



Bude Primary Academy

Head of School – Mrs Sarah Robinson

Friday 15th September 2023

Menu - Week 3

Change of menu on Thursday 21st September. Please see the attached poster.

Packed lunch and snack guidance

The aim of this guidance is to keep up our success of being a Healthy School as all children should enjoy a healthy lunch.

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 some children's packed lunches, that found some less healthy foods that can affect energy levels, concentration, behaviour, and health. A healthier packed lunch focuses on the five main food groups of the Eatwell Guide.

Lunchbox suggestions include:

a sandwich (or equivalent) containing meat, fish or cheese
soup

rice cakes/crackers

pasta/salad

a portion of fresh or dried fruit

a portion of veg

a yoghurt, cheese or fromage frais

a portion of nuts

a drink or water/milk

In moderation you could include (no more than two a day recommended)

a sugar free jelly

a small cake

a small biscuit

a packet of crisps / popcorn

Chocolate bars, sweets, squash, juice, and fizzy drinks are not considered to be healthy options.

Check out the NHS lunchbox ideas for more lunchtime ideas: [Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthier-families)

All snacks for morning break time should be healthy foods such as fruit, dried fruit, vegetables, cheese products or yogurts.

We are no longer a nut free school; nut products can be included in your child's lunchbox.

Please see Mrs Askham if you would like any further support.

Thank you for your support with this.



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House Captains

Say hello to our new house captains this year. They will work together to plan house events through the year, collate the house points each week and cheer on their team at sporting events. House captains are one of the many leadership roles we have here at Bude Juniors. We know our new house captains will be fantastic this year!

Blue Dolphins



Green Turtles



Yellow Octopuses



Red Crabs



T: 01288 352731 Website: www.budejuniors.org.uk Email: hello@budejuniors.org.uk
Bude Primary Academy, Broadclose Hill, Bude EX23 8EA

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Diary dates

Monday 25 th September	PTA Bag2School collection
Friday 20 th October	Last day of term
Monday 30 th October	Inset day – no school for pupils
Tuesday 31 st October	Pupils return to school
Wednesday 15 th November	Tempest individual photographs

Year 6 transfer to secondary school

CORNWALL COUNCIL Together for Families

Transfer to secondary school September 2024

Applying for a place in year seven at a secondary school

The deadline for applications is 31 October 2023

Information and guidance
 Website and application form: www.cornwall.gov.uk/admissions
 Email: schooladmissions@cornwall.gov.uk
 Post: School Admissions Team, County Hall, Truro, TR1 3AY
 Telephone: 0300 1234 101

www.cornwall.gov.uk/admissions

Applying for a secondary school place for September 2024

Special Educational Needs
 If an Education, Health and Care (EHC) Plan has been issued for your child you do not need to complete an application form. Please contact the Statutory SEN Service for more information. Tel: 01872 324242 Email: statutorysen@cornwall.gov.uk

1 Decide on your preferred schools

You are strongly advised to name **three** preferences on the application form. Naming a second or third preference does not give you any less chance of getting a place at your preferred school. When making your decision you should...

- think about how your child will get to school. Go to www.cornwall.gov.uk/schooltransport for more information on whether your child would be entitled to home to school travel assistance.
- look at the admission arrangements on our website that will be used to allocate places for each school.
- consider naming your nearest or designated school as one of your preferences. You can find your nearest or designated school on our website.
- look at the detailed admissions information on our website, also available on request.

2 Submit your application by 31 October 2023

Apply online at www.cornwall.gov.uk/admissions

3 Wait to find out which school you have been allocated

If you applied on time you will be notified of your allocation on **National Offer Day: 1 March 2024. Apply on time!** Late applications will only be dealt with after National Offer Day and there may not be any places left at your preferred schools.
 Please contact: 0300 1234 101

After school club

If you would like to book your child into after school club this term, please contact the school office on 01288 352731 or email hello@budejuniors.org.uk

Go Active – after school club.



kyle@goactivecornwall.co.uk
www.goactivecornwall.co.uk
www.facebook.com/goactivecornwall

Bude Primary Academy – Alternative Sports Club KS2

We're delighted to be able to offer a KS2 alternative club, sports may include: streetsurfing, archery, crossbow, fencing, nerfing & laser tag.

