

Booker News

Booker Avenue Junior School's Newsletter

Welcome to this week's newsletter

Thank you for bearing with us while we complete set up of our school information system – Arbor.

If you have completed your login to the parent portal / app, you should now be able to set up payments. All payments for dinner money and trips will be made via arbor.

Please do not use Parent Pay for any payments at all. This platform is no longer in use by us and it may prove difficult to refund any payments you have made in error.

You can use Arbor to track other aspects such as your child's attendance and throughout the year, we will be adding other features to provide you with as much information as possible.



Attendance

Our whole school average attendance for the first two weeks of term is 97.5%. This is a very positive start to the year, thank you for your support.

Persistent Absenteeism

The Department for Education classes a child with attendance lower than 90% as a 'persistent absentee.' Only 5% of the children in our school were below 90% last year, which is great. Please note: If your child's attendance is lower than 90% we may ask for medical evidence if they are absent due to illness.

Our expectation for each child is at least 97%.

Save the Date

Our first parents of the year will take place on Wednesday 7th and Thursday 8th of October.

This will be an opportunity to meet your child's new teacher, see how they have settled in and find out about expectations for the coming year.

We will advise you of the appointments booking procedure in due course.

Tips for a nutritious packed lunch: a guide to support families

This guide complies with School Food Standards and offers tips on how to build a packed lunch on a budget, as well as suggestions on how to make lunches more inspiring.

HEALTHY ZONES



One portion of wholegrains and one source of protein

- Three-bean pasta salad
- Jollof rice
- Rice and peas
- Roast chicken sandwich
- Cheese quesadilla
- Wholemeal pitta and hummus
- Chicken salad
- Vegetable noodles
- Pitta pizzas
- Tuna and pasta salad
- Cheese roll-ups
- Soup and crackers
- DIY Tacos
- Falafel in a pitta
- Roast plantain wedges
- Salmon and cream-cheese bagel
- Tuna and bean salad
- Ham and cheese sandwich
- Chickpea and vegetable wrap
- Roast vegetable and turkey pasta
- Cucumber and hummus wraps

At least one portion of vegetables and one portion of fruit

- Bell pepper
- Carrots
- Celery
- Peas
- Corn
- Broccoli
- Cherry tomatoes
- Kale crisps
- Salad
- Cucumber
- Cauliflower
- Spinach
- Courgette
- Green beans
- Beetroot
- Radish
- Grapes
- Banana
- Orange
- Pineapple
- Cherries
- Mango
- Raspberries
- Strawberries
- Blackberries
- Dried fruit
- Tinned fruit (not in syrup)
- Apple
- Pear
- Papaya
- Apricot
- Melon



One snack

- Small bag of popcorn
- Small pieces of cheese
- Crackers
- Low-sugar yoghurts (check the food label is green)
- Malt loaf
- DIY fruit crunch pots
- Brown, plain rice cakes
- Dried fruits (sultanas, raisins)
- Edamame beans



Tips to make a balanced packed lunch

HEALTHY ZONES

- Pick a main course that includes wholegrain and protein, a selection of fruit and vegetables, one snack and water.
- Ensure fruit and vegetables are **always** included in a packed lunch.
- Choose wholegrain (bread, pasta, rice). Increased fibre will keep children or young people fuller for longer.
- Swap out sugary fruit juices, smoothies and fizzy drinks for water, or add fresh fruit to water such as strawberry, oranges or lemons.

Tips to create a healthy packed lunch on a budget

- Keep different types of wholegrain bread products in the freezer so you have a variety of options that will last longer – bagels, pittas, sliced loaf, wraps.
- Use leftover veg or roast meat from the day before to make cold pasta salads or sandwiches.
- Buy tinned fruit in juice (not syrup) and frozen or tinned vegetables – they are just as nutritious!
- Buy a steel water bottle rather than using disposable plastic water bottles – it's better for the environment and saves money in the long run.



Tips to help your child or young person enjoy packed lunches:

- Involve your child or young person with making their lunch – cutting the fruit and veg or adding salad to their wrap (do it the day before and squeeze some lemon on the fruit to keep it fresh).
- Dipping foods are fun and a happy change from a sandwich every day. Provide a low-fat dip such as hummus or tzatziki so they can dunk their carrots or peppers.
- Taste the rainbow! Try a variety of different fruits and vegetables for a visually fun packed lunch.



ONLINE SAFETY NEWSLETTER

DIGITAL FOOTPRINT AWARENESS – TEACHING CHILDREN ABOUT ONLINE PERMANENCE

ISSUE 29

DIGITAL FOOTPRINT

We return this week to a topic discussed in one of our earliest issues: the Digital Footprint. In short, the digital footprint is a metaphor for the impact you leave online with every post, like, and upload you make. Think of it as a footprint on a beach; the sea doesn't wash it away. Every post you make impacts your digital footprint and how much others can find out about you, whether they're friends, strangers, or potential employers. It is important to recognise what we are posting online.



