

September 2023 Newsletter 1

1. Welcome back

A very warm welcome back to all our returning families and those who are joining us this term. We are delighted to re-open to all our pupils and trust that you are keeping well.



2. <u>Healthy school</u>



We are continuing to work with families and pupils in the promotion of a healthy diet. One area we have been recommended to follow by the Department of Health is the *reduction of sugar* in children's diets. In the light of this, it is school policy to allow pupils to have only **plain water** with their packed lunches. Please do not send in smoothies, yoghurt drinks or squash.

Please remember:

- No nuts of any type
- Only water or milk to drink the school provides these freely too
- · Minimise the number of foods with chocolate or high sugar content

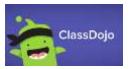
• **All pupils** can have a school meal every day for **FREE** - this is due to the grant given to all London schools by the Mayor of London.....have a look at the menu on the website.

3. Celebrating effort, good behaviour and hard work

At Valence, we place a high value on developing children's sense of worth and self-esteem. We love to celebrate both effort and achievement in academic and social settings. We have an approach where we support pupils to **Go for Gold** based on the following school rules:

- Listen to and co-operate with each other.
- Follow adults' instructions.
- Treat everyone with politeness, kindness, courtesy and respect.
- Work to the best of our ability.
- Move safely and calmly around school.
- Respect our school environment.

Children who consistently follow the school rules, who set a positive example for others to follow and who demonstrate a positive attitude to others can achieve a GOLD reward.



4. <u>Home – school communication</u>

We are using Class Dojo for communicating with parents & carers. Your child's class teacher will invite you to join the class forum.

5. Collecting your child

Please ensure that the class teacher is fully aware of the adults whom you have designated to collect your child. If there is a change, please call the office asap.



Our website is a source of up-to-date information. Here are a few items:

- Have a look at the curriculum pages as they give you information about what we teach at Valence
 - No dangly earrings for safety reasons
 - Don't park on the yellow zig-zag lines outside the school gates as this endangers pupils and may result in a fine from the LA
 - Avoid doing U-Turns up onto the pavements as this is dangerous for pedestrians
 - We have a car-free zone at St. George's every morning and afternoon, so please walk to school wherever possible



7. Wraparound provision

Our before and after school provision (GEMS) is operating on both sites, and we have spaces. Please enquire at the offices should you wish to know more details. The provision is run by our highly experienced school staff.

8. Rights Respecting School

We are continuing our journey as a UNICEF Rights Respecting School. Please have a look at the UNICEF website for more details. We are aiming for SILVER this year. The Rights Respecting Schools Award | UNICEF UK



Bonham Road Dagenham

Tel: 020 3006 9888 Option 2

RM8 3AR

9. Parent survey

We carried out a parent survey in July this year. We had about 300 parents respond. Thank you for taking the time to do that. I have attached a summary of the results. If you would like to discuss the results or offer suggestions to help us improve, please do not hesitate to contact me via the school office.

10. PE kit

Pupils are asked to wear a PE shirt that is the colour of their sports house. This will help the children identify more closely with their teammates.





Mind Full, or MindAu?

11. Curriculum

We continue to teach a broad and balanced curriculum with a key focus on developing maths and literacy skills alongside science, history, geography, art, design and technology, and sport. We also deliver PSHE (Personal, Social, Health and Economic) lessons, which are designed to support pupils with their emotional and mindful development.

Mr November Headteacher

UN Convention on the Rights of the Child

Article 29

Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures, and the environment.