Mrs Marshall - Head Teacher

Welcome back after the half term break. We have an exciting term planned. The children will all be learning about animals and changes over time in our science week activities, and beyond! We have reptiles visiting in KS1 and we will have eggs hatching later in the term in nursery and reception. It is wonderful for the children to learn about changes over time and the animal kingdom from first hand experiences. I'm really looking forward to the Year One Sea Life Centre visit next week.

Thank you to those parents who came to the reading training and have volunteered to support in school regularly. This is so helpful in developing reading practise in school.

### Book Fayre- 6th March to 11th March

Please support our book fayre at school this week and into next week. This is a great opportunity to find high quality books at reasonable prices. We also accept the World Book Day tokens, which have been shared. This means even with the discounts on the book fayre you can get a further £1 off your purchase. We do get a little bit of commission to spend on more books for our library with every single book sold. There are lots of exciting books in the cases, to cater for your children's broad interests. To ensure our volunteers from the PTA and school staff are not overwhelmed we have a rota for visits. If of course you look at the dates and times and you can't make it just pop in at another time. We just wanted to space things out a little.

**Before school we will be open from 8.30am-9am and after school from 3pm- 3.45pm.** If your child attends before and after school club or child minders we can arrange for them to choose a book, if money is sent in.

**Wednesday before school - Year Two**

**Wednesday after school - Year One**

**Thursday before school - Reception**

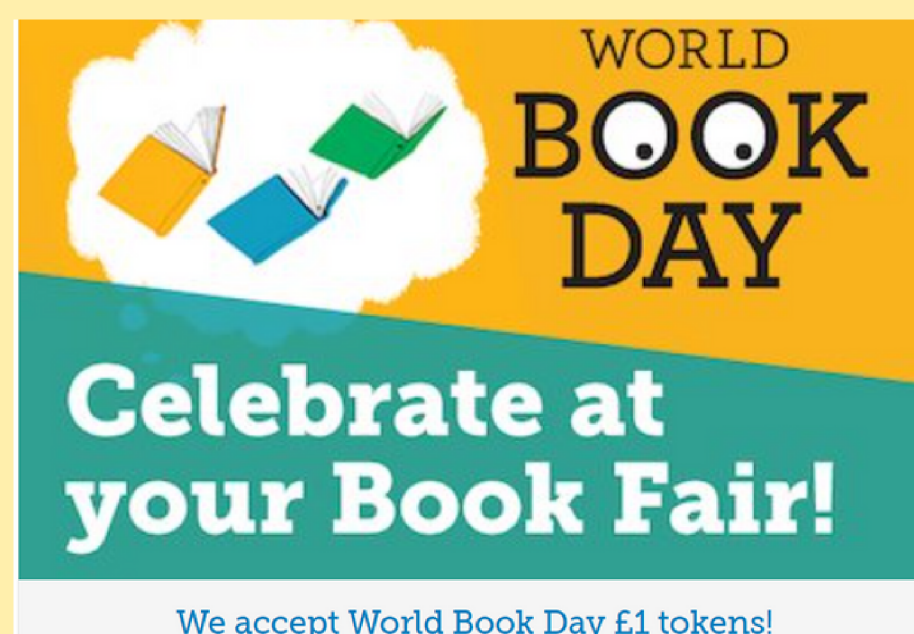
**Thursday after school - Nursery**

**Friday before school - Nursery**

**Friday after school - Year Two**

**Monday before school - Year One**

**Monday after school - Reception**



### World Book Day

This year for World Book Day the whole school are focusing on a book by a local author called Don Howard and an illustrator called Sophie Jonas- Hill. The book is called **Skye and Spike need a new home**. We will not be dressing up this year, but children can bring in a favourite book from home to share. We want the focus to be on reading books. Sophie, the illustrator, will be inspiring the children with her drawings in a virtual lesson on Friday 8th March.

**We have just heard that Don Howard, the author will join us to talk about his book in the near future.**

### Upcoming Dates



[Click here for a full calendar of date](#)

**4th March** - Wonderful women gifts week

**6th - 11th March** - Book Fayre

**7th March** - World Book Day

**8th March**- International Women's Day

**10th March**- Mother's Day

**11th March- 15th March** - Science week

**12th March 3.15pm** - PTA meeting

**13th March** - Year One trip

**15th March** - Red Nose Day - Great Irthlingborough Dance Off!!

**20th March** - Visit from Father John to Year Two

**20th and 27th March**- Parent partnership meetings 3.30pm- 5.50pm

**21st March**- Trust AGM Parents welcome. See letter emailed.

### Water bottles and Uniform

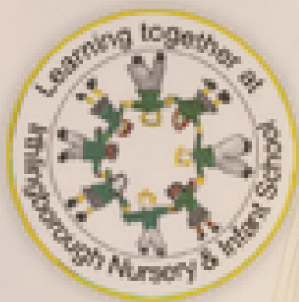
Please ensure **all uniform**

**including PE kits are named.**

This also applies to water bottles as several children have the same or very similar bottles.







