



An Lester Trumach - The Packet Ship

25 September 2017

Dear Parents

Thank you to everyone who came to last week's meetings with your children's new class teachers... and for listening to me beforehand! I hope you found the sessions informative and helpful. There were some key messages about which I will write in turn in this half term's newsletters. The main areas covered were:

Marlborough School



The School Aims
Marlborough Manners
Teaching and Learning – the learning powers
Food – School Meals and Packed Lunches
Coming to School – travel, uniform and exceptional leave
Funding – the school budgets crisis; our charging policy
A School Library
How you can help

A Rising Tide Lifts All Ships

Now that we've settled into the new year I'd like to start with Coming to School and a few reminders about the morning drop off and afternoon collections. We do understand that the morning is a busy time and the area around school has become busier in recent years, our own school growing to capacity and new families moving into the close unable to find places with us. Please be respectful of the residences when travelling to school: if possible, walk; do not drive into Ferndale Road unless you have a mobility need to do so; if parking in nearby roads do so with respect and awareness of residents' access. I have written to Swanpool to ask if the school community could again take up the facility of using the car-park for drop-off and collection times and will keep parents informed.

It is important that everyone arrives at school in time for lessons to start at 08:45. When a child comes into class after this point it can be embarrassing or difficult for him or her and is disruptive for the rest of the class. Anyone arriving at the foyer after 08:43 should not accompany their child through to class and indeed when the first bell sounds we would ask that parents leave the room as quickly as possible for the register to be taken.

It is always good to see the children arrive in smart and ready often in new uniforms at the beginning of the school year. We also have a good range of school clothing passed on from families for you to buy at the office. As the year goes on children can tend to push at the boundaries of the dress code, which is actually very straightforward:

Infants

- navy blue skirts or shorts
- plain red sweatshirt or cardigan bearing the school logo
- white polo shirt
- red and white gingham dress
- red, white, blue or black socks

Juniors

- navy blue skirts, shorts or trousers
- plain red sweatshirt or cardigan bearing the school logo
- white polo shirt
- red and white gingham dress
- red, white, blue or black socks

Shoes

Children must wear safe and sensible footwear at all times (there is no stipulation on colour). Good, sturdy and breathable trainers are ideal as they can be worn throughout the day and for PE. Open toe shoes and crocs are not permissible owing to the stairs and other trip hazards around school. Slip-on shoes are not advisable, again for safety reasons, and cannot be worn when using the any of the outdoor equipment .

The children's parliament will discuss later the options for y6 wearing sports or leavers hoodies so that everyone knows what is allowed and when. Please do not purchase some of the new fashion items some suppliers sometimes issue without checking with the school. The gingham material shorts-suits are not agreed uniform for example and should only be worn as summer dresses. Thank you.

As said, I'll write with further details of other subjects in coming weeks. I have however also included a copy of the Cornwall Healthy School's guidance on packed lunches at the foot of this newsletter. The school parliament and governors will shortly agree a packed lunch policy based on this document



A few strong arms and willing help is needed for this Saturday, 30th September at 09:00 to help move the paving slabs from the infant outdoor area up to the field. We've a couple of trucks and drivers offered and teams loading and unloading at each end will soon get the job done. If you are able to help please let us know at the office in person, or by phone or email. Thank you!



Last Week				Total		
1 st	Freeling	23	7	1 st	Pelham	14
	Pelham	23	7	2 nd	Freeling	12
3 rd	Chichester	22	4	3 rd	Chichester	7
4 th	Fox	18	3	4 th	Swiftsure	6
5 th	Swiftsure	15	2	5 th	Fox	5
6 th	Walsingham	14	1	6 th	Walsingham	2

Please Support our
This Friday at 14:00

Falmouth School is offering any student in years 5 and 6 who is not involved with the netball or football leagues to turn up at Falmouth School at 16:00 for an hour on Wednesdays and play sport with us under the guidance of one of the PE staff. We think that it's a great way to involve children who would like to play in a less competitive environment whilst still learning some core techniques and skills. There is no cost involved and no need to register - simply turn up and play!

This week we welcome colleague head-teachers who are visiting the school to support us in an **Instead Review** (an inspection framework produced and run by the National Association of Headteachers). They will be visiting classes and talking to children, staff and professional partners. We would also like to **invite all parents and carers** able to meet with the team **tomorrow, Tuesday 26th September from 14:30 in the school hall** before pick-up time to tell them about the school and answer any questions they may have (there will also be an opportunity to ask a few of your own).

Rogansier

<http://marlborough.eschools.co.uk>



TRURO SCHOOL
open morning

Senior School Open Morning
Saturday 7 October
9.30am to 12.30pm
Boys and Girls 11-18
Day and Boarding
truroschool.com
Education for Life

Ranked in the top
1%
of schools in England for
value-added at A level

Prep & Senior Open Morning
Saturday 14 October

Come and see why happy girls achieve

TRURO HIGH SCHOOL
Girls First

Book your visit today by calling 01872 242904
trurohigh.co.uk

Coming Soon
Marlborough's School Packed Lunch Policy:

A Healthy Lunchbox!

Choose an item of food from each of the five sections

CARBOHYDRATES for energy Portion: size of fist	PROTEIN for growth Portion: size of palm	DAIRY for strong bones/teeth Portion (cheese): size of two fingers	VEGETABLES for health Portion: handful	FRUIT to fight disease Portion: handful
Bread roll	Chicken slices	Natural yoghurt in a small pot	Carrots, cut into sticks	Fruit salad in a pot
Crackers	Bean salad *	Soft cheese spread	Roasted vegetable salad	Banana, cut a slit in the top for easy peeling
Oatcakes	Hard boiled egg	Cream cheese	Coleslaw *	Canned fruit in natural juice
Zebra sandwich (1 slice brown bread/1 slice white)	Fish pate * (e.g. mackerel mixed with cream cheese and a squeeze of lemon)	Lancaster cheese with a chutney dip	Raw broccoli or cauliflower cut into mini florets	Apple cut into wedges and wipe with lemon juice and place in a sealable pot
Tortilla wrap	Houmous *	Cup of milk	Sugar snap peas	Dried fruit (half portion size)
Couscous salad *	Kidney beans mashed with a little French dressing	Custard in a small pot	Red and yellow pepper sticks	Seedless grapes cut into quarters
Pasta or rice salad *	Quiche slice *	Edam cheese, cubed	Sweetcorn from a can, drained	Fruit juice or smoothie (mix with 50% water)
Wholemeal pitta bread	Prawns defrosted and dried on kitchen paper and placed in a pot	Grated / sliced cheddar cheese	Cherry tomatoes cut into quarters	Kiwi fruit top removed, serve with a spoon
Bread sticks	Roast meat leftovers	Cottage cheese	Watercress	Melon wedges or cubes
Potato salad	Salmon or tuna	Nibbles of different types of cheese	Tomato salsa *	Nectarine, plum, pear
Bagel	Sliced ham	Rice pudding in a small pot	Avocado dip *	Easy peel clementine
French toast	Smooth peanut butter	Fromage frais in a small pot	Assorted salad leaves	Berries in a small pot
Savoury scone *	Butterbean spread *	Apricot fool *	Cucumber peeled into ribbons	Fruit jelly

*visit our website www.cornwallhealthyweight.org.uk for lots more ideas and recipes

<http://marlborough.eschools.co.uk>