PERMANENTLY ONLINE

Once something is shared online, it can be difficult to completely remove. Yes, you can delete the things you post, but often sites will archive data on a consistent basis, meaning what you post isn't always gone forever.

Children may make posts online that are not appropriate; in this case, it is important to remind them of online permanence. Those things that they've posted may come up again in the future, so it is important that everything we do on social media is appropriate. Encourage your child to stop and think before they post anything online.



APP SPOTLIGHT - INSTAGRAM

This week's app returning spotlight is **Instagram**. We are returning to Instagram this week as it relates to the idea of online permanence. Uploading images and making comments can all impact your digital footprint. Instagram can be used safely, but it is important to understand how.

- Instagram requires users to be at least 13 years old to create an account.
- Accounts can be set to private, meaning only approved followers can see posts and stories.
- Be careful with direct messages, anyone can do it!

Scan the QR code to learn more:



Sports

The year of competitive sport got underway on Friday with our newly formed Year 5/6 girls' football team in action. They played the first 3 league games of the season and got off to a flying start. Results were:

Booker 5 – 0 Bishop Martin

Booker 0 – 0 Rudston

Booker 3 – 0 St Paschal Baylon

Standout performances from Bryony and Connie helped the team to these brilliant results but the whole team were a credit to our school. The afternoon was rounded off with 1-1 draw in a friendly match with Dovedale to send everyone home happy. Well done girls!

Our year 6 boys will play their first matches next Friday.



The Cross Country League begins on Thursday, final trials for the team will take place on Tuesday morning at running club.

Stars of the Week

Well done to the following children who have been nominated by their teachers as our Stars of the Week for their work, behaviour or positive attitude. Certificates will be presented during Monday's assembly.

3B – Mr Booth

Orla for her terrific French work after only a week of lessons and for showcasing beautiful manners

Archie for being an extremely kind and considerate friend to all and for being a sensible role model to all his fellow classmates

3H – Miss Hewison

Niamh for her wonderful behaviour and fantastic attitude towards her learning. She always participates enthusiastically and is keen to join in with every activity. A special mention must go to her excellent work in French this week. She participated confidently and worked really hard. Well done, Niamh. You are a superstar!

Yazan for his fantastic work in Maths. He has worked incredibly hard on partitioning numbers and has shown great confidence when answering questions. Yazan always has such a positive attitude towards his learning and he should be very proud of the progress he has made. Well done, Yazan. Keep it up!

3F – Miss May

Hazel for her fantastic work in Science! Hazel put her hand up lots to share her ideas and was a great talking partner, contributing thoughtfully to class discussions. Well done, Hazel!

Luca for his hard work in Maths! Luca listens carefully and tries his very best. He has been doing a great job of partitioning numbers. Well done, Luca!

4B – Mr Bell

Tsion M - Settling into Year 4 really well and producing excellent computing work on Seesaw.

Jimmy B - Super enthusiasm, has worked hard and always ready with an intelligent answer.

4K – Mrs Bradley

Luke - for a wonderfully written 'cold task' in our suspense unit of work.

Inaaya - for a beautiful piece of painting that is now displayed in our class art gallery.

4M –Miss Munro

Jacob S - A great start to the year with exemplary behaviour and involvement in lessons.

Well done Jacob!

Marleigh D - A fantastic start to the year! Marleigh is a great friend and has really settled into year four well.

5G – Mrs Griffiths

Bobby D for always having a willingness to learn

Adelaide M for her infectious enthusiasm in everything she does

5B – Mr Bolton

Sam R for his excellent start and conscientious presentation.

Cora C for her super attitude and engagement in lessons

5M – Miss McDonald

Sabri A- for working so hard on the presentation of his work. Sabri has been taking lots of care to form joins in his handwriting and has taken so much pride in all aspects of his written work. Keep up the fantastic work, Sabri!

Annie Mc- for being such an all-round pleasure to teach. Annie always enters our classroom with a smile on her face and is so enthusiastic about every aspect of the curriculum! I am so impressed Annie, well done!

6A – Miss Aucutt

Evelyn - Representing us in football and doing an amazing job at being a role model.

Toby - trying extremely hard in all lessons especially English with his handwriting.

6M – Mrs Moody

Ayaan for his excellent questions and answers. He has been making a supreme effort with his presentation. Ayaan made me smile with his kind encouragement towards a friend in swimming.

Luzia and Isabela who are new to Booker and have given their first full week in school their all. They have been polite, friendly and hardworking. We love having them in our class!

6J – Mr Manning

Ezra for a positive attitude towards his learning, completing tasks to a good standard and for following instruction well. Keep it up!

Maggie for working hard in her lessons, showing a determined attitude towards her learning tasks and for a positive week in school. Great job Maggie!

6Mc – Miss McKevitt

Hollie - for her outstanding work on rounding in Maths. It is not the easiest method to master but she certainly has!

Josie - for her wonderful acting in English. She took into account both body language and facial expression.

Mr Thompson
Headteacher