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## Site supervisors

Mr Wynn had a lovely send off before half term and he asked me to thank all the children, staff and parents for their kind words, cards and gifts. We unfortunately are short of a site supervisor across the site as the temporary support was unable to continue. We are doing our best and I'm sure we will have someone in place by Easter but just stick with us if for example the gates are late opening as we are all doing a little extra on top of our usual jobs and sometimes it will be tricky to juggle everything. Mr Baldwin is doing a super job for both INIS and IJS at the moment. Mr Wynn is enjoying relaxing on his new bench from Staff and parents.



## Spare clothes

We really need spare clothes for when children fall in the rain, have a toileting accident or get wet from the water tray. We need pants, socks, trousers, tights and skirts. Please could you check if you have paid **snack money** this term as this helps provide a daily snack for your child as well as funding things such as cooking.

## Parking

Please come and see the office if you are a **disabled registered driver**, as we are trying to sort parking. This may not be possible but we need to know who needs to park near the school premises regularly.

Mr Garley and myself have been trying to support safe parking and driving around the schools. If we talk to you about moving your car, we are doing this to keep our children safe. We have not always been met with polite replies. **Please do not park on the access road** or use as a turning circle. We have seen dangerous driving and parking.

## Healthy hydration

We promote healthy eating at school but also wanted to highlight healthy hydration. Please ensure your child has refillable water bottle in school everyday. They can fill it up as many times as they would like or need in school. In the British foundation leaflet below there is information about different drinks but in summary, it is best for children to stick to water and milk with very occasional other sugary drinks including fruit juices. Please find more information about healthy eating at [www.schoolhealthuk.co.uk](http://www.schoolhealthuk.co.uk)

For children aged 5-11

British Nutrition Foundation

About 6-8 drinks a day

# Healthy Hydration

This guide is intended to help parents, teachers and carers choose a balance of drinks for children aged 5-11 years.

<b>Water</b> Drink plenty		Is a good choice throughout the day because it hydrates without providing extra energy (calories/kilojoules) or harming teeth.
<b>Milk</b> Have regularly		Is a useful source of nutrients, especially protein, B vitamins, iodine and calcium. Most children can have lower-fat milks such as skimmed, 1% or semi-skimmed. Unsweetened, calcium-fortified dairy alternatives can also be included. Milky drinks containing added sugars such as milkshakes, hot chocolate and malted drinks should be limited.
<b>Fruit and vegetable juices and smoothies</b> Can have once a day		Can provide some vitamins and minerals. However, they also contain sugars and can be acidic which is harmful to teeth so it's recommended to limit them to one small glass (150ml) a day and keep them to mealtimes. 150ml counts as a maximum 1 portion of your 5 A Day. They can be diluted with water to reduce the acidity and sugars content.
<b>Sugar-free drinks</b> Occasionally		Hydrate without adding extra sugars but it's a good idea for most drinks to be milk or water. Fizzy drinks may contain acids that can be harmful to teeth. Be aware that some of these drinks contain caffeine.
<b>Tea and coffee</b> Occasionally (and in small amounts if caffeinated)		Caffeine is naturally present in tea and coffee. Small amounts are harmless but high intakes should be avoided, especially for young children. It's best for children to drink decaffeinated tea and coffee with reduced-fat milks and no added sugars.
<b>Sugary drinks</b> Avoid		Are best avoided as they provide sugars, but few other nutrients. Fizzy drinks may contain acids that can also be harmful to teeth and some soft drinks contain caffeine.
<b>Sports and energy drinks</b> Not suitable for children		Can be high in sugars and energy drinks may contain high levels of caffeine or other stimulants. These drinks are not suitable for young children.

The amount of fluid a child needs depends on many factors but generally they should aim to drink about 6-8 glasses of fluid a day, using smaller glasses (150-200ml) for younger children. This is based on recommendations on fluid intakes for children from the European Food Safety Authority.

Please follow the link to the British Nutrition Foundation for [more information](#).





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## PTA

Our PTA continue to really support our school and have invested in our ten books for Spring. They are also funding the reptile visit and eggs for early years. If you would like to have your say and help raise funds please join our next meeting after school on **Tuesday 12th March 3.15pm.**

The disco at the end of last term was a great success! Everyone had lots of fun! Thank you for all the time you volunteer to support our school.

