



The Coppice Whole School Newsletter

Friday 23rd September 2022

Dear Parents and Carers,

I hope that you have all had a good week and are looking forward to the weekend with your children.

Harvest:

Thank you so much to our parents and carers for all the donations of food that were sent in for our Harvest Festival celebration today - we really appreciate your support with this. All of the food collected will go directly to both the Birmingham City Mission and the Hollywood Christian Life Centre Foodbank and, from there, to those people who need it most across the local area and Birmingham.

We also want to say a big thank you to Reverend Marcus Pagnam and Gary Daniel from St. Mary's Church for leading our Harvest Festival assemblies in such a thoughtful and engaging way. We hugely value our connection with the church so it is lovely to be able to come together in this way to celebrate such an important event in the school and church calendar.

Clubs:

I have been asked on the gate recently about the what the school is offering with regards to clubs. Following a thorough review of our provision in this area, I am very pleased to announce that our new clubs offer is ready to be communicated. Over the last few weeks, school staff have been putting forward the clubs that they would like to offer the children, which will be combined with the clubs provided by people from outside of school. This offer will give opportunities for children from Reception through to Year 6 to participate in a varied range of activities. Some of these clubs will run after school and some will be during the school day. Different clubs will run at different times of the year and will run half-termly, termly or yearly depending on the club and who is running it. As is the situation already, clubs run by outside providers will be chargeable and those run by school staff will be free although there may be times where we need to ask for contributions to help purchase resources etc.

Below you will see a link to a Google 'Expressions of interest form' which will enable you to place your child's name by a club that they would like to take part in. This form will open at 4pm today and will close on Wednesday of next week at 4pm. Once the form closes, we will see how many children have signed up to each club. Obviously, some clubs will have limits on numbers so not every child may get a place in the first instance. Please be aware that, should there be more names than places, names will be drawn randomly (based on your order of preference indicated on the form) and remaining children placed on a reserve list. Children will not be chosen on a first come, first served basis as we don't feel that this is the fairest way to assign places. Once the agreed lists of children with places are collated, the people running the clubs will contact you directly to let you know about the specific details of the club i.e. times, collection arrangements, any equipment needed etc.

<https://forms.gle/fiSpSKR94zupdjFY8>

I am very excited about what we are going to be able to offer and look forward to seeing the development of our clubs offer going from strength to strength.

Eco Green Flag award:

I am absolutely thrilled to announce that, over the course of the summer, we had confirmation that the school had achieved its Eco Green Flag award. This award recognises the school's achievements and contributions in looking to ensure that we have an Eco-friendly and aware school. As you will know, we have worked very hard over the last year with our Eco developments, led expertly by Miss. Whiteley and her team of Eco-Councillors. This award is therefore fantastic recognition for them!

Second-hand uniform, PE kit and winter coat donations required:

As you all know, the half-term break marks the change from summer uniform to winter uniform. In advance of this, we are again appealing for any good condition, second-hand uniform, PE kit and winter coats to be donated so that they can help with sourcing these items for families who may need them or want them. If you have got any of these items that you are willing to donate, please gather them together as they would be very much appreciated. We will soon publish the date/s and location of collection on the school newsletter so please look out for this.

Free School Meals:

Just a reminder that even if a child is receiving universal free school meals, they may still be entitled to register for free school meals funding. This is true even if they are in Reception or infants. If you think that this may be the case for your child, please don't hesitate to contact the school office. If you qualify, it would mean that we can help you with the payments required for trips, lunches, and the sourcing of uniform and P.E. kit. A further about this will also be sent to you.

Healthy Lunches:

I have been asked recently by a few parents about what constitutes a healthy lunch for children from a school point of view. Because of this, I have attached a really clear guide to this newsletter for your reference about what constitutes a balanced, healthy lunch. We already have a breaktime snack guide on our website that outlines the school's expectations on this and the rationale for why we take the position that we do with regards to healthy eating.

When you read this, please understand that it is a school's job to educate our children in eating a balanced, healthy diet and that we therefore have a responsibility to ensure that our children are eating as healthily as possible when on the school grounds and that they are avoiding eating or drinking items that contain unnecessary sugar and salt.

To both clarify and reassure, the guide states no sweet treats. However, as a school, we **are not** saying that children cannot have a small 'sweet treat' as part of a healthy, balanced lunchbox. What I am saying though is that the breaktime/morning snack needs to be healthy and in line with the guidance issued. By approaching things in this way, we are ensuring that the children don't have too many sweet things over the course of the day, which will benefit them in many different ways.

As always, I trust that I can count on your support with ensuring that these guidelines are adhered to at all time – thank you.

