



World Mental Health Day

On Wednesday this week it was World Mental Health Day and as part of our ongoing school focus on well-being, children in Years 2, 3 and 4 took part in a relaxation session today with a specialist Yoga teacher. Heather, from KARMA-KIDS-YOGA, taught them some easy breathing techniques that they can use to help them to feel calm and relaxed and talked about the health benefits of Yoga.

If the children enjoyed this session, look out for further information coming soon about a Yoga Club.

What is good attendance?

Good attendance is vital for children to achieve well and be happy at school. Children with 80% attendance are missing an average of one day every week which adds up to two whole years of missed school, by the time they are in Year 11.

Similarly, attendance of 90% may sound good but it is a half day missed each week, and a year of missed education by the time they are 16.

Poor attendance can result in children falling behind their peers and developing confidence and friendship issues. Imagine missing a week of training at work and being asked to slot back in and keep up with everyone else.

We are aware that some absences are unavoidable and caused by illness, but a significant proportion are due to holiday and appointments taken during term time.

Please think about what you can do to prevent your child from missing school:

- Make sure children understand the importance of good attendance and punctuality.
- Share any worries they may have about school with their teachers so that these can be sorted out.
- Do not encourage time-off for minor ailments - particularly those that would not prevent parents from going to work.
- Arrange appointments for after school or in holidays.
- Don't book term-time holidays - we know they cost less, but there is also a cost to children's education.

New School Meal Menu and New Ordering System

We are changing our school meals menu from Term 2, therefore the way you order your child's school meal will change. We will still be using the ParentMail form but we now need you to order **a week in advance**.

The weekly menu will be sent out on a Friday and expire on Tuesday for the following week. You will only need to complete the form if you wish to order a school meal for your child. Please **DO NOT** complete the form if you provide your own packed lunch.

Due to the half term break, school meals for Term 2 will need to be ordered as follows:

Friday 12th October – the new Term 2 menu and order form will be sent out via ParentMail and expire on Tuesday 16th October for meals commencing Tuesday 30th October. You will also receive the menu and order form for the last week of this term.

Friday 19th October – the menu and order form will be sent out via ParentMail and expire Tuesday 30th October for meals commencing Monday 5th November.

The new ParentMail Order Form will show three daily options:



- Option 1 – Main Meal
- Option 2 – Jacket Potato (Monday, Tuesday, Thursday & Friday)
Chicken/ham Wrap (Wednesday)
- Option 3 – Vegetarian

Dietary requirements will be observed accordingly.

You will still need to pay for your school meals in advance by ParentMail (excluding Free School Meals and Universal Free Meals - Reception to Year 2).



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