

# NEWSLETTER

*Flushing C of E Primary School*



**WEEK ENDING 9th May**



Dear Parents/Carers,

The children have had a great week celebrating the 80<sup>th</sup> anniversary of VE Day. We began preparations last Friday making table decorations for the village street party. I heard it was a great success and many of the children have been talking about it. On Thursday, it was lovely to see the children decked out in red, white and blue. We really enjoyed sharing our songs with you and it was wonderful to see so many parents join us for this poignant moment. Later on we came together for worship and joined the national 2 minutes of silence. Thank you to all the children who have shared family stories and photos from World War 2, it made the week more real for the children.

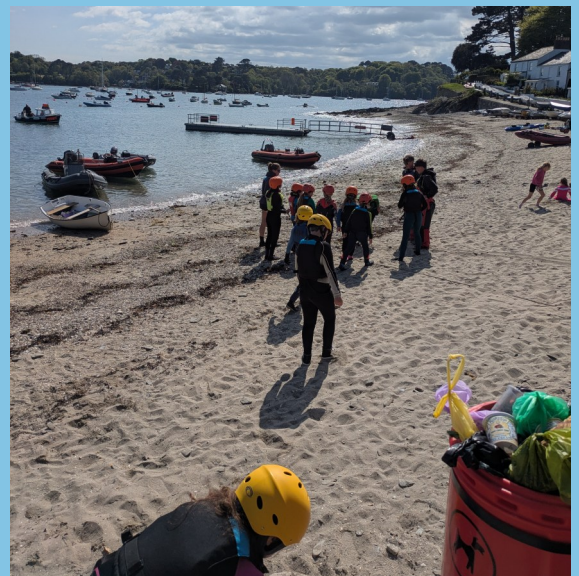
Next week is an important week for our oldest children as they complete SATS. We know they will do well but we also remind them that they are valued for so many wonderful talents and skills and the tests do not define them. We are so proud of them.

Wishing you all a lovely weekend,

Mrs Power



## CHILDREN ENJOYING THEIR SAILING LESSONS



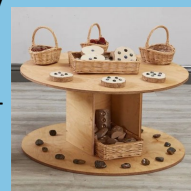
*"Nourishing to flourish in our world."*

### WANTED

I know we have asked before but I am hoping that someone might know where we get obtain a couple of cable drums for the Early Years area.

Thank you to those parents who helped lift the new shed into the area this week. We have ordered some new equipment for the children to use. If anyone has any unused cars, trucks etc we would be very grateful for them.

We have soil being donated from Jewson's arriving next week, so we can start putting all the bits together and make it a bright and inviting area for the younger children to play and learn.



### DATES

- **MONDAY 12TH—15TH MAY—KEY STAGE 2 SATS**
- **TUESDAY 20TH MAY 2.45 READING SESSION—PARENTS INVITED**
- **TUESDAY 20TH MAY—PARENTS MEETING RE WRAP AROUND 5.30P.M.**
- **MONDAY 26TH—FRIDAY 30TH MAY—HALF TERM**
- **MODAY 16TH JUNE—READING CAFÉ**
- **TUESDAY 17TH JUNE SPORTS DAY 1.15**
- **WEDNESDAY 18TH JUNE—RESERVE SPORTS DAY**
- **THURSDAY 19TH JUNE—CLASS PHOTOS**
- **WEDNESDAY 25TH—27TH JUNE—YEAR 5/6 CAMP**
- **FRIDAY 18TH JULY - YEAR 6 PRODUCTION**
- **WEDNESDAY 23RD JULY—INSET DAY SCHOOL CLOSED.**





# SUGAR REDUCTION: THE CHARTWELLS STORY

## DID YOU KNOW? CHILDREN ARE EATING 2 TIMES MORE SUGAR THAN THEY SHOULD\*

Fuelling pupils with nutritious and delicious food is our number one priority. We are committed to meeting the School Food Standards and promise that our menus will never include banned sugary snacks or drinks, which typically account for half of children's sugar intakes.

As advocates of the Public Health England sugar reduction programme we are proud to have gone beyond the 20% reduction targets in all categories for recipes on our menu.

