

# RPS Weekly Newsletter



Friday 22nd September

Dear Parents and Carers,

Happy Jeans for Genes Day! Today we invited all children and staff to wear jeans and denim in support of Jeans for Genes Day. This is the day to wear double, even triple denim! Children and staff were asked to bring in a £1 donation for Jeans for Genes. I am pleased to announce that we raised £144 for this worthy cause. Thank you to all parents who donated. 1 in 10 families in the UK are affected by a genetic condition – so we may be helping support someone we know!

To view some pictures of our denim clad children today follow this link: [Click here.](#)

**Recycling:** This week, Y5& 6 have been exploring what recycling is and what happens to waste that is sent to landfill. They had a thorough look through the bins from across the school to see what has been thrown away and they sorted the items into different categories to see what can be recycled and what can't.



**Contact Details:** Please remember to inform the school office if there has been any change to your contact details. We also require emergency contacts. This is important in the event your child is unwell or has an accident. Please provide 2 contacts.



Next week is **Cycle to School week!** This is a national campaign to promote exercise and sustainable travel. On Monday there will be an assembly to encourage children to cycle to school. We are looking forward to full racks of bikes and scooters, so find your bike helmets and get cycling to school! Please remind children that they must walk their bikes through the school grounds to avoid any collisions.

**Early Years Tours:** Nursery children enjoyed a day of creativity as they got imaginative with the play dough. We quite clearly have some budding artists!



Are you or someone you know looking for a Nursery place? Why not come and take a look around at our amazing setting on one of our forthcoming open days? These will run from **9.30am to 11.30am (see dates below)**. They will consist of an introduction meeting followed by a tour of the school conducted by the Early Years Lead.

Tour spaces are limited. Please book your visit by emailing the office at [office@rotherhithe.southwark.sch.uk](mailto:office@rotherhithe.southwark.sch.uk).

Have a lovely weekend. Lisa HoS

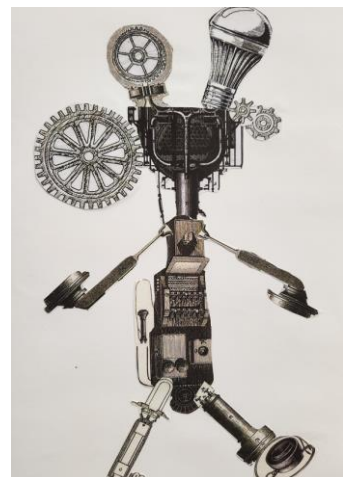
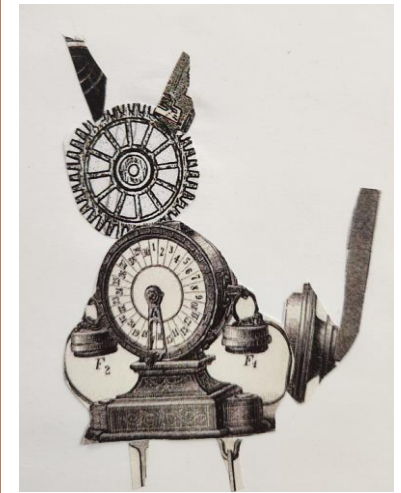




# We love art!

In Year 3/4 the children have been looking at mixed media. Today's focus was using scissors to draw by creating a collage.

The children then used images to create a new composition. They are extremely effective!



Year 2's visit to Creekside had a focus on the Great Fire of London. The children have written about what they did while there.

"First we baked bread with flour, yeast, salt, sugar and water" - Rayyan

"We had to let the bread prove so we made a fire with wood and newspaper. Paddy showed us how a little spark can start a big fire, just like in the Fire of London" - Aiyah

"I liked it when we lit the fire. It was smoky and there were lots of trains" - Nandana and Majid.  
 "My favourite part was pretending to be firefighters from 1666. We put out the fire with water squirts and buckets!" - Simeon

"We put the dough on sticks and baked the bread in the fire. It was so fun!" - Yasmine  
 "It was the best trip ever!"