Black History Month:

The start of October next week marks the start of Black History Month. This means that we will be focussing on talking to the children in assemblies about people from black and brown backgrounds who have positively influenced our country and the world. From a school point of view, it is so important that we continue to educate our children in the importance of diversity, inclusion and community.

That just leaves me, as always, to wish you a restful and enjoyable weekend. We look forward to seeing you all on Monday morning.

Kind regards,

Mr.Hutt (Headteacher – The Coppice Primary School)

School Health UK

THE PACKED LUNCH GUIDE

We've designed the information in this guide to ensure you have the simplest guide to create healthy, nutritious and, more importantly, tasty packed lunches!

hello@schoolhealthuk.co.uk
www.schoolhealthuk.co.uk
03445 070 164

Fruit & Veg

Make sure to include at least one portion of fruit and one portion of vegetables or salad for lunch. These can be fresh, frozen or tinned, which all contain the necessary nutrients and vitamins. Remember to provide at least five portions of fruit and vegetables across the day, and keep them varied.

- Portion sizes: 1 apple, 1 satsuma, 10 berries, 2-3 tablespoons of tinned fruit, 60g of vegetables, salad or cooked pulses

Carbohydrates

Starchy carbohydrates are important as your child's main energy source. Examples include bread, pasta, rice, potatoes, and cous cous.

- Portion sizes: 1-2 slices bread, 1 small pitta, 45-65g of dried pasta/noodles, 40-60g of dried grains, 70-100g of roast potatoes or wedges (raw)

Drinks

Water makes up over half of your child's body weight. It is essential for all bodily functions, and for brain growth. It is important to drink lots of water and avoid sugary and fizzy drinks. Aim for 6-8 glasses of fluid per day.

Oils & Spreads

Eat less often and in small amounts, choosing lower fat spreads where possible.

Sources of Protein

Protein is important for your little one's growth, helping with maintenance and repair of the body. Opt for leaner meats and limit battered and fried options. Make sure to provide fish twice a week, with oily fish at least once for healthy omega-3 acids. Don't forget protein sources also include: beans, lentils, chickpeas, eggs, tofu and Quorn.

- Portion sizes: 1 sausage, 1 egg, 50-70g of fish, meat alternatives, and chicken nuggets, 60-85g of roast chicken, turkey or duck, 50-80g of roast beef, lamb or pork

Dairy & Alternatives

Dairy provides calcium, essential vitamins and added protein, which are important for growing strong bones and teeth. Tofu, dark leafy greens and milk alternatives also provide these.

- Portion sizes: 80-120g of yoghurt, 20-30g of cheese, 200ml of unsweetened calcium-fortified milk alternatives e.g. soya, oat, or almond

Eat healthy

Lunch Boxes

Lunch boxes should be varied and consider the Eatwell Guide. Must not contain any chocolate, sweets or other confectionery, including cereal bars and processed fruit bars. Is packed by parents and children - they are more likely to enjoy if they helped make it.

ONLY 1.6% OF PACKED LUNCHES MEET NUTRITIONAL STANDARDS AND ONLY ONE IN FIVE CONTAINS ANY VEGETABLES!

@schoolhealthuk
 @schoolhealthuk
 @schoolhealth_uk

Find Out More!

School Health UK

Transforming Lunchtimes

Top Tips !

- 1 Squeeze some lemon on fruit to keep it fresh
- 2 Use stronger tasting cheese - you'll use less!
- 3 Get creative with fruit infused waters
- 4 Choose wholegrain and skin on where possible
- 5 Opt for lower fat fillings like turkey/chicken
- 6 Remember low fat often means high sugar

hello@schoolhealthuk.co.uk
 www.schoolhealthuk.co.uk
 03445 070 164

Key Lunch Components

- Sources of Protein
- Carbohydrates
- Dairy & Alternatives
- Fruit & Veg
- Drinks

www.schoolhealthuk.co.uk

Star of the Week - Hot Chocolate





Sunday 25th September

Harvest Celebration

9am Communion Service

10.30am All Together

**Please bring donations for HCLC foodbank
& Birmingham City Mission
including dried & tinned food,
toiletries & nappies**

St Mary's
Wythall
Registered Charity no. 1132792

Come along to
HOORAY FOR HARVEST

Saturday 24th September 2022, 10am - 12noon



harvest



celebrate



craft



plough

**Accessible to all and specifically for families with
children or adults with additional needs. A free event!**

St Mary's Church, Shawhurst Lane, B47 5JN
to the rear of the Coppice School site

More information from: churchoffice@wythallchurch.net
0121 413 3287 www.wythallchurch.net