Location: School Playground/Hall
 Times: 3:20pm – 4:20pm
 Years: KS2
 Dates: Monday 18th September – Monday 16th February (5 weeks)
 Clothing: PE / Sports clothes and trainers

The cost of the club is £27.50 for the 5 weeks.
 Please make this Payment via <https://www.goactivecornwall.co.uk/holiday-clubs>

HURRY! FIRST COME FIRST SERVE – MAX 18 CHILDREN

Email: kyle@goactivecornwall.co.uk

Bude Primary Academy

To confirm a place on the club please book via the above Go Active Weblink.

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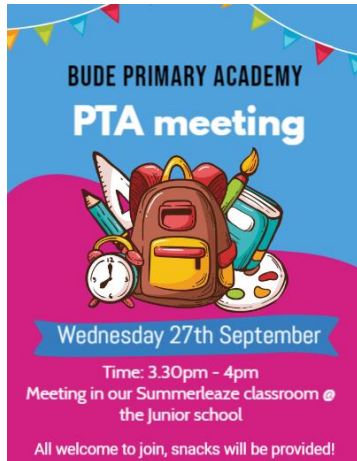




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BPA PTA meeting

Come along to our first PTA meeting of the school year on Wednesday 27th September. Our PTA welcomes all volunteers; volunteers who would like to share fundraising ideas and volunteers who are able to help at events. The PTA are looking for a new chair and new secretary, both very rewarding jobs. We look forward to seeing you on the 27th September.

Parental Drop In- Autumn Term

Every Friday 9-10.30am

DATE	ACTIVITY	NOTES
29 th September	Coffee and catch up, Laura Slater coming into chat- possibly help with flowers for florist sessions	(Laura is Morrisons community champion)
6 th October	Arty session- plant pot decorating PTA chat	Sam Woods
13 th October	Craft session- Mini succulents	(Emma C to bring in mini plants and compost)
20 th October	Halloween art/craft-tbc	
27 th October	HALF TERM	

Thank you!

A big thank you to Bradfords Building Supplies Ltd for providing play sand for our Poppy Class. They are certainly enjoying good use of it.

ParentPay debts

Please clear any dinner money, breakfast club and after school club debts over the weekend on ParentPay. Any debt you have on ParentPay needs to be cleared. The ideal is for every account to be in credit before items are booked.

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Reminder, Breakfast club

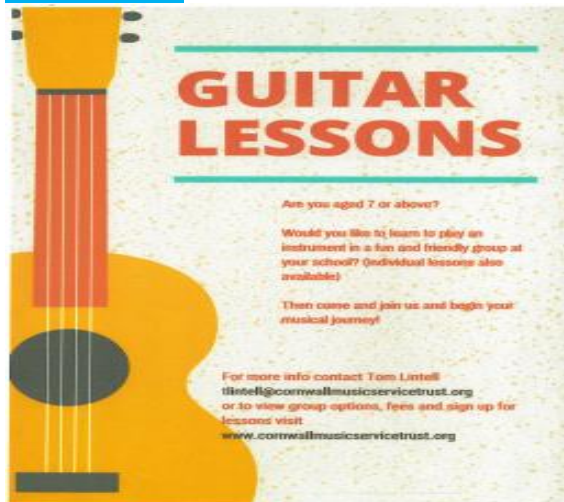
We are writing to inform you that as of September 2023 there will be a charge for breakfast club for all pupils. The cost will be £2.50. This is to ensure we can continue to provide this service as we are currently making a loss.

We are aware that these are very challenging times financially for lots of families. If you do require some support, then please make arrangements to speak to Mrs Robinson or Emma Thomas and we can discuss a possible solution.

We are doing everything we can to keep the cost to parents as affordable as possible.

You will need to book your child into the club in advance via ParentPay. Failure to do this could result in your child not being able to access the provision.

Guitar lessons



Absences

If your child is absent from school, please let the office know before 9am. You can leave an answerphone message, send an email to hello@budejuniors.org.uk or telephone the office. Please give full details to why your child is absent, "not well" or "not feeling well" or "not in" is not a reason that we can use on our registers. For example, is it a sickness bug, tummy upset, severe cold/flu, bad tooth ache or covid symptoms? The office will have to contact you if this is not clear.

If they are feeling a little under the weather, please send them in and let us know so we can keep an eye on them. Please try and make medical appointments for your child outside of school hours.

If you consider an absence during term time to be an exceptional circumstance, please complete a form and return it to the school office at least 15 days before the date you wish to take your child out of school. This includes holidays.

Being in school every day that it is open, is important to your child's achievement, wellbeing, and their wider development.

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