

ALVELEY NEWS

APRIL

NEWSLETTER

www.alveleyprimary.co.uk

WELCOME BACK



Alveley Primary has been happy to welcome all pupils back into school and we have been really pleased with the fantastic start they have made to the Summer Term. Children will be starting a new topic in each class which was an exciting discussion each class had.

EYFS will be learning all about 'Dinosaurs'. Within this topic, the children will learn about the dinosaurs that existed and the fossils that have been found since the Jurassic and Cretaceous Periods. The class will be receiving news about dinosaurs from an 'explorer' of the time who will bring exciting information that the children will have to acknowledge and write letters to answer his queries.

Cedar Class will be learning about 'Castles'. This exciting topic will allow the children the opportunity to explore why a castle was built and the features that existed within castles; thinking about why some castles may have looked or been used differently to others. The children will design their own castle and think about the location that would be best suited to protect them and put them in a position of safety in their fortress above any oncoming invasion.

Elm Class will be learning about the 'Ancient Maya'. This topic will allow the exciting prospect for all to time travel to discover how the Maya population would have lived in harmony within the rainforest environment. They will discuss further the differences between the environment they live within in the UK and how this compares to how the Ancient Maya would have lived and survived. The children will create their own Mayan Tapestry art, detailing how the Maya may have communicated through pictures and their own written language.

Oak Class will be exploring the topic 'Rebuilding Great Britain'. Within this topic, the class will be looking at the effects that WW2 had on Britain, both physical and social. They will then look at how Britain was rebuilt, including the choices people made with who should govern them.

CLASSES



EYFS

EYFS have had an exciting start to their topic 'Dinosaurs', with a letter from Mr Bones- our resident palaeontologist. He gave EYFS important information about a dinosaur around school with the children hunting for footprints. The children found spotted eggs in a nest whilst searching the grounds! They all collected an egg which they analysed and decided how best to break open to retrieve the dinosaur concealed inside. Once the dinosaur was safely taken from each egg, the children looked for their dinosaur in a book from the classroom. A fantastic learning project!



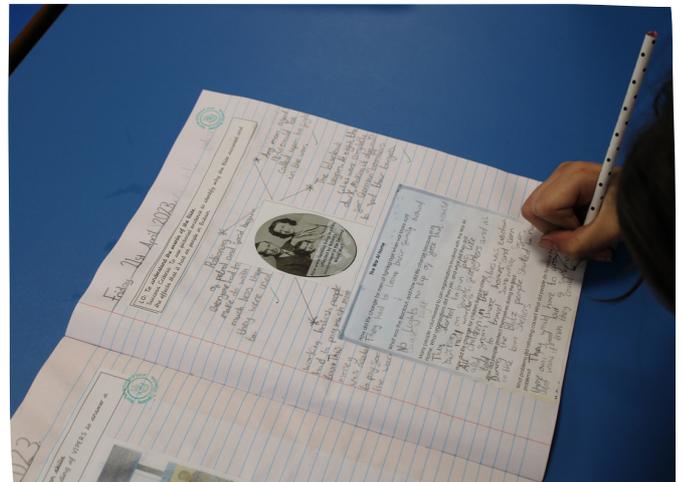
Cedar

Cedar have been researching what the features of a castle are for their topic 'Castles'. They looked at what a castle includes and why they would have existed. The class have done Art lessons themed around their topic, where they painted their own castles. Using different textures, the children created layers over their art pieces to show the extra features of a castle. This included crumbling biscuits and adding shells. The children have so many more exciting projects ahead thinking carefully about what the purpose of a castle and its occupants.



Elm

Elm Class have been looking at a new topic in their Art Lessons exploring different techniques with a range of materials. They started the topic by investigating different ideas and creating a mood board to work as a visual mind map and source of inspiration which had to include fabrics and textures that appealed to them personally. Following this, the children then experimented and analysed tie effect on different materials and surfaces. The class then tested fabric dye on a t-shirt to see if their experimentation gave the same visual effect as a 'real' tie- dye effect. A great start to their project and the children cannot wait to see where the rest of their learning takes them with further exploration of textiles.



Oak

Oak Class have been researching 'The Blitz' as part of their Summer Term Topic 'Rebuilding Great Britain'. They have learnt lots of intriguing and sometimes shocking facts researched from this period of the war from 1940-1941. This included the rationing of food and the beginning of 'blackouts', a time when people would sit in darkness within UK cities to prevent the enemy from seeing them. The children in Oak class have been engaged in their learning for this topic and have had considered views on their own thoughts regarding feelings towards this topic. They have thought carefully about how they would feel and the stories of those that lived through this time period.

