



Head Teachers Message

Dear Parent and Carer,

I hope that you have had a good week.

Spring is certainly on its way and the warmer days this week have given opportunity for some of the learning to be taken outside. As you collect your children, I hope you begin to enjoy the colours that are appearing from spring bulbs on the school site. We will have a burst of colour on Friday as we mark Holi with a colour fun run in the afternoon session.

Miss Derry who has been part of our cover team this year, will be leaving us at the end of this term to take on an exciting new role as a teacher at Broomfield Primary School. We are so pleased that Miss Derry will have a class of her own.

It is always great to see you and your children at the gate in the morning. Please can children make sure that they wait until a member of staff arrives before entering the school grounds.

Thank you to all of those who responded to our family survey, this feedback is so useful in ensuring we are communicating clearly and making improvements in our provision for all.

Kind regards

Mr T Gilbert

Golden Rules at Eastfield



We have 5 rules: This week we have been focusing on ...

Work quietly and do not disturb others



828

Ash



840

Birch



897

Chestnut



859

Hawthorn

House points

Our attendance target is 97%

Our attendance this week is 93%

Everyday matters!!!

Please ensure your child attends School everyday.

If your child is going to be absent from school please ensure you communicate with the school office as soon as possible by calling 0116 2694692.

Please leave a message regarding the symptoms/reason for absence.

Local Advisory Board

We have a vacancy on our Local Advisory Board. An opportunity to provide support and challenge to the school for parents or community members. If you or someone you know is interested in applying, please contact the school by Monday 21st March 2022 and request an application pack which will contain further information along with a parent governor pen portrait.

Holi Fun Run

18th March 2022

The Children will have the opportunity to take part in this exciting and colourful event.



<https://www.justgiving.com/fundraising/eastfield-primary-school-thurmaston>

INTERNET SAFETY



TIKTOK PARENT GUIDE



START A CONVERSATION

A great place to start when it comes to online safety is to talk about it. Speak with your child about the online risks mentioned above. We can talk about the importance of keeping personal information safe; support your child in learning to become digitally resilient.

Part of this also means being able to identify if someone their speaking with online is not to be trusted. For some great resources to help to talk to your young person about this, check out the Thinkuknow website.



USE PRIVACY SETTINGS

With a public account anyone can view and download your videos, even if they haven't created a TikTok account. Talk to your young person about the benefits of privacy settings.

Although there may be resistance to setting privacy settings if a user is seeking more likes and followers, emphasise the value of having greater levels of control and privacy.



USE RESTRICTED MODE

By going to the 'Digital Wellbeing' section on TikTok you can enable Restricted Mode. This has been created to filter out mature or inappropriate content.

While this may not be perfect, it should offer some level of filtering. To set restricted mode you will need to create a pin code.



ENABLE FAMILY PAIRING MODE

Family pairing mode allows you to link your TikTok with your child's account. By using Family Pairing Mode you can change settings on your child's account including:

Screen Time Management - How long the app can be used for.

Restricted Mode - Filtering inappropriate content.

Direct Messages - Turn off direct messages completely, or restrict certain users from sending messages.



LEARN HOW TO BLOCK AND REPORT

Make sure that your young person knows how to use all of the block and report features. It's possible to restrict comments, restrict Duets, report a comment and block a user.

These features can help users to have a greater level of control on the platform, but they are only helpful if your young person knows how to use them.

Talk through how to make use of these settings with your young person.



BE MINDFUL OF SCREEN TIME

Excessive screen time on social media can have negative impacts on student wellbeing. If your young person is old enough to use TikTok, have a conversation with them to agree appropriate levels of screen time. You could start the conversation by asking them how much screen time per day they think would be good for them.

There is also the option of setting screen time limits under the screen time management option. This allows you to limit the amount of time a user can spend on the app per day. This option can then be locked with a PIN code.

Trips and Residentials

We want children at Eastfield to have the opportunity to engage in experiences that will enhance their learning.

We would really appreciate your input....

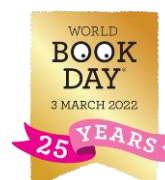
Please complete the survey below:



[Trips and Residentials - Parent Survey](#)

Competition time!

Design your own National Book Token



We are taking part in World Book Day's annual National Book Token design competition.

DESIGN A NATIONAL BOOK TOKEN COMPETITION 2022 - World Book Day

Entries deadline - Friday 18th March

We will post the entries off in time for the official competition deadline. Give your entry to your class teacher once it is ready.

We will also be holding our own competition within Key Stages.