## OUR NEW SPRING/SUMMER 2025 MENU HAS ACHIEVED A 61% REDUCTION IN SUGAR ON OUR DESSERT LINE!



**OUR CHOCOLATE  
BROWNIE  
CONTAINS OVER  
50% VEGETABLES**

### OUR AMBITION TO REDUCE SUGAR HAS BEEN ACHIEVED BY:

- Reformulation of popular recipes to reduce total sugar content
- Reduction in portion sizes of high sugar items, staying within the School Food Standards portion guidelines
- Working with suppliers to reduce sugar content in products
- Innovative development for new desserts
- Analysing menus year on year to ensure reduced sugar content
- Raising awareness of sugar consumption through a range of nutrition education initiatives

### DID YOU KNOW? OVER 50% OF OUR PRIMARY MENU DESSERT RECIPES CONTAIN FRUIT OR EVEN VEGETABLES!

Chartwells' pledge to reduce the sugar in children's diet doesn't end there! Our nutrition team are also on hand to deliver nutrition education sessions, supporting children to understand how to make their own balanced dietary choices, to best prepare children for a healthy life beyond the school gates. For further enquiries or bookings, please contact your local Chartwells manager or email: [Chartwells.CSU@compass-group.co.uk](mailto:Chartwells.CSU@compass-group.co.uk)

For more information on our sugar journey please contact: [menu@chartwells.co.uk](mailto:menu@chartwells.co.uk)

### THE FACTS

- Excess sugars linked to tooth decay, obesity and type 2 diabetes
- Free sugars add calories to diets without nutritional benefit
- Harvesting sugar beet is using prime agricultural land - a crop which we should be eating less of
- Reformulation has the potential for a huge, positive impact on our food system and health



## ALL CHARTWELLS SCHOOL DESSERTS ARE...

✓ School Food Compliant

✓ Achieved over 61% reduction in total sugars since 2016

✓ Tasty and delicious

✓ Over half contain fruit or vegetables

\*\*<https://www.nhs.uk/healthier-families/food-facts/sugar/#-text=Kids%20are%20having%20over%202family%20be%20be%20healthier%20and%20happier>

**NHS Cornwall Partnership NHS Foundation Trust**

## MENTAL HEALTH SUPPORT TEAM - MHST

**Parents and Carers**  
Please join us for a 5 session online workshop for Behaviour as Communication - Parent support

Various morning and afternoon sessions available starting week commencing 9 June 2025, please select when you sign up. Please note you will be signed up to the same day and time for the duration of the workshop.

This workshop provides parents with practical strategies to foster positive behaviour and communication at home.

TO BOOK A PLACE PLEASE COMPLETE THE ONLINE FORM [HERE](https://forms.office.com/E/BVHDPYUCQA)  
[HTTPS://FORMS.OFFICE.COM/E/BVHDPYUCQA](https://forms.office.com/E/BVHDPYUCQA)

OR SCAN THE QR CODE BELOW

[This workshop is open to parents/carers of primary aged children enrolled in Reception to Year 6 in any school in Cornwall]

**NHS Cornwall Partnership NHS Foundation Trust**

## MENTAL HEALTH SUPPORT TEAM - MHST

**Parents and Carers - please join us for a 5 session online workshop where we will teach you practical strategies to support your child with their anxiety and worries**

Various morning and afternoon sessions available starting week commencing 9 June 2025, please select when you sign up. Please note you will be signed up to the same day and time for the duration of the workshop.

To book a place please complete the online form [HERE](https://forms.office.com/E/OqRnKmCw1i)  
<https://forms.office.com/E/OqRnKmCw1i> or scan the QR code

[This workshop is open to parents/carers of primary aged children enrolled in Reception to Year 6 in any school in Cornwall]





£80 FOR 3 DAYS  
OR £30 A DAY

## MAY HALF TERM SUPER CAMPS

Come and take part in our EdVenture holiday provision, offering children a fantastic opportunity to build friendships through team sports and outdoor adventures, and explore their creativity with themed group games and arts & crafts.

MAY HALF TERM SUPER CAMP:  
TUES 27TH - THUR 29TH MAY

## 3 DAY SUPER CAMP 5-7 YEARS | 8+ YEARS

RANGE OF ACTIVITIES INCLUDING:  
DODGEBALL, DEN BUILDING, GYM,  
TENNIS, ARTS & CRAFTS, COMIC BOOKS,  
JEWELLERY, RUGBY, ASSAULT COURSE,  
CAPTURE THE FLAG, BOARD GAMES,  
FILMS, TEAM GAMES, ORIENTERRING  
TREASURE HUNT & LOTS MORE!



OTHER ACTIVITIES ALSO AVAILABLE:  
NETBALL, FOOTBALL, WATERSPORTS

FOR MORE DETAILS ON THE COURSES & HOW TO BOOK:

**WWW.MYEDVENTURE.CO.UK**  
**01326 372379**



**NHS**Cornwall Partnership  
NHS Foundation Trust

## The NHS Mental Health Support Team invites you to book your place on our: Year 6 Transition Workshop

This is an hour long online session aimed at parents and carers. The session covers how to help and support young people with the transition to secondary school.

Please note this group is open to parents/carers of children in Year 6 only

### Upcoming Sessions:

- **Tuesday 20<sup>th</sup> May - 11am or 1:30pm**

To request a place, please complete the online form or scan the QR code provided:

<https://forms.office.com/e/qEEGC8PpTd>



**Sign up will close on Wednesday 14th June**

*"Nourishing to flourish in our world."*