



# Stoke Mandeville Combined School

*Caring, Inspiring and Achieving Together*

## *Weekly Update Thursday 24<sup>th</sup> October*

### **Be Bright Be Seen Mufti**

Today we held a 'Be Bright Be Seen Day' in school. The idea behind this is to encourage children to wear bright, hi-vis, glow in the dark or flashing accessories to be visible to motorists when they are travelling to and from school on foot, bike or scooter, particularly during the darker winter months. Thank you for supporting us with this day and helping to keep our school community as safe as possible.



### **Parent Forum**

Our next Parent Forum is being held the week we return to school at 9am on **Thursday 7<sup>th</sup> November**. Please can all classes ensure they have a representative attending. Thank you.

### **New email address**

This is a polite reminder that our email address has changed to [office@smcs.org.uk](mailto:office@smcs.org.uk). Please can we ask parents to add this email address to your list of contacts or 'safe list' so that you can safely receive any email communications from us? We have had a number of our emails this week going straight to spam or junk mail boxes so want to try and avoid this in the future.



### **Longest Sweet Mufti**

On Friday 8<sup>th</sup> November we will be bringing you the 'Longest Sweet Mufti Day'. Children will be invited to come into school in full mufti on **Friday 8<sup>th</sup> November**.

In exchange we ask that the children bring in long sweets and chocolates (no nuts). These will then be laid out around the school in house group lines and the houses will be awarded house points for the length of their lines (100 points for the house with the

longest line). You are welcome to provide as many sweets/chocolates as you would like - we know that secretly the parents are just as competitive as the children - but we ask that they are all kept as individual items and not taped together (it takes us a very long time to unstick them all!).

These treats will be used as prizes for the Pudsey Fair which will be held on Children in Need Day on **Friday 15<sup>th</sup> November**.

Follow this link to see the incredible lines from last year: <https://fb.watch/vq0IZE1mNH/>

# Innovate

## Hot School Meals

Unfortunately this week we had a number of children who were expecting a hot lunch but one was not ordered.

This is a polite reminder that hot school lunches **must** be ordered by **11pm** on Saturday night. As you are aware we use an outside catering company who deliver our food so therefore do not bring spares. If you do not order a hot school dinner and your child does not have a packed lunch, we will be calling to ask for one to come in.

You can order up to the end of term if you would like to order in bulk. Please remember to order your child's school meals for the start of next half term by 11pm on **Saturday 2nd November** at the latest.

## Healthy Packed Lunches

For parents who send their children to school with packed lunches we wanted to put a reminder of the foods that we encourage children to have as part of a healthy balanced lunch. Please see the diagram below for some healthy lunchtime inspiration!

### Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:

- 1 Starchy Carbohydrates**  
to re-fuel your body  
Base your lunchbox on starchy carbohydrates.  
**Choose ONE EVERY DAY from:**
  - ✓ Bread, rolls, bagels, wraps, pitta or baguettes
  - ✓ Pasta
  - ✓ Couscous
  - ✓ Noodles
  - ✓ Potatoes*Choose wholegrain*  
*Use a thermos flask to keep pasta warm*  
*Get kids involved in the choice of starchy foods*
- 2 Fruit and Vegetables**  
to keep you healthy  
Pack one portion of fruit and one portion of veg every day  
**Choose TWO EVERY DAY from:**
  - ✓ Apple, banana, pear, orange, plums
  - ✓ Small pot of mixed berries or grapes
  - ✓ Prepared melon or mango
  - ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mango tout, mini corn
  - ✓ Salad vegetables
  - ✓ Vegetable Soup*Add salad to your sandwiches*  
*Use a thermos flask for delicious soups*
- 3 Dairy and Alternatives**  
for healthy teeth and bones  
Don't forget the dairy!  
**Choose ONE EVERY DAY from:**
  - ✓ Milk
  - ✓ Cheese - hard cheese, soft cheese, cheese spread
  - ✓ Yoghurt or Fromage Frais
  - ✓ Custard*Choose low sugar dairy products*  
*Reduce sugar: choose plain yoghurt and have fruit on the side*
- 4 Protein Foods**  
for growth and repair  
Pack a protein punch!  
**Choose ONE EVERY DAY from:**
  - ✓ Meat
  - ✓ Fish
  - ✓ Egg
  - ✓ Non-dairy protein e.g. lentils, chick peas, beans*Keep processed meat to a minimum*  
*Choose oily fish like salmon once every 3 weeks*
- 5 Drinks**  
to rehydrate your body
  - ✓ A large glass of water
  - ✓ Semi skimmed milk - or skimmed milk for children over 5 years.
  - ✓ 150ml of fresh unsweetened fruit juice/smoothie*Milk, water or 150ml juice*

**Occasionally!**  
Meat products such as sausage rolls, pies, sausages  
Plain cakes/sponges and biscuits of appropriate portion sizes  
*Plain cakes occasionally*

For more healthy packed lunch ideas and recipes visit [www.phunkyfoods.co.uk/recipes](http://www.phunkyfoods.co.uk/recipes)

Design and print: [inglycreative.co.uk](http://inglycreative.co.uk) May 2019, LC 4066 [www.phunkyfoods.co.uk](http://www.phunkyfoods.co.uk)

### Bucks Herald – Order deadline

For our Reception class, this is just a reminder that the pre-order deadline for the First Class Souvenir Edition is Sunday 3<sup>rd</sup> November.

