



# Romilly Newsletter

Edition 8 - Friday 2<sup>nd</sup> February 2024

## Attendance Update

**Whole school attendance target: 95%**

Attendance for each year group for 22/01/24 – 26/01/24:

Reception	93%
Year 1	94%
Year 2	91%
Year 3	92%
Year 4	93%
Year 5	93%
Year 6	91%

Sadly no year group met our target of 95% last week

**Late Children:** 48

**Number of 'U' marks (Late after registers have closed):** 6

Our gates close promptly at 08:55am. Arrival after this time means your child has missed the register and will receive a late mark. If your child arrives after this time, they will be asked to wait with school staff who will take them to their classrooms. If your child likes you to take them to their class, please ensure you arrive before 08:55am to minimise any distress to them. Our gates open at 08:40am to allow plenty of time for this.

Remember attending school every day has a significant impact on your child's education and overall development. Research consistently shows that pupils with good attendance tend to achieve better academically, have stronger social skills, and develop a stronger work ethic.

We value the collaboration between parents and the school. If your child is going to be absent, please ensure that you notify us as soon as possible. Our attendance records play a vital role in monitoring their progress and well-being

Please don't hesitate to reach out to us if you have any concerns or questions regarding attendance.

Please remember the end of the day is just as important as the beginning of the day. School finishes at 3:30pm and children should only be picked up early in exceptional circumstances, or with permission from the Senior Leadership Team.

## Medication & Illness

We understand that there may be instances where your child requires medication during school hours. Our school is well-equipped to administer the necessary medication, should the need arise. You will need to fill out the medicine form before we can administer any medication, the form can be found on our school website or on the School Gateway app under 'useful links'.

It is also important to note that children can attend school with minor illnesses such as coughs and colds. It is a common occurrence for children to experience occasional ailments, particularly during the colder months. Unless they are too unwell to participate in school activities or they have a contagious illness, it is generally beneficial for them to attend school. Maintaining regular routines and social interactions with their peers can actually aid their recovery.

However, we fully understand that there may be occasions when your child is genuinely unwell and unable to attend school. In such circumstances, we encourage you to keep your child at home. Their well-being is our primary concern, and it is important for them to rest and recover until they are fit to join their classmates again.

## Safeguarding - Who to contact if you have a concern about a child

If you are worried about a child's safety please do not hesitate to contact any of the Designated Safeguarding Leads straight away. The following members of staff are Designated Safeguarding People (DSP) for Romilly Primary School:

- Miss N Williams (Lead DSP)
- Miss K Williams (Deputy DSP)
- Mrs E Durrant (Deputy DSP)
- Mrs D Lee (Deputy DSP)
- Miss R Gould (Deputy DSP)
- Our school governor for safeguarding is: Emma Davies-Powell.



The above DSP's can be contacted via the school office, or by telephone on 01446 736934. For a copy of our school's Child Protection and Safeguarding Policy, please visit our 'safeguarding' page on our school website.

### What is Safeguarding?

Safeguarding refers to the process of protecting children from harm and ensuring their well-being. It encompasses various measures to prevent abuse, promote their safety, and support their development. Safeguarding encompasses not only physical protection but also emotional and mental well-being.

### Our Commitment to Safeguarding

Here at Romilly, we prioritise the safety and welfare of our pupils. We have a comprehensive safeguarding policy in place, which outlines the procedures and protocols we follow to ensure a safe and secure environment for all. Our staff members are regularly trained on safeguarding matters to ensure they are equipped to identify potential risks and take appropriate action.

### Your Role as Parents

We believe that safeguarding is a shared responsibility between the school and parents. Your role in ensuring your child's safety is crucial. We encourage you to maintain open lines of communication with us and promptly inform the school of any concerns you may have regarding your child's well-being.

Thank you for your continued support as we work together to ensure the safety and well-being of all our pupils.