There will be a book token prize for the chosen winner from:

- Foundation Stage
- Key Stage One
- Key Stage Two



Take a look at the website for some inspiration from previous winning designs!





Does your child have a medical appointment?

Where possible please can we request these be made outside of the school day.

If it does take place during the school day, please send in a copy of the appointment confirmation to the office for your child's absence record.

If the appointments are in the morning please ring the office and book in a school dinner over the phone so that a lunch can be ordered.

After School Club Collection Door

Please can those parents collecting their children from After School Club now return to collecting from the Hall door.

Thank you.



Covid 19 Update

Further advice is available [COVID-19: people with COVID-19 and their contacts - GOV.UK \(www.gov.uk\)](https://www.gov.uk/covid-19/people-with-covid-19-and-their-contacts)

There is no longer a legal requirement for people with coronavirus (COVID-19) infection to self-isolate, however if you have any of the main **symptoms of COVID-19** or a **positive test** result, the **public health advice is to stay at home and avoid contact with other people.**

Pick up a great book...

Top tips for supporting your child read at home...

- Take breaks while reading. Your child doesn't have to read an entire book in one go!
- Build reading into your child's daily routine. Find a regular time for reading in your child's day.
- Encourage your child to follow their interests. Let your young children choose the books they read alongside their school book.
- Use technology together. National Literacy Trust research has found that, when used appropriately and with an adult, technology can provide an important route into reading for many children.
- Encourage your child to be the author. Build writing and drawing into your routine at home by helping your child tell a story.
- Have a chat. Research shows that children who engage regularly in conversational turn-taking with an adult learn faster when they're older.
- Share stories using the pictures in the book instead of the words. Pictures are a great support for young and struggling readers.
- Play with letters, sounds and words. Engage children in games and activities that help them learn new words.


[Top tips to support your child's reading at home - BBC Bitesize](https://www.bbc.com/education/early-childhood/reading-at-home)

School Dinners

Our standard menu has returned!

Please see the menu below so you can assist your child in making a choice suitable for them.

School meals now cost £2.35

WEEK 2* 2021: 30th August, 20th September, 11th October, 1st November, 22nd November, 13th December, 2022: 10th January, 31st January, 21st February, 14th March, 4th April, 25th April, 16th May, 6th June, 27th June, 18th July.					
OPTION ONE	NEW Organic Minced Beef Casserole with Dumplings	Roast Chicken & Stuffing	Sausage in Onion Gravy	Macaroni Cheese	Battered Fish
OPTION TWO	NEW Vegetable Casserole with Dumplings	Roast Quorn Fillet & Stuffing	Vegetable Sausage in Onion Gravy	NEW Leek & Butter Bean Crumble	Vegetable Nuggets 
CARBS	Roast Potatoes Potatoes in Skins	Parsley Potatoes ½ Jacket Potato	Creamy Mashed Potatoes Pasta in Tomato Sauce	Garlic Bread Potatoes in Skins	Chips Fluffy Rice
VEGETABLES	Green Beans Carrots	Peas Cauliflower Cheese	Medley of Roasted Vegetables Green Beans	Broccoli Carrots	Baked Beans Sweetcorn
SALAD BAR	Salad Bar Selection				
BREADS	Assorted Breads				
FRUIT	Fresh Fruit Platter/Yoghurt				
DESSERTS	NEW Banana Cake Berry Cheesecake	Chocolate Sponge & Chocolate Sauce Butterscotch Whip	Lemon Drizzle Cake Oat Cookie	NEW Orange Jelly with Mandarins Cherry Shortbread	Strawberry Ice Cream Crispy Cake

School Uniform

All children must wear school uniform and bring a P.E. Kit. You may also want your child to have a pair of wellies when they are on farm duty.

Summer

- Black or grey skirt, trousers or shorts
- White T-shirt or shirt
- Blue checked summer dress
- Flat school shoes
- Blue jumper or cardigan

Winter

- Black or grey skirt or trousers
- White T shirt or shirt
- Black or grey school dress
- Black or grey tights or socks
- Flat school shoes
- Blue jumper, cardigan or fleece

PE kit

- Black shorts, leggings or jogging trousers
- White crew neck T-shirt
- Black or blue sweatshirt jumper or warm top
- Black trainers or plimsolls



HAPPY
Easter



Roast Gammon and Parsley Sauce Or Spring Quiche

Served with Creamed Mashed Potatoes, Golden Roasted Potatoes
Honey Glazed Carrots, Spring Cabbage

Double Chocolate Cupcake Or
Lemon Shortbread Easter Biscuit

Yoghurt and Fruit will also be available