FOREST SCHOOL

Children had been enjoying time within our Forest School during the first week of Summer Term. Elm children have been looking closely at their 'Ancient Maya' topic and thinking carefully about the natural resources that would have been used to create the Mayan murals and sculptures of the time. The class created their own topic inspired artwork using sticks, mud and water from Forest School. Oak Class went over safety rules before discussing the renovation project that is due to take place in Forest School. The children helped to tidy the area ready for larger works to begin. There was a real buzz amongst the children as they talked about the exciting changes that are due to happen imminently.

With the changes planned over the next few weeks, there will be an exciting prospect for all children to participate in the RHS Big Seed Sow. The campaign is designed to get schools, groups and individuals sowing and sharing seeds. It will be great for our young growers to come together to support our natural environment around Alveley Primary.



We would like to take this opportunity to thank our school community who took time out of their weekend to help with the removal of fencing and items from the current Forest School area in preparation for further works to progress. Your time and commitment to our school is greatly appreciated and we cannot wait for the children to have an area equipped with so many learning opportunities in our great outdoors! It will be the ideal location to further our understanding of nature and promote a relationship with our world around us. Thank you for helping us make Alveley Primary the site we wish for Alveley children.

EXCITING CHANGES ARE HAPPENING...

The exciting plans for the summer term, will be the extension and renovation of our Forest School area. Our plans involve developing different areas within the forest, including a sensory trail, wildflower beds and a "science garden". We are also developing our skills curriculum, ensuring that we make the most out of every Forest School session, all the way from Early Years to Year 6. This exciting opportunity to grow our Forest School is something we are all really looking forward to and for all of the children to see how it develops over the coming weeks. We will keep you updated on the ongoing changes in our newsletter!



CHAMPIONING CRICKET

Children have enjoyed the opportunity to participate in cricket skills as they enjoy and participate in more activities within our outdoor space during the Summer Term. Every week, the classes have had a cricket coach coming in to first show and encourage skills of the sport, leading to the children knowing the game and rules of cricket. So far, the children have learnt the basic game rules and have played pair games to work on throwing and catching skills. Everyone has enjoyed the extra sport and time in our beautiful outdoor space.



MUSIC LESSONS

Alveley Primary have had an amazing learning experience with Music lessons provided by Mrs Salt from Shropshire Music Service. Mrs Salt is going to be teaching music through movement, how to play music and giving in depth instruction on how to play a ukulele this next term.

EYFS had an exciting introduction to music. The group listened to music and danced to the beat, developing this into making movements with other items such as the parachute. Cedar, Elm and Oak Class learnt how to hold a ukulele correctly and how to play 'C' chord. Following this, children played and sang songs together with accompaniment of their instruments. A great lesson and we can't wait for more lessons with Mrs Salt to learn more!



OPEN THE BOOK



A huge thank you to our 'Open the Book' team who visited us to tell another of their inspiring stories through their imaginative acting that all of the children enjoy watching and being a part of. We thank them for joining us and providing an extra understanding to the Bible stories and religious education at Alveley.

CORONATION TREE DRESSING



As part of our celebrations for the King's Coronation, children have participated in the traditional art of 'Tree Dressing'. Tree Dressing comes from many old customs and is acknowledged in many places around the world. It celebrates the trees and environment that surrounds us, as well as promoting and encouraging the values and care for our nature and wider world. This is something we believe strongly in at Alveley and we are always happy to promote nature within the children's learning. With a link to the King's Coronation and our patriotic Union Jack colours of red, white and blue, the children have been dressing a tree on site in line with further celebrations leading up to the Bank Holiday weekend and the upcoming national festivities.

FOAS

FOAS are a group of friendly volunteers whose main focus is to raise funds to purchase items that would otherwise fall out of the schools' budget. They have regular committee meetings to discuss ideas which everyone is welcome to attend. If you would like to get involved or think you can help in any way they would love to hear from you. If you are wishing to join, the next FOAS meeting is Thursday 4th May, 7pm at The Three Horseshoes. Speak to any of the current FOAS committee members or leave a message with school if this is something you would like to participate in.

CATERLINK NUTRITION NEWSLETTER

Primary Nutrition
Parent / Guardian Newsletter Spring/Summer 2023

New Yamas! Concept

Our concept days have proven to be a popular addition to Primary School menus, that we introduced in Autumn 2022. Now, in addition to Build your Burger and Mac & Cheese concepts, there is a NEW Greek Concept Day – 'Yamas!'