St Mary's
Wythall
Registered Charity no. 1132792



**Games, crafts and activities
followed by a hot meal**

St Mary's
Wythall
Registered Charity no. 1132792

**Fun and Food for the whole family
every Wednesday during term time
starting Oct 5th**

All Welcome

From 3pm-5pm

All children must be accompanied by an adult

Please book a place at
[Eventbrite.com](https://www.eventbrite.com) and
search 'Scoff'
Or use this QR code



St Mary's Church, Shawhurst Lane, B47 5JN
(to the rear of the Coppice School site)

churchoffice@wythallchurch.net
01564 823 248
www.wythallchurch.net

Church, Schools & Community working together

Musical instrument tuition

The Coppice Primary School has a wonderful team of music instrument teachers who are able to provide your child with lessons of 20 min or 30 min duration. The lessons cost £10.50 or £16 respectively. We are able to offer lessons in Piano, Violin, Guitar, Brass or Woodwind. We currently have a waiting list open for any Year 3, 4 or 5 child who might be interested in having this opportunity.

Link to waiting list is here <https://forms.gle/uhmyKgTbpTN332967>



Community News

Follow the link to the Hereford and Worcester Families magazine. Full of ideas for places to go and things to do this Autumn plus lots of other useful parenting tips.

https://issuu.com/familiesonline/docs/famh_wseptoct22digital?fr=sNTM4MTUzNTE4NTA&utm_source=BenchmarkEmail&utm_campaign=Distribution_Points_Mag_Link_Sept%2fOct_22_220922&utm_medium=email



OCTOBER HALF-TERM HOLIDAY CAMP

We are pleased to inform you that we will be running our Holiday Activity Camp at St Patrick's C of E Primary School once again, providing children with the opportunity to experience some great new activities!

Where: St Patrick's C of E Primary School, Earlswood, Solihull B94 6DE

When: Monday 24th – Friday 28th October 2022

What: From Arts and Crafts, Dodgeball and Archery, to a range of multi sports and team games - we have plenty of activities in store for everyone!

Who: Ages 5 - 11 with activities for all abilities

Normal Hours

Time: 10am – 3pm

Price:

£75 for five days (Mon – Fri)

<https://www.premier-education.com/parents/venue/courses/16580-795550/>

£17.50 for single day flexi bookings

<https://www.premier-education.com/parents/venue/courses/16580-795552/>

Xtra Time Option

Early drop off: 9.00am

Late Pick up: 4.00pm

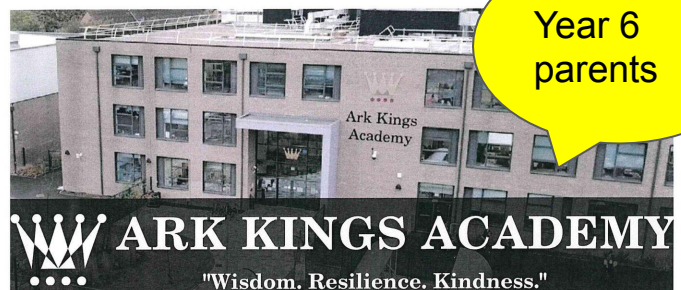
Price: £5 per day (select 'Xtra time' in preferences when booking online)

Additional information: Please bring a packed lunch, water bottle and appropriate clothing for activities which will be both inside and outside

Excellent



Based on 5,719 reviews



OPEN EVENING

Tuesday 27th September 2022

4:00 pm - 6:00 pm

Come along to our September 2022 Open Evening to see how we can help your child develop the character to thrive in life, education, and employment.

During the Open Evening, there will be an opportunity to meet the Principal and our current Year 7 pupils. There will also be the opportunity to have a tour of the school and to meet some of our teachers and subject leaders.

You do not need to book a place in advance and everyone is welcome to join.

During the event, more information about how to apply will also be shared. Further information about the admissions process can also be found on our website.

If you have any questions about secondary school applications, please email info@arkkingsacademy.org.



Want to find out more?

Please visit our website: www.arkkingsacademy.org or call us on 0121 459 4451

Year 6
parents

Thank you for reading our Whole School Newsletter. Now click on the link below to access your Year Group Newsletters.

[Click here](#)

CONTACT US

School office –01564 826 709

School email—office@coppice.worcs.sch.uk

Text service - 07984441282 - Use this number to text a child's absence

OUR ONLINE LINKS

School website- <http://www.coppice.worcs.sch.uk/>

Newsletter- <http://www.coppice.worcs.sch.uk/>

PTA- <https://www.pta-events.co.uk/coppice/#.Wv1BYDQvypo>

Official Facebook page- <https://www.facebook.com/coppiceps/>

PTA Facebook group—<https://www.facebook.com/groups/320191721984039/>