## Healthy Lunchbox Ideas!

At Romilly we want to address the important topic of promoting healthy lunchboxes for our children. We understand that it can sometimes be a struggle to think of creative and nutritious ideas, especially on a budget. Therefore, we would like to offer you some helpful recommendations and tips.

Encouraging our children to adopt healthy eating habits is vital. A nutritious lunch ensures our children have the energy and focus they need to make the most of their learning opportunities. Here are a few ideas for healthy lunchboxes that your child might enjoy:

**Provide a variety of fruits and vegetables:** Pack fresh fruits such as apples, grapes, or berries, as well as sliced vegetables like carrots or cucumber. These colorful options not only add important vitamins and minerals to your child's diet but also make their lunchbox visually appealing.

**Include whole grains:** Choose whole grain bread for sandwiches or whole wheat wraps. These provide more fiber and nutrients compared to their refined counterparts, helping to keep your child feeling fuller for longer.

**Add a source of protein:** Protein plays a crucial role in maintaining healthy growth and development. Consider including lean meats like chicken or turkey, hard-boiled eggs, or hummus. These options provide essential amino acids and help keep your child feeling satisfied throughout the day.

**Include dairy or dairy alternatives:** Dairy products or their plant-based alternatives, such as yogurts or calcium-fortified drinks, provide essential nutrients like calcium and vitamin D. These are crucial for developing strong bones and teeth.

**Hydrate with water:** Encourage your child to drink water instead of sugary drinks. Water helps to keep them hydrated and aids concentration in the classroom.

We understand that time and convenience can be limiting factors when preparing lunchboxes. To make it easier for you, we suggest pre-preparing lunches the night before or involving your child in packing their own lunch. This way, you can ensure their lunchbox meets their preferences and dietary needs.

Additionally, we would like to remind you that our school kitchen provides **free** healthy and balanced meals daily. If you prefer, your child can choose to enjoy a **free** school lunch instead of bringing a packed lunch. If you need help with ordering a free lunch, please come and see our office staff who would be happy to help you get set up. Alternatively, speak to your child's class teacher.

Here is an easy lunch box idea that your child might enjoy - crumpet pizzas!



Crumpets aren't just for breakfast anymore - they make a great base for sandwiches and even pizzas. Pack them high with whatever veg you have in the fridge for the toppings, for example you could use olives, peppers, tomatoes and sweetcorn. Help younger children make easy crumpet pizzas for lunch. The full recipe can be found here - <https://www.bbcgoodfood.com/recipes/crumpet-pizzas>

## Domestic Abuse Helpline - Live Fear Free (Welsh Government)

We want to inform you about an important resource available to you and your loved ones – Live Fear Free, a helpline for victims and survivors of domestic abuse provided by the Welsh Government.

As part of our commitment to ensuring the well-being and safety of our school community, it is crucial to highlight the significance of addressing the issue of domestic abuse. Domestic abuse can have a devastating impact on individuals and families, affecting their physical and emotional well-being. As educators, we have a responsibility to raise awareness and provide support to those in need.

The Welsh Government's Live Fear Free helpline is an invaluable resource that offers immediate and confidential support to anyone affected by domestic abuse. Trained helpline operators are available 24 hours a day, 7 days a week, to provide guidance, advice, and assistance to victims, survivors, and concerned friends or family members. Whether you have experienced abuse yourself, are seeking information on behalf of someone else, or simply need someone to talk to, the helpline is here to lend a helping hand.

If you or someone you know is facing domestic abuse, I urge you to make use of this valuable service. Knowing that you have a supportive network can provide comfort and encouragement during difficult times. By reaching out for help, you are taking an important step towards breaking free from the cycle of abuse and creating a safer environment for yourself and your family.

In addition to the helpline, the Welsh Government also provides a range of resources and services to support survivors of domestic abuse, including refuge and emergency accommodation, advocacy, and counselling. These services are designed to empower individuals and help them rebuild their lives free from violence and fear.