## Year 2 at Creekside



# Dates for your Diary

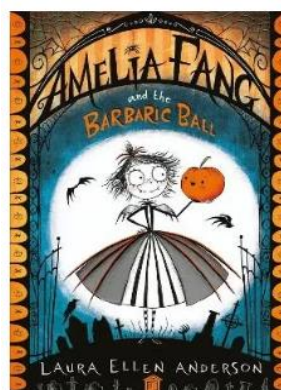
<b>11<sup>th</sup> September</b>	Year 5/6 Meet the Teacher meeting at 3:30pm
<b>12<sup>th</sup> September</b>	Year 1 Meet the Teacher meeting at 3:45 Creekside Discovery Centre trip
<b>13<sup>th</sup> September</b>	Year 2 Meet the Teacher meeting at 3:45  Year 1 (Whale) trip to Creekside Discovery Centre  Groundwork Buddies starts
<b>14<sup>th</sup> September</b>	Year 3/4 Meet the Teacher meeting at 3:45  Year 1 (Octopus) trip to Creekside Discovery Centre
<b>15<sup>th</sup> September</b>	Year 2 trip to Creekside Discovery Centre Year 6 Secondary school transfer /Residential School Trip Information Meeting
<b>18<sup>th</sup> September</b>	School Council presentations
<b>19<sup>th</sup> September</b>	School Council Elections  Year 3/4 trip to Creekside Discovery Centre
<b>20<sup>th</sup> September</b>	Year 3/4 trip to Creekside Discovery Centre
<b>29<sup>th</sup> September</b>	TA/Thank a teacher Day
<b>6<sup>th</sup> October</b>	National Poetry Day
<b>10<sup>th</sup> October</b>	Next Steps for Reception meeting
<b>13<sup>th</sup> October</b>	Hello Yellow Day!
<b>Sunday 15<sup>th</sup> October</b>	Run Kids Run Fun run event in Southwark Park.
<b>20<sup>th</sup> October</b>	Break up for half term

**It always seems impossible until it's done.**  
- Nelson Mandela

## Pupil Book Recommendations

**Pupil:** Kloe (Tyne Class)

**Favourite Book:** Amelia Fang and the Barbaric Ball by Laura Anderson



The book is from a series of books about Amelia Fang. In this book Amelia (a vampire) likes to hang out with her pet pumpkin and her friends. On day Prince Tantine steals her pet pumpkin and the adventure begins to plan a daring rescue.

The reason I like this particular series of books is because I used to be scared of vampires, but this made me turn on my opinion as I realised, they could be friendly.

I would recommend this book to anyone who likes adventures and fantasy. For me it is 5 stars out of 5.

## Attendance Matters

This week's winners of the attendance award.



**Tyne Class** 97.7%

**Seal Class** 95.3%

Well done and keep it up!

**Please do not book holidays during term time!**





Class	Name	Achievement
Whale	Carter	Carter has been a great role model for others. He has contributed great ideas and helped staff members. He always has a positive attitude.
Octopus	Tommy	This week, Tommy has made an extra effort to use 'star words' in full sentences during talk tasks. You have impressed both of your teachers – well done!
Seal	Yasmine	Yasmine has been a supportive member of Seal Class. She is always eager to help her friends and involves herself in whole class and group discussions.
Avon	Jayden F	Jayden has such a positive attitude towards his learning and is always trying to make improvements to his learning. He has been an exceptional pupil and classmate. He is always so kind and supportive towards his peers and is always ready to give a helping hand. Keep up the good work!
Eden	Ayana	Ayana has started the school year demonstrating great promise for the year ahead. She is kind to her peers and attentive to her work. Her Talk buddy is benefitting from her thoughtful responses to class discussions. Keep it up!
Tyne	Sawda	Sawda worked hard during art this week. She had to create a collage out of other printed images to represent something different to the original image. Her final composition of a bird was sublime!
Brent	Famatabintu	In class we have been learning about autobiographies. As part of her home learning, Bintu created an amazing poster all about her life. It was vibrant and jam-packed with information.
Lea	Ishraq	Ishraq wrote a stunning piece of writing about an important person in her life as part of our unit on autobiographies. It made both Chris and me very emotional!
Thames	Libaan	For making an excellent start to the academic year. He has shown great independence, particularly in reading where he has confidently retrieved required information from the text. Well done!



Deborah	For looking after another child when they were hurt and upset.
Sabreen	For always been helpful and making sure others have someone to play with.
Tony	For supporting his friend during football and giving his friend opportunities during the match.
Ayah	For being caring towards peers and always involving peers in games so nobody is left out.