NEW Greek Spinach & Cheese Whist

NEW Greek Chicken Pitsa

What?
Within the 'Yamas!' offer there are 2x new mains (pictures left), as well as Greek salad, Tzatziki dressing and rainbow slaw.

When?
Yamas! will start on the 'Spring Summer Central Menu and run April – October 2023.
*Check your school menu

Why?
Yamas means "Cheers!" in Greek
It is short for "Stin Yeia Mas" which means "to our health".

Primary Nutrition
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Eat them to Defeat Them – Re-Vamped!

9 out of 10 parents said they would welcome the programme again in 2023

The campaign ran from 20th February – 31st March 2023. Did your school get involved this year?

Some of the themed recipes included 'Dig Down Pie', 'Couscous Clash!', 'Curry Crackdown', 'Chilli Quest', 'Pizza Hunt' and more!

This year, VegPower took on a different spin in their campaign 'Eat Them To Defeat Them' (ETTDt). Instead of 'vegetables of the week' there were a selection of themed recipes that could be incorporated into the Primary School menu.

To get your school involved next year, visit the web link here:
[Schools - Eat Them To Defeat Them](#)

Save the planet!

There are plenty of great reasons to include vegan options on school menus – they are often higher in fibre, contain less saturated fat and the younger generation have a growing interest in being environmentally friendly. Additionally, increasing vegan options on our menus makes them more inclusive for common allergies & intolerances such as Milk & Egg.

Not only have we increased the number of healthy & nutritious vegan meals on our menus, but we work with our suppliers who are doing great work for charities. Phat Pasty – who supply our Vegan Mexican Rolls – donate 1p for every roll we sell. That has raised £4,950 which goes towards building classrooms & planting trees in Kenya. In addition, proceeds from our Vegan Sausages – supplied by Devils Kitchen – go towards creating sustainability education packs for UK schools – due to be rolled out this year!

Cost Effective & Healthy Meals for Home

The rising cost of living is affecting everyone, but this doesn't mean we need to cut out nutritious food for cost effective & nutritionally inadequate alternatives. The tips below outline some cost effective ways to get as much as you can out of your shopping basket:

- Swap up to 30% of meat in meals for more cost effective & nutritious plant-proteins e.g. lentils & minced beef cottage pie or kidney bean & chicken stew.
- Look for cost effective frozen or tinned fruit & veg (not in syrup) – these count towards your 5 a day!
- Try to batch cook & freeze your leftovers if possible! This saves time & energy cooking each day.
- Look out for 'veg boxes' at large supermarkets – often discounted & in season!
- Use up as much 'food waste' as possible e.g. add vegetable ends to broths for flavour, don't peel potatoes instead serve skin-on (also more nutritious).
- Choose 'own brand' foods – studies have shown there's little if any difference to the taste and quality compared to branded food!

At Caterlink, we're committed to keeping food nutritious and healthy despite the rising food costs. We don't compromise on quality, so you can be sure your child receives the best food at school!

Food Waste Crackdown!

Globally, one third of food produced is wasted. In the UK alone, the hospitality and food service business wastes 1.1 million tonnes of food annually!

Food Waste Pilot Study

Caterlink are involved in the first pilot study for reducing food waste in catering by Cool Food Pro. Simple actions like weighing the food left over at the counter resulted in progressively less and less food wasted, with some days reaching 0g of food left at the end of service. Click the link [here](#) or scan the QR code to read more!

Furthermore, in March 2023 we launched a company-wide survey during Food Waste Action Week to find out where our food waste comes from. The results will shape our next actions on food waste – watch this space!

Year	% vegetarian meals that are vegan
2018-2019	35%
2019-2020	55%
2020-2021	66%
2021-2022	68%
2022-2023	70%

Chef Specials

We encourage chefs across Caterlink from all different backgrounds to come forward with dishes that represent them and their culture. We always make sure these recipes are checked by nutritionists and are made as a healthy school meal. Already, we have had great feedback from a few of our Chef Special dishes, including Jollof Rice (Nigerian) & Chicken or Aubergine Korma (Indian).

Huge thanks to our chefs that have put forward their recipes – including Chef James, Chef Yusef & Chef Shilpa – the feedback we get from the kids has been amazing!

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*Please find a link to the Nutrition Newsletter on the Alveley Primary website under 'News' Links for easier reading.

Term Dates 2022/2023

Summer Term 2023

Term Starts

Monday 17th April - Friday 26th May

Bank Holiday

Monday 1st May

Bank Holiday for the Coronation of King Charles

Monday 8th May

Half Term

Monday 29th May - Friday 2nd June

Term Starts

Monday 5th June - Friday 21st July

PD Day

Monday 24th July

PD Day

Tuesday 25th July