



Autumn Term Newsletter

Number 412 – 16th December 2022



Dear Parents/Carers

Welcome to the last newsletter of 2022.

Firstly, I would like to say a huge thank you on behalf of all the staff for all your kind gifts, cards and good wishes for Christmas and the generous donations to our foodbank. Staff and I have been overwhelmed by your generosity and appreciation. I want to thank all of you for your continued support this term. I wish you all a happy, holy and safe Christmas.

Christmas Shows

We have had a very busy and festive time in school during these last few weeks as some classes performed their Christmas shows. We had amazing performances from Reception, Year 1 & Year 2, and Year 3 & Year 4. It was lovely to see so many parents at these shows. It put everyone in the Christmas spirit and it reminded us what Christmas should be all about.

This week we continued with performances from Year 5 & Year 6 and Nursery on Thursday which were equally amazing. It was wonderful to see so many family members attending the performances.

Christmas Fair

I would like to say a huge thank you to the Friends of St Margaret Clitherow for organising the Christmas Fair. It was a great success. We raised just over £2,000, which will go towards playground equipment and outdoor furniture for the children. I would also like to say a big thank you to all my staff for giving up their time to help out with the running of the fair. It was a real team effort.

Christmas Eve Mass

We hope to see as many of you as possible at the Family Vigil Mass on Christmas Eve at 6:00pm at English Martyrs Church, especially those who have been part of our school choir. We do not charge for choir and the expectation is that children participate in church services.

Parent Voice

During the recent Open Evenings, we carried out a survey to gather the views of parents. The results were very positive and we are pleased that so many parents rate the school so highly. Please see the results of the survey by clicking on the link. [St Margaret Clitherow Catholic Primary School - Parent Info](#)

One concern from parents was regarding the school menu and how it contained lots of cakes. Our catering partners, Chartwells, ensure that all food provided is within the school food standards portion guidelines. Chartwells have actually achieved a 28% reduction in sugars in desserts since 2016. Children may have brownies but the sugar comes from beetroot, carrot and sweet potato.

Please see over for more details.

Return to School in January

Remember that we reopen on Wednesday 4th January after the Christmas holidays.

Have a wonderful Christmas, stay safe and we look forward to seeing you all in the New Year.

Mrs Heath
Headteacher

Should you have any queries please contact us on: admin@clitherow.brent.sch.uk
lheath@clitherow.brent.sch.uk or bnolan@clitherow.brent.sch.uk

On 23rd December between 9-12 there will be a mass distribution of food coming to St Joseph's Primary School in Harlesden. Please feel free to go and collect some food. We just want to ensure that no food is wasted and every family is well provided for. Look out for a message on the Jotter on the day for more precise time.

SCHOOL OPENS FOR THE
SPRING TERM ON WEDNESDAY
4TH JANUARY.

PLEASE MAKE SURE YOU ARE
ON TIME AND WITH THE
CORRECT UNIFORM.

BREAKFAST CLUB AND KIDZONE
WILL COMMENCE ON THIS DAY
TOO.

FORTHCOMING DATES

13 th Dec	Film night Year 1 & 2
14 th Dec	Film night Year 3 & 4
15 th Dec	Film night Year 5 & 6
15 th Dec	Flu Spray R to Y6
15 th Dec	Christmas concerts Y5 & Y6 9.30am Nursery 11.00am
16 th Dec	School finishes for the Christmas holidays 1.30pm NO KIDZONE
3 rd Jan	Staff inset
4 th Jan	School starts for the Spring Term

SUGAR REDUCTION: THE CHARTWELLS STORY

Did you know? Children are eating twice the amount of sugar that they should!

At Chartwells, we are committed to meeting the School Food Standards. We promise that our menus will never include banned sugary snacks or drinks, which typically account for half of children's sugar intakes. Chartwells are advocates of the Public Health England sugar reduction programme, we are proud to have gone beyond the 20% reduction targets in all categories for recipes on our menu. In fact, Chartwells' current recipe collection exceeds the 2020 reduction targets!

WE HAVE ACHIEVED A 28% REDUCTION IN TOTAL SUGARS ACROSS OUR SCHOOL DESSERTS SINCE 2016!



Our Secret Brownie contains beetroot, carrot & sweet potato and our Chocolate Slice contains Courgette!

Our ambition to reduce sugar has been achieved by:

- Reformulation of popular recipes to reduce total sugar content
- Reduction in portion sizes of high sugar items, staying within the school food standards portion guidelines
- Working with suppliers to reduce sugar content in products
- Innovative development for new desserts
- Analysing menus year on year to ensure reduced sugar content
- Increasing the number of fruit-based desserts on the menu
- Raising awareness of sugar consumption through a range of nutrition education initiatives

WE HAVE REDUCED THE AMOUNT OF SUGAR ON THE MENU BY 248 SUGAR CUBES PER PUPIL PER ACADEMIC YEAR!

Chartwells' pledge to reduce the sugar in children's diets doesn't end there! Our nutrition team are also on hand to deliver nutrition education sessions, supporting children to understand how to make their own balanced dietary choices, to best prepare children for a healthy life beyond the school gates. For any further enquiries or bookings, please contact your local Chartwells manager or email: Chartwells.CSU@compass-group.co.uk

Primary Menu April 22 Sugar Analysis v1 Nov2021



Every Chartwells dessert meets the public health sugar reduction criteria!



News Items



Dear Parents,

Re: ***Sing Up and Dance!***

I hope you are all well.

After a very long break, I will be coming back to St Margaret Clitherow to continue with dance classes next term! The classes will take place on Mondays from **3pm to 4pm** in the school hall. The first day of dance will be Monday 9th January and the last day will be Monday 20th March.

Moving forward and in attempt to keep up with current times, our classes will now move into the Musical Theatre genre.

Students will now learn to sing and dance to popular music in a modern dance style. The aim is to create a fun-filled lesson where children can express themselves freely through song and dance whilst actively exercising.

If you would like your child to participate, please book your child into the club directly by visiting:
<https://michelle-bourne-dance-academy.class4kids.co.uk/>

If your child requires new dancewear, this can be purchased from: <http://mbd.mydancestore.co.uk> although the school PE kit is also sufficient.

I am really looking forward to seeing you all again 😊

Thank you, enjoy your Christmas break and stay safe.

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