As educators, we can play a crucial role in raising awareness of domestic abuse and supporting our students. I encourage you to have open and proactive conversations with your children about healthy relationships, consent, and the importance of treating others with respect and kindness. By fostering an environment that promotes empathy, understanding, and equality, we can contribute to breaking the cycle of abuse and building a brighter future for all.

If you have any concerns or questions regarding this matter, please do not hesitate to get in touch with me or any member of our dedicated safeguarding team. We are here to support you and provide any guidance you may require.

Thank you for your attention to this important issue. Together, we can make a difference and ensure the well-being of our school community.

### **Live Fear Free can provide help and advice to:**

- \* anyone experiencing domestic abuse or sexual violence
- \* anyone who knows someone who needs help. For example, a friend, family member or colleague
- \* practitioners seeking professional advice.

All conversations with Live Fear Free are confidential and are taken by staff that are highly experienced and fully trained.

Text: 07860077333 - Available 24 hours a day 7 days a week.

[About the text service](#)

Email: [info@livefearfreehelpline.wales](mailto:info@livefearfreehelpline.wales) - Available 24 hours a day 7 days a week.

[About the email service](#)

Call: 0808 80 10 800 - Available 24 hours a day 7 days a week.

[About the helpline](#)

Croesawir galwadau yn Gymraeg / Calls are welcomed in Welsh.

## Welsh Phrase of the Week

Our Welsh phrase of the week we will be practicing in school next week is:

Ga I bensil / bren mesur/ lyfr / rwber / ddiod os gwelwch yn dda? which means Can I have a pencil / ruler / book / rubber / drink please?

## PE Timetable 2024

### Week commencing 05/02/24

Tuesday 6<sup>th</sup> February - Year 1

Wednesday 7<sup>th</sup> February - Reception

Thursday 8<sup>th</sup> February - Year 2

### CHANGE TO YEAR GROUPS

### Week commencing 19/02/24

Monday 19<sup>th</sup> February - Year 5

Tuesday 20<sup>th</sup> February - Year 4

Wednesday 21<sup>st</sup> February - Year 6

Thursday 22<sup>nd</sup> February - Year 3

### Week commencing 26/02/24

Tuesday 27<sup>th</sup> February - Year 2

Wednesday 28<sup>th</sup> February - Reception

Thursday 29<sup>th</sup> February - Year 1

## Dates for your Diary

### February

**Tuesday 6<sup>th</sup> February** - Movie night for all drama club children, 4:15pm, Lower Hall

**Thursday 8<sup>th</sup> February** - Animalzone visiting Reception

**Monday 12<sup>th</sup> February - Friday 16<sup>th</sup> February** - Half Term

**Thursday 22<sup>nd</sup> February** - Aladdin ticket sales for Year 2 & KS2 at 5pm, Canteen

**Friday 23<sup>rd</sup> February** - Aladdin tickets on sales for Year 2 & KS2 at 3:45pm, Canteen

### March

**Monday 11<sup>th</sup> March - Thursday 14<sup>th</sup> March** - Parents Evening (Reception - Year 6) further information to be sent home shortly. Nursery dates to follow.

**Sunday 17<sup>th</sup> March** - Extra drama rehearsal for KS2  
3:00pm - 5:00pm

**Monday 18<sup>th</sup> March** - Extra drama rehearsal for KS2  
3:30pm - 5:00pm

**Tues 19<sup>th</sup> March & Wed 20<sup>th</sup> March** - Year 2 drama show at 4:15pm - Aladdin

**Tues 19<sup>th</sup> March, Wed 20<sup>th</sup> March & Thurs 21<sup>st</sup> March** - Key stage 2 drama show at 6:00pm - Aladdin

**Monday 25<sup>th</sup> March - Friday 5<sup>th</sup> April** - Easter Holidays

### May

**Friday 24<sup>th</sup> May** - INSET - school closed to all children

**Monday 27<sup>th</sup> May - Friday 31<sup>st</sup> May** - Half term