



# Newsletter 27th January

## Questionnaire

Thank you so much to those of you who completed our online questionnaire. It really helps us understand how the school is viewed. We received some wonderful comments and it is reassuring to know that you feel the school is moving forward and improving as we are working really hard to ensure this is the best possible place for every child. When we have finished analysing it I will share the results with you.

## UNIFORM

Can I politely remind parents to ensure that pupils are attending school in the correct uniform.

Please ensure your child is wearing school shoes and **school trousers** or skirts, along with plain black joggers or leggings for PE.

We are building up a bank of pre-loved uniform in school so please come to the office if you require any items. We may have some.

Your child's uniform is your responsibility.

Children will not have consequences in school for incorrect uniform as they need support and guidance from you to ensure it is correct. Your child's uniform is your responsibility.

We have worked really hard on embedding our values over the past two years and uniform is a huge part of this.

If you feel you would need financial support with uniform please contact school as we can try and access support for you.



## 27th JANUARY 2023 ATTENDANCE

Attendance for the whole school 94%

Well done Y2-100%

## STRIKE ACTION

Planned industrial action by NEU members is due to take place on Wednesday 1st February. At present school is due to remain fully open **however, I must reiterate that members of staff do not have to inform me of their actions and can still choose to strike on the day.**

Obviously, we will inform you immediately.

## Dates for your diary:

Children's mental Health Week begins Monday 6th February

Safer internet Day- 7th February

African Dance Day –10th February

Friday 17th February 2023 – School closes for half term



## PhunkyFoods Spring Term Newsletter 2023

### What is PhunkyFoods?

PhunkyFoods is an award-winning programme aimed at helping early years and primary aged children lead healthy, happy lives. The programme encourages children to enjoy trying new foods, as well as learning how to prepare and cook recipes. This year at Richmond Hill we have chosen to focus on the theme 'a healthy packed lunch.' Our PhunkyFood Ambassadors have delivered a whole school assembly which looked at what a healthy packed lunch might look like. Children in years 4 and 5 have also taken part in a practical workshop, led by Amanda Graham. Pupils in these year groups learnt how to prepare a delicious fruit crunch.

To find out more about the PhunkyFoods programme go to:  
<https://www.phunkyfoods.co.uk/>

### Meet our PhunkyFoods Ambassadors

Our PhunkyFood Ambassadors are made up of children in years 4 and 5. They meet once a fortnight to discuss ways of helping to spread the healthy food message throughout our school. This half-term they have been given the challenge of finding recipes which could be used to liven up packed-lunch boxes. Below are their top three recommendations. They have also tested some of the recipes in their meetings. For more details of the recipes below go to:

<https://www.nhs.uk/healthier-families/>



### Soft Cheese and Salad Sandwich

#### Ingredients

- 2 thick slices of wholemeal bread
- 2 tablespoons medium-fat soft cheese
- 3cm piece of cucumber, finely chopped
- 20g celery (about two-thirds of a stick), finely chopped
- small wedge of lettuce, to give 2 tablespoons when shredded
- pinch of black pepper or paprika, optional



### Tuna and Bean Salad

#### Ingredients

- 3 teaspoons olive oil
- juice of half a lemon
- large pinch of dried mixed herbs
- large pinch of mustard powder
- large pinch of black pepper
- 1 slice of pepper, chopped
- 2 spring onions, sliced
- 3cm piece of cucumber, chopped
- 1 heaped tablespoon canned mixed beans in water, drained
- half a 160g can of tuna in spring water, drained
- 1 thick slice of wholemeal bread and lower-fat spread

### Creamy hummus dip with pitta bread and vegetable sticks

#### Ingredients

- 2 heaped tablespoons tinned chickpeas
- Juice of half a lemon
- 1 tablespoon low-fat Greek style yoghurt
- 1 tablespoon olive oil
- ½ teaspoon paprika (or to taste)
- ½ teaspoon cumin (or to taste)
- 1 clove of garlic (peeled)
- 1 large wholemeal pitta bread, cut into strips
- 1 small carrot, cut into sticks
- 1 stick of celery, cut into sticks