## Attendance Matters!

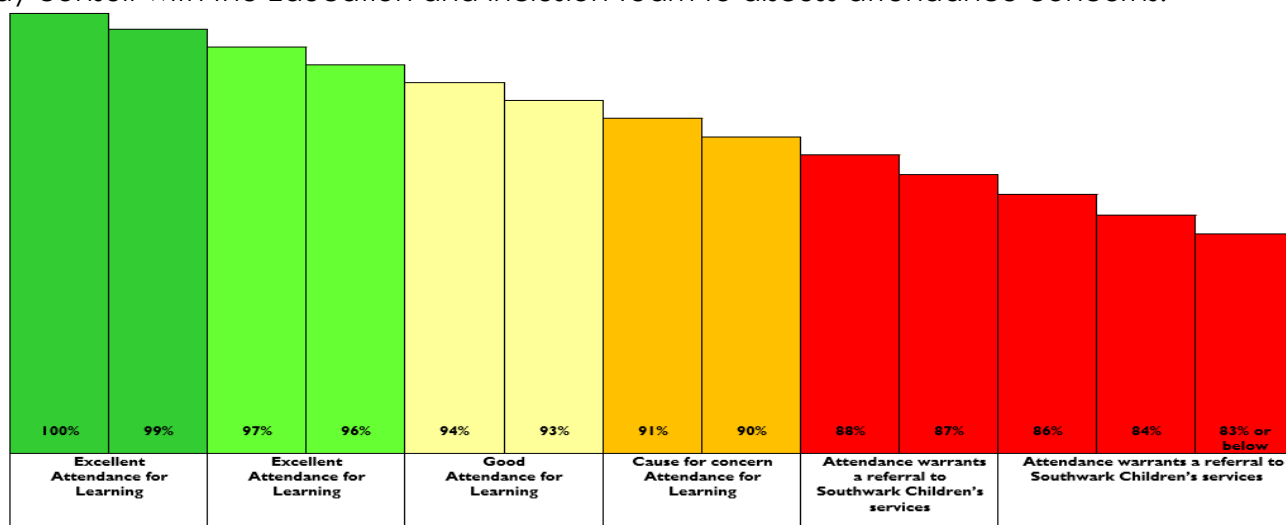
All parents and carers want the very best for their children and for them to get on well in life. Having a good education is important to ensure that children have the best opportunities in their adult life. They only get one chance at school, and your child's future may be affected by not attending school regularly. If children do not attend school regularly, they may:

- Struggle to keep up with schoolwork. In a busy school day, it is difficult for schools to always find the extra time to help children to 'catch up' with lost learning.
- They may not achieve their full potential.
- Children miss out on the social side of school life. Poor attendance often affects their friendship groups. Children with lower attendance are more likely to find it difficult to make and keep friends – a vital part of growing up.

Setting good attendance patterns from an early age, from nursery and through-out their school journey will also help your child later on in their life. Children who have poor school attendance records may have less chance of securing a job when they are adults.

**We are here to help and want to work in partnership with you.** Please contact the school office and ask to speak to Kofi Danquah, if you need support or are concerned about your child's attendance.

**Persistent Absence:** Please note that parents have a legal responsibility to inform the school of any absences. If a child's attendance drops below 90% they are considered to be 'persistently absent' and the school will request a meeting with parents or carers. At this point the school may consult with the Education and Inclusion Team to discuss attendance concerns.



## Is your child too ill to come to school?

**It can be tricky deciding whether or not to keep your child off school or nursery when they're unwell.**

There are government guidelines for schools and nurseries about [managing specific infectious diseases at GOV.UK](#). These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school on the first day of absence letting us know that your child won't be in. Please make sure you provide details within your reason for absence.

For more information about when your child is too sick to attend school, please see the attached NHS link: <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

## Healthy packed lunches/snacks

At RPS we are always trying to make the healthy option the easy option for our children. Below is some helpful information that Healthy Zones have created to help parents make healthy choices when putting together packed lunches and snacks.

Please note children are only allowed to drink water in school.

### Balanced packed lunch tips: A simple guide to support families

This guide complies with school food standards and offers tips on how to build a balanced packed lunch on a budget.

**A packed lunch should contain:**

#### One portion of whole grains & one source of protein:

- |  |   |  |
|--|---|--|
| <ul style="list-style-type: none"> <li>• Three bean pasta salad</li> <li>• Jollof rice &amp; a boiled egg</li> <li>• Lentil dahl and roti</li> <li>• Roast chicken sandwich</li> <li>• Cheese quesadilla</li> <li>• Wholemeal pitta and hummus</li> <li>• Falafel salad with flatbread</li> <li>• Vegetable noodles</li> </ul> | <ul style="list-style-type: none"> <li>• Chickpea and potato curry</li> <li>• Pitta pizzas</li> <li>• Tuna salad baguette</li> <li>• Cheese and ham roll ups</li> <li>• Soup and crackers</li> <li>• DIY tacos</li> <li>• Black bean burger</li> <li>• Cucumber and cream cheese bagel</li> </ul> | <ul style="list-style-type: none"> <li>• Lentil pilaf</li> <li>• No nut pesto pasta</li> <li>• Tuna and bean salad</li> <li>• Roast vegetable sandwich</li> <li>• Chickpea and vegetable wrap</li> <li>• Roast vegetable and turkey pasta</li> <li>• Potato and cauliflower curry</li> <li>• Cucumber and hummus wraps</li> <li>• Homemade egg mayo</li> </ul> |
|--|---|--|