Souvenir editions of the Bucks Herald will be available in newsagents on **Wednesday 6<sup>th</sup> November**.

If you would like to place a pre-order then this can be done via their website

[bucksherald.eventbrite.co.uk](http://bucksherald.eventbrite.co.uk), or by phone if you call 0330 403 3004 (lines open 9.30am-4.30pm Monday to Friday). The cost for the

paper and postage is just £4.10 for one copy or £6.80 for two. This is a great offer including a 20% discount on the cover price plus postage!



### Police plea for



### An Update from The Friends

Thank you to everyone who supported our Family Bingo Evening last Friday. This was another hugely successful event where we managed to raise a

staggering £444, with the Bingo raising £346 and the raffle £98. This smashed last year's Bingo Night total by £153 so a huge well done everybody!



### Winter Shopping Evening

Friday 15<sup>th</sup> November, 5:30-7:30pm

We have lots of stalls booked in to join us at our shopping evening in November as well as the Signing Choir opening proceedings with some festive tunes. One of the stalls we will be running is a bottle and treats tombola. We will be asking for donations of bottles and treats (such as boxes of chocolates and sweets) to be brought into school on **Friday 15<sup>th</sup> November** in exchange for wearing full mufti. We hope that you will be able to join us on the evening.

### Advent Calendar Raffle

We will be holding an advent calendar raffle again this year and we hope to be able to offer lots of wonderful prizes. If you know of a business or company who might be willing to sponsor a calendar then please let us know via email, [friends@smcs.org.uk](mailto:friends@smcs.org.uk). The draw will take place on **Friday 29<sup>th</sup> November** and tickets will be on sale in the week before - further details to come.

Our next meeting will be on **Wednesday 20<sup>th</sup> November**, we welcome anyone to

attend. It will be in person and via Zoom. Let us know if you would like to join via Zoom by contacting [friends@smcs.org.uk](mailto:friends@smcs.org.uk) and we will get the link sent to you.

### The Friends of SMCS

Chair: Vanessa Swain

Vice Chair: Sally Floyd

Secretary: Alex Griffiths

Treasurer: Amy Bailey

Vice Treasurer: Chris Telfer

<https://www.stokemandeville.bucks.sch.uk/our-school/friendsofsmcs>

### **Communications Home**

Whole school: REMINDER Park Away Day

Whole school: REMINDER Be Bright Be Seen

Whole school: Book Looks – Today and Tomorrow

Whole school: Young Carers

Whole school: Parking This Afternoon

Whole school: Hot School Lunches

Young Voices Choir: YV25 Music Room

Individuals: APDR Meetings – Autumn Term

Reception and Year 6: School Nurse Visit - Today

Year 3 & Year 4 Individuals: Y3 & Y4 Have Fun Be Active

Year 6: Year 6 – Make Do and Mend

### **Payments/Consent Forms Available on School Gateway**

**MAC Users:** MAC 2024-2025

**ASC Users:** ASC 2024-25

**Year 4:** Swimming – Autumn Term 2024 (*extended to 31/1/25*)

**Year 6:** River Dart 2025 – Deposit (*deadline 31/10/24*)

### **Dates for the Diary** (New dates or times are written in RED)

Date	Time	Event
Fri 25 Oct		Staff Inset Day
Mon 4 Nov		Autumn 2 Term Starts
Mon 4 Nov		APDRs – Year 1 ( <i>individual pupils only</i> )
Tue 5 Nov		APDRs – Year 3 & Year 4 ( <i>individual pupils only</i> )
Wed 6 Nov		APDRs – Reception, Year 2 & Year 6 ( <i>individual pupils only</i> )
Thu 7 Nov		APDRs – Year 5 ( <i>individual pupils only</i> )
Thu 7 Nov	9-10am	Parent Forum
<b>Fri 8 Nov</b>		<b>Longest Sweet Mufti Day</b> ( <i>bring in sweets/chocolate in exchange for wearing full mufti</i> )
<b>Tue 12 Nov</b>		<b>Odd Socks Day</b> ( <i>further information to follow</i> )
Fri 15 Nov		Pudsey Fair ( <i>during school day</i> )
Fri 15 Nov		Children in Need Mufti ( <i>full mufti – spots recommended!</i> )

Fri 15 Nov		Bottle and treat donations for tombola at Friends Christmas Shopping Evening
Fri 15 Nov	5.30-7.30pm	Friends of SMCS: Christmas Shopping Evening 5.30pm Signing Choir to perform
Fri 29 Nov		Friends of SMCS: Advent Calendar Raffle Draw <i>(during assembly)</i>
Sun 1 Dec	TBC	Friends of SMCS: Brunch with Father Christmas <i>(details to follow)</i>

### Class Updates

We know how much you enjoy finding out what the children have been learning in our Weekly Updates. You can find this information by selecting the link below to your child's class.

[Reception](#)

[Year 1](#)

[Year 2](#)

[Year 3](#)

[Year 4](#)

[Year 5](#)

[Year 6](#)

### School Office

**Opening hours:** 8am to 3.40pm Monday to Friday

**Email:** [office@smcs.org.uk](mailto:office@smcs.org.uk)

**Telephone:** 01296 612371



*Please ensure all emails are sent to the School Office and not via School Gateway or classroom apps such as Seesaw or Google Classroom as these are not monitored and will not be responded to. Please note that we have a 48 hour response policy to all emails and this may be extended to 5 days during particularly busy times. For all urgent queries please telephone the School Office.*