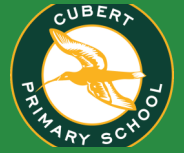


CUBERT SCHOOL NEWS



ISSUE 26

www.cubert.org.uk

19 April 2024

Dear Parent / Carer,

Welcome back

It has been lovely to see all the children come back to school with such a positive attitude and it has also been very welcome to see some sunshine this week. Long may it continue and we hope to be set for a very exciting summer term ahead.

School consent form

As part of our move to Aspire Academy Trust we now have new consent forms to be filled in. Please could you complete the form that has been emailed to you by Wednesday 1st May.

Once you have filled in this form the consent will last for the entirety of your child's time at Cubert Primary School.

Clubs for summer term

Clubs will commence next week from Monday 22nd April.

There is still space in a few of the clubs, so if your child would like to attend a second club please book these by Sunday evening at the latest. If you aren't able to book a club it is because it is full.

Club pick up time is 4:15pm. If you do happen to be late your child will be taken down to Cubert Kids Club for you to pick up from there. Depending on how late you are and the circumstances, charges may apply.

Reminder of office hours

We wanted to make you aware that now that we are part of Aspire there is only one member of staff in the Office in line with other schools in the Trust.

Office opening hours if you need to pop in to see us are the following:

9:00-9:15am

3:00-3:15pm

The Office phone and email is manned from 8:30am-3:40pm.

Facebook and Twitter

We are now on Facebook and Twitter and will be communicating regularly via this platform, so please follow us at Facebook [@cubertschool](https://www.facebook.com/cubertschool) | Twitter [@cubertschool](https://twitter.com/cubertschool)

We also emailed out the Aspire Policy regarding the use of pupils names on the school social media platforms, please have a read of this.

Message from the PTFA

With the return of some very welcome sunshine, the children have been outside enjoying the new playground equipment recently purchased by the PTFA. Cubert School PTFA have had several really successful fundraising events and activities already this school year, including Christmas activities, Easter egg hunting, cake sales and uniform sales, rallying supporters and local businesses to contribute generously to the cause. This has enabled us to buy some much-needed new play equipment for the school playground. The children really loved playing on and with the new equipment this week when it was put out for the first time, and we hope that as the weather improves they get lots more opportunities to have fun with it! The new array of play equipment not only fosters physical activity and social interaction for the children at break times, but will hopefully also spark imagination and ignite many new playground adventures. It is a great reminder of the power of community collaboration and the profound impact that we can all have enriching the lives of our Cubert School students.

Thank you very much to Sophie Crookston-Pleasants for doing the hard work of sourcing the equipment, and thanks to all our PTFA supporters for making this possible. Look out for future opportunities to support PTFA activities so that we can continue to deliver this really vital additional support for pupils of Cubert School. Whether it's donating raffle prizes, attending events (like our forthcoming Race Night, 27 April!) or coming along to lend a hand at any of our fundraising activities, we are really very grateful for all support from parents and friends of the school community, so please do continue to get involved.



The aim of our guidance is...

To keep up our success of being a Healthy School, we think all children should enjoy a healthy lunch. This guidance is to help packed lunches be as healthy as school meals which meet the School Food Standards.
www.schoolfoodplan.com/standards

How we will support the guidance

We will ensure that free, fresh drinking water is available at all times. It is not essential to include a drink in packed lunches as water is provided.

We will allow pupils who bring a packed lunch and pupils who have a school dinner to sit and eat together.

We will ensure we listen to our pupils' and parents' views to ensure that this guidance is fair and meets everyone's needs.

Our traffic light system is in line with the School Food Standards for school meals.

Eating a healthy packed lunch or school meal is important to help children stay healthy, feel good and improve their ability to learn.

Our packed lunch guidance has been developed following observations of children's packed lunches, that found some less healthy foods that can affect energy levels, allergies, concentration, behaviour and health.

A healthier packed lunch focuses on the five main food groups of the Eatwell Guide, foods in purple the small section should not be eaten in school.



PACKED LUNCH GUIDANCE LEAFLET



Red foods

These foods are discouraged in school lunch boxes.

Amber foods

These types of foods could be included occasionally as part of a balanced packed lunch.

Green foods

You should put these in lunch boxes everyday or as often as you like.

Chocolate bars or sweets

Crisps

Cereal bars (these can be high in fat and sugar).

Chocolate biscuits and cake bars

Processed fruit products such as winders (these can be high in sugar).

Sugary drinks such as Caprisun, Ribena, squash, fizzy drinks and energy drinks.

High salt or fat snacks such as, snack-a-jacks, crackers, bread sticks.

Small plain or fruit cakes such as scones, tea cakes or malt loaf.

Plain biscuits, flapjacks or fig rolls

Processed meat products such as sausage rolls, pies, corned beef, pasties, pepperoni or sausages.

1 portion of fruit and 1 portion of vegetables. This could include fresh, tinned or dried.

Starchy food such as bread, pasta, pittas, bagels, wraps etc. Try to include wholegrain varieties.

Meat, fish or other sources of non-dairy protein (e.g. lentils, kidney beans, quorn, chickpeas, houmous, eggs).

Dairy food such as milk, cheese, yoghurt or fromage frais.

Oily fish such as salmon or sardines at least once every three weeks (tinned tuna doesn't count).