#### At least one portion of vegetables & one portion of fruit:

- |  |   |   |   |
|--|---|---|---|
| <ul style="list-style-type: none"> <li>• Bell pepper</li> <li>• Carrots</li> <li>• Celery</li> <li>• Peas</li> <li>• Edamame</li> <li>• Broccoli</li> <li>• Cherry tomatoes</li> <li>• Kale / sweet potato</li> <li>• Salad</li> <li>• Cucumber</li> </ul> | <ul style="list-style-type: none"> <li>• Spinach</li> <li>• Courgette</li> <li>• Green beans</li> <li>• Beetroot</li> <li>• Radish</li> <li>• Sugarsnap peas</li> </ul> | <ul style="list-style-type: none"> <li>• Grapes</li> <li>• Banana</li> <li>• Orange</li> <li>• Pineapple</li> <li>• Cherries</li> <li>• Mango</li> <li>• Raspberries</li> <li>• Strawberries</li> <li>• Blackberries</li> <li>• Dried fruit</li> <li>• Tinned fruit (not in syrup)</li> </ul> | <ul style="list-style-type: none"> <li>• Apple</li> <li>• Pear</li> <li>• Papaya</li> <li>• Apricot</li> <li>• Melon</li> </ul> |
|--|---|---|---|



#### One snack:

- Small bag of plain popcorn
- Malt loaf
- Low sugar yoghurts or Greek yogurt
- Raisins / sultanas
- Homemade fruit yogurt pot with oats
- Brown, plain rice cakes
- Dips and hummus
- **+ only water or milk**  
(try adding lemons, cucumbers or mint to water)



More tips on the back!



### Tips to make a balanced packed lunch:

- Ensure there is a source of protein + carbohydrates + fruit and vegetables in the lunch as this is what is offered for school dinners and fuels your child
- Ensure fruit and vegetables are always included- these can be contained in the main i.e. a chicken pasta salad with peppers and tomatoes or lentils with broccoli and raisins
- Choose wholegrain where possible (bread, pasta etc.) as increased fibre will keep your child fuller for longer
- Replace crisps, cheese strings, chocolate and high sugar yogurts with one of the snacks suggested



### Tips to create a healthy packed lunch on a budget:

- Keep different types of wholegrain bread products in the freezer so you have a variety of options that will last longer over the weeks – bagels, pittas, sliced bread and wraps
- Use leftover vegetables/roast meats or legumes from the day before to make cold pasta salads or sandwiches
- Buy tinned fruit / vegetables (not syrup) or frozen- they are just as nutritious and often cheaper!
- Chop up fruit and vegetables into bite sized portions to allow it to stretch further throughout the week
- If your child has a thermos, you can send them left overs in here



### Tips to help your child enjoy packed lunches:

- Involve your child with making their lunch - cutting the fruit/veg or adding salad to their wrap (do it the day before and squeeze some lemon on any fruit to keep it fresh)
- Where possible or as a treat, provide a dip such as hummus or tzatziki so children can dunk their carrots, cucumbers or peppers as a side snack
- Taste the rainbow - try a variety of different fruits and vegetables for a visually fun packed lunch.
- Include healthier foods that your child actually enjoys at home to ensure they're having a nutritious meal





## Open Mornings 2023:

CLOS

We are delighted to invite any prospective parents and carers to our Nursery and Reception open mornings. They will run from 9.30am to 11.30am. They will consist of an introduction meeting followed by a tour of the school conducted by the head of Early Years.

As there is a limited number of space on our tour, we are offering the dates on a first come, first serve basis. Please book your visit by email on



[office@rotherhithe.southwark.sch.uk](mailto:office@rotherhithe.southwark.sch.uk)

### Tour Dates:

Tuesday 26th September 2023  
Tuesday 3rd October 2023  
Tuesday 10th October 2023  
Monday 6th November 2023  
Monday 13th November 2023  
Monday 20th November 2023



## Get Active Kids

HOLIDAY CLUB

Ages 4-11

St Joseph's Catholic Primary School  
Crossfield St, Deptford, SE8 3PH

Early  
booking &  
sibling  
discounts

All  
Childcare  
vouchers  
accepted

October Half - Term  
23rd October - 27 October

Arts & Crafts • Sports • Indoor Games

Your child will have an action-packed day at Get Active Kids Holiday Club. They will have a choice of over 30 different activities and sports throughout the week, all whilst developing their skills and making new friends!

Our experienced team are all enhanced DBS checked, first aid and safeguarding trained.



To book please visit our website:  
[www.getactivekids.co.uk](http://www.getactivekids.co.uk)  
07596 135900  
[info@getactivekids.co.uk](mailto:info@getactivekids.co.uk)



# OPEN DAY

## Old Kent Road Fire Station

Saturday, 30th September 2023 12pm-4pm

- Your chance to meet local firefighters and get fire safety advice.
- See our latest fire and rescue service equipment.
- VR headsets, line rescue demonstrations, 64 metre turntable ladder, hydraulic car cutting equipment, facepainting, sand art.

405 Old Kent Road London SE1 5JH  
For more info contact Old Kent Road fire station:  
T 02085551200 ex 84535