## Kurling Competition

We were very proud of our children who went on to the county kurling championships. We came 4th but our children were praised for their exemplary behaviour and level of focus. We are very proud of all the children who practiced hard for this competition.



We are very proud of our sporting achievements at INIS.

Next week we have a school dancing competition for **Red Nose Day**. Each class chooses a song and prepares a dance ready for Red Nose Day. There is a judging panel who will announce the winner on the day!! It's lots of fun but we want you to **donate to RND** for your child's efforts. This will not just be on the day as classes have already started practising!



## NSPCC

We have had some lessons from the NSPCC before the half term holiday for all the children in school. This information shared how to "speak up and stay safe". We considered a video lesson with Ant and Dec and then discussed this with the children. Last week we had a lovely worker from the NSPCC who followed this work up with our Year Two children. You will have seen the information leaflet and activity sheet which came home from the children.

If you would like to find out more information about their new campaign "Listen Up, Speak Up" please follow [the link](#) as there is training suitable for parents.

## Listen up, Speak up

It's up to all of us to keep children safe. Take our free, 10-minute digital training and learn what to do if you're ever worried about a child or their family.

## Clubs

We love our children doing extra curricular clubs. We still have a few places left in the Art Club and Zozimus, drama club which are run by outside school providers to a high standard. We also have a new gardening club starting on Mondays for KS1 children.







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## Parent Partnership meetings

We have our parent partnerships meetings booked for the 20th and 27th March from 3.30pm - 5.50pm. This is an opportunity to hear from the teacher about the progress your child is making and to ask any questions or share anything in a confidential manner with the class teacher.

We will also be asking parents to fill out an annual survey as we are keen to follow up on parents views on the things as a school we are doing well and things we can improve on. We are particularly interested in what support we can offer parents in the form of workshops and events to support parents understanding of the learning we do in school or for support with anything at home.

We hope that all parents will book an appointment on these evenings. If you really can't make the times slots offered please talk to your child's class teacher as they will always try and accommodate a meeting either in person or over the phone.

Please check on Arbor to book your appointment. If you have any issues booking please speak with the school office.

The mental health support team (MHST) will be attending our parent meetings and will have information for parents on, behaviour, sleep and anxiety.



If you have a concern or have seen any Safeguarding issues that you are worried about, Mrs Marshall is the school's Designated Safeguarding Lead and here are her safeguarding deputies, who are always ready to listen. Please ask at the office to speak to them in confidence or call 01933 654900.



Mrs Parsons-Moore



Mrs Marshall



Mrs Luke



Mrs Cummins

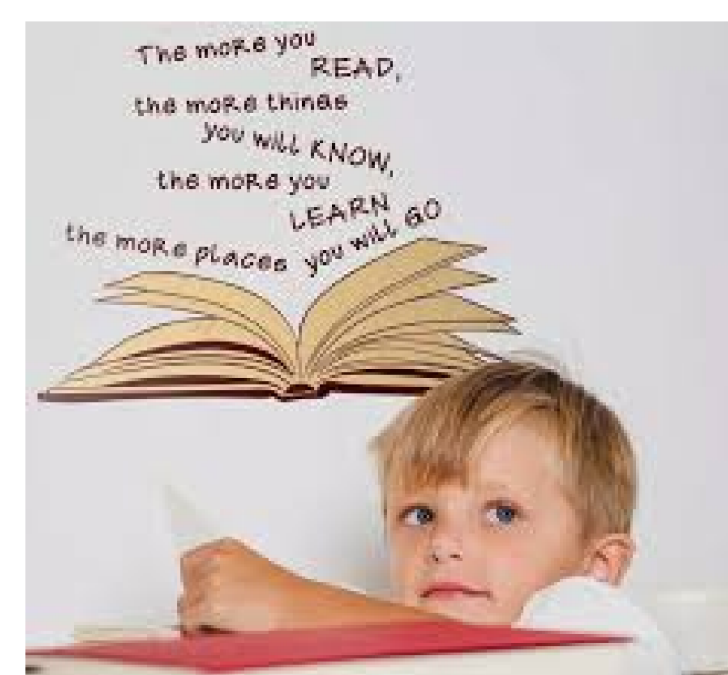


Miss Ratcliffe



Mrs Richardson

If you have any safeguarding concerns during the holidays or weekends, please contact the local authority on 0300 126 7000 or phone 999, if you feel the child is in immediate harm.



## Reading

Please share the delight of reading with us for World Book Day. Reading is our main homework for our children as it is a key skill for many other tasks. Your child can bring their favourite book into school to share on World Book Day. Why not come to the book fayre this week and share some lovely books with your child.