



Dear Parents/Carers,

### **Be Sugar Aware**

After Monday's assembly using change4life materials, anyone on lunch duty was inundated for requests to help interpret sugar contents on (amongst other things) cartons of fruit juice in lunch boxes. We were all surprised to find that many juice cartons often show 4-5 teaspoons of sugar in each individual carton. Please consider a food swap to water, despite the juice being natural sugar. Just FYI, 4-6 year olds are advised to consume not more than 5 teaspoons of sugar; 7-10 year olds no more than 6 teaspoons and 11 years to adults no more than 7 teaspoons per day. A 500ml bottle of regular coke has 10 teaspoons in it! We sent packs home with some activities to try, or just search 'change4life'. Happy eating!

### **Entrance to School**

Please can we remind you that all children should enter the school in the morning via the cloakrooms which are accessed via the KS1 and KS2 playgrounds. Please ask your son or daughter to access school via the main office entrance ONLY if they are late, after 8.55am, and the gates to the playground are closed because office staff need to carefully monitor visitors. The gates to both playgrounds do not open until 8.30am. Thank you for reminding your child of entry protocol, especially if you allow them to come into school alone.

### **After school clubs**

Children who are attending clubs that do not start immediately after the school day are not allowed to return to school premises until 5 minutes before the club is due to start. We have noticed a number of children waiting in the library area and the KS2 playground who have returned to school well before a club is due to start. This is a reminder that school staff cannot provide adult supervision after the end of the school day.

### **Governors**

We have not had yet any interest in our two vacancies, a parent governor who is a current parent at the school and a community governor who could be a non-parent relative or associate. If you are interested, we have extended the deadline to 9am on Monday 6<sup>th</sup> February. To be a governor you need to be willing to see the school as a whole (rather than solely drawing only on your experience in your child's classes). You need to be able to attend one evening Full Governing body meeting between 6-8pm and one daytime 10am-12pm meeting as a minimum per term, these are published 12 months in advance. You also need to be able to attend other daytime meetings, these may be to see

the school in action; to meet with school staff; to attend training or to meet with other governors. You should aim to attend one training event per term as well as be able to be available for at least one or two other activities taking place during the weekday. If you work for a large organisation, they should be willing to provide you with paid time to discharge your voluntary duties effectively (please discuss this with your employer or HR).

If you would like to know more about what being a governor means, please contact Jane Davey at [chair@londonmeedprimary.co.uk](mailto:chair@londonmeedprimary.co.uk) or please speak to Ms Reece.

If you or a friend/relative would like to apply to be a Community Governor please send an email to Jane Davey at [chair@londonmeedprimary.co.uk](mailto:chair@londonmeedprimary.co.uk).

### **MDMS**

We are looking for bank staff to cover Midday Meal Supervisors when needed. The hours are 12-1pm. If you are interested, please contact the school office for an application form and job description.

### **Safer Internet Day – 7<sup>th</sup> February**

Safer Internet Day is approaching on the 7<sup>th</sup> February, please see the below link for resources from Primary to sixth form.

<https://www.saferinternet.org.uk/safer-internet-day/2017/education-packs>

PC Theresa Broad DB770

Neighbourhood Schools Officer

Mid Sussex District NPT

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### **Other News**

#### **LMA 100 Club**



Want to help London Meed? Want the chance to win a cash prize each month? Then join the London Meed Association 100 Club today! How it works: £24 enters you into 12 monthly draws. £1 from each member

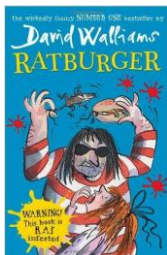
each month goes towards the LMA's fundraising target, and the other £1 goes to the monthly prize. I.e. 100 members would yield a monthly prize of £100 and raise £1,200 for the school in one year. You can join in January or July each year, if you wish to join please send your payment along with the slip into the school office to be received no later than Monday 30<sup>th</sup> January 2017. If you took part in 2016 don't forget you will need to send a new payment in January in order to continue your membership. The 100 Club is open to anyone associated with the school, so please feel free



to invite friends and relatives to join if they are interested – additional letters can be accessed via the school office. The first draw for 2017 will be at the end of January and will be announced via the school newsletter. Draws are made independently by a member of the LMA committee and the scheme is run by one of our Governors Howard Collins. If you would like any further information, or have any questions then Howard can be contacted on 07837 504231 or [howard\\_collins@hotmail.com](mailto:howard_collins@hotmail.com) (please title any emails LMA 100 Club for ease of identification).

24<sup>th</sup>

First day back after Easter break

**Book Review****Ratburger by David Walliams**

*The book is about a girl called Zoe and she found a rat in her room. She took it to school but then the rat got up to mischief. I would recommend this book because it is really descriptive and it has lots of powerful adjectives. Toby Y3*

**West Sussex Recruitment Event**

West Sussex has organised a Recruitment Event for Schools, taking place on Saturday 11<sup>th</sup> February at Fontwell Park racecourse. Please see poster attached.

The event will run from 10.00am - 3.00pm and will highlight all roles in our schools for Teaching and Support staff.

[www.westsussex.gov.uk/jobsinschools](http://www.westsussex.gov.uk/jobsinschools)

**Dates for your Diary for the Autumn Term.****(Further dates for the academic year****can be found on the calendar on our website)**

(More information to follow)

**JANUARY**

31<sup>st</sup> No band

**FEBRUARY**

7<sup>th</sup> Safer Internet Day  
16<sup>th</sup> The Orchard Night in the Museum  
Pyjama Party at 6pm  
17<sup>th</sup> Last day of half term  
20<sup>th</sup> – Half term  
24<sup>th</sup> First day back after half term  
27<sup>th</sup>

**MARCH**

2<sup>nd</sup> World Book Day  
Week of Scholastic Book Fair  
6<sup>th</sup>  
14<sup>th</sup> Parent Consultations 3-5pm  
16<sup>th</sup> Parent Consultations 3-7pm

**APRIL**

7<sup>th</sup> Last day of term  
10<sup>th</sup> -21<sup>st</sup> Easter break