Only water as we provide all pupils with free fresh drinking water throughout the day and at lunchtimes.

Family Worker Drop In

Cubert School

These sessions will be run by Bea Nowak the Senior Family Worker from Early Help Team.

Do you need some support and advice to understand your child's needs and behaviours?

Advice on positive parenting and how to keep your child safe?

Support with budgeting and debt advice?

To understand the importance of routines for your family?

We are running drop-in sessions with no appointment necessary starting on **Monday 29th April 2024 at 2.00pm to 3.30pm.**

Please sign in at the school Reception and you will be shown through to the meeting room.

For more information please contact:

Email: Restormel.Familyhubs@cornwall.gov.uk

Call: 01872 324929

Cubert 1 Mile Fun Run

Toddler Trot plus

Adult 1 Mile Race!

Sunday 26th May 2024

Picnic in the Park from 1pm onwards

Cubert Church Field

2PM - Toddler Trot for under 5's
£5 per Competitor online, £6 on the day
(Entries will not be accepted after 1.50pm) at the Church Field

2.30PM - 1 Mile Fun Run for 5 - 14 Year olds
£6 per Competitor online, £8.50 on the day
Registration will be open from 1pm on the day
(Entries will not be accepted after 2pm) at the Church Field

3.15PM - Adult 1 Mile Race - 15 Years and over
£6 per Competitor online, £8.50 on the day
Registration will be open from 1pm on the day
(Entries will not be accepted after 2.45pm) at the Church Field

Trophies to be won! Medals & Goodie Bags & much more!
Scan the QR Code below for online Registration form
or email: cubertraces@gmail.com to request online Form

For more info, contact Lesley Richardson on: 07792 900 675
Supported by Jack Stevenson with fun and games - Football Fun Factory
Main Sponsor: David Ball/Legacy Properties

Picnic in the Park!

With Races from the start!

Sunday 26th May 2024

Gates open 1pm for 2pm start

Cubert Church Field

Fun & Games -

Football Fun Factory

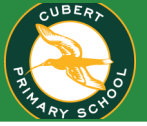
Music, Stalls,

BBQ, Licensed Bar

**Or bring your own Picnic
and Chairs/Blanket!**

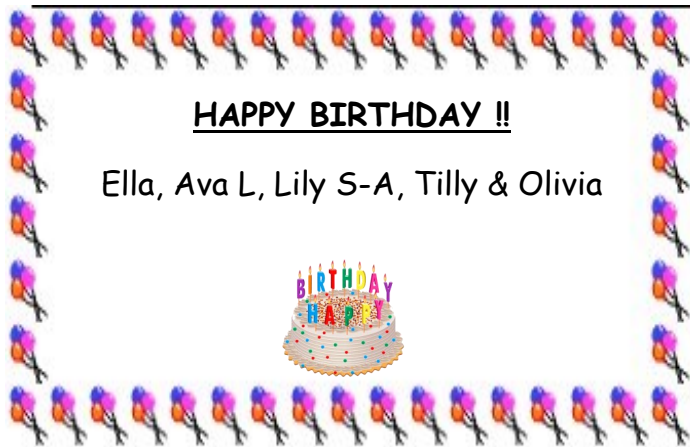


USEFUL INFORMATION



Cubert School
STARS OF THE WEEK
For 'clear maths workings'

OWLS	Zoe & Shingen
PIPITS	Max & Ralphie
SKYLARKS	Stanley O & Millie
LAPWINGS	Gwen & Marley
SWALLOWS	Zennor & Mawgan
PUFFINS	Jensen & Skye
CURLEWS	Esme B & Fearn



Term dates 2023—2024

Autumn term (72 days)
4 September - 19 December 2023
(Half term 23-27 October 2023)

Spring Term (56 days)
4 January - 28 March 2024
(Half term 12-16 February 2024)

Summer term (67 days)
15 April - 24 July 2024
(Half term 27 May - 31 May 2024)

INSET DAYS

Mon 4th Sept
Thurs 28th March
Mon 3rd June
Tues 23rd July
Weds 24th July

Cubert Kids Club

Please don't forget to pay your dues for childcare!

Reminder to parents that if you need to book places in CKC for your child/ren you must contact Jane Wall, who manages the club, via her email address.

PLEASE REMEMBER WE ARE A NUT FREE SCHOOL

Nut allergy can vary in severity. Children with a serious nut allergy don't have to be in direct contact with nuts to have a reaction.

Please check the labels on your child's snacks and do not bring ANYTHING that contains nuts to school, including 'Nutella' type fillings in crepes,

SECOND HAND UNIFORM

Our PTFA are hosting second hand uniform sales on a regular basis, so please keep an eye out for the dates of the sales.

School CCTV

For site security, health and safety and child safeguarding purposes, Cubert School operates a CCTV system. Images may be retained and used for reference to aid investigation as necessary.

Health Visiting and School Nurse advice line

They can be reached on: 01872 322779
www.cornwall.gov.uk/healthvisiting
www.cornwall.gov.uk/schoolnursing

IF YOU HAVE MOVED HOUSE AND OR HAVE DIFFERENT CONTACT DETAILS - Please let us know in the Office.

Children with Asthma

If your child has Asthma, please leave a labelled inhaler in the office in case it is needed during PE, school trips or at any other time.
We make regular checks and will notify you if your child's inhaler is out of date.