



July 2018

Dear Parents/Carers

Welcome to Light Oaks Junior School!

Below are instructions for the first few days of school, just to help you settle in and hopefully feel more comfortable with our systems and procedures. We hope that all goes well and that your children have a successful transition from the Infant School. They have already been on a few transition days and have done very well so far.

We often find that there are a few nerves and sometimes even tears during the first week while children get used to being in a different school - please be assured it is nothing to be alarmed about and to ease the children into the school, we are running the first day a bit differently to a normal day.

Year 3 First Day Wednesday, 5th September 2018 - dropping off and picking up

- School normally begins at 8.55am and children line up with their teachers in the playground. However, on the first day, all Year 3 Pupils along with their parents are invited into school from 8.45am – up until 9.15am. Both myself and the class teachers will be available to chat with you and to reassure the children. I will say a quick hello to everyone, and then the class teachers will take you and your child down to the classroom. If you cannot stay, that's fine - just drop your children off either at the front entrance or in the playground and we will make sure they find their way – there will be staff on duty to help you.
- The children will be shown during the day where to stand in the mornings so that they are ready for Day 2 - just follow their lead on Thursday! Please have your children on the playground before the bell goes at 8.55am as Year 3 go into school first.
- If a child is late and their line has already gone in - they can join in with any line to come into school, or you can bring them to the door where a teacher will be on duty to help them. The playground door is closed at 9.10am. Please bring children through the front reception entrance if they are later than this.
- Please note that, apart from on the first day, children must enter and leave school through the playground and not through the reception area.
- When picking your children up at the end of the day, we will bring the Year 3 children out slightly earlier than the other children on the first week (3.20 - 3.25pm). Children will be brought out into the playground and will stand at the side of the door near the basketball hoop. Please do not stand too close to this area as we have 90 Year 3 children to fit into this space and need to keep the area clear. Teachers will allow children to leave when they identify a parent or carer.

FREEBIES!

All Year 3 children will be provided with:

- A free school book bag*
- A PE bag
- A water bottle - still water only please!

Please note: Other bags will not be allowed in school – this is to enable us to comply with fire regulations on our corridors.



- **Morning Drinks:** if you have not paid for juice or milk, a small drink can be provided - no fizzy drinks or cans please and we discourage sugary drinks.
- **Morning Snacks:** your child can bring a snack every day - fruit, vegetables, raisins or other dried fruit only please.
- **Packed Lunches:** we encourage packed lunches to be healthy and would ask that you do not provide children with lots of crisps, cakes, biscuits or sweets. Fizzy drinks are not allowed.

Bread

Try to vary the type of bread such as wholemeal, granary or high fibre white bread.

Also make sandwiches from different kinds of bread including bread rolls, French bread, bagels and pitta bread

Drink

Avoid sugary and fizzy drinks. Instead use water or fruit juice.

Sandwich Fillings

Use a different sandwich filling each day - preferably including a fruit or vegetable.

For example
Chicken, lettuce and tomato
Grated cheese and carrot
Tuna and sweetcorn
Cheese and cucumber

Some fruit to try:

Seedless grapes
Satsumas
Small bananas
Apples
Plums
Dried fruit
Fruit salad

**Some ideas for
a healthy
packed lunch!**



Some vegetables to try:

Cherry tomatoes
Carrot sticks
Celery sticks
Cucumber chunks
Baby sweet corn
Grated carrot and raisin salad

Savoury Snacks

Rice cakes
Bread sticks
A boiled egg
Cheese and crackers
Nuts

Sweet Snacks

Scones
Malt loaf
A flapjack
Yoghurt
Teacakes

- **School Dinners:** a letter will be sent to you with instructions for setting up your parent pay account so that you can pay for dinners online. You will also receive your child's pin number which they use to identify themselves with when paying - please try to help your child to learn their pin number. Money can be put onto the Parent Pay account online or at the machine in reception using your child's pin number. Please do not worry - if you have any questions or would like any help please ring or pop into reception. Please note that there is no facility to 'owe' money on our system. If there is not enough money on the account for a dinner, please provide a packed lunch. If there are special circumstances, however, please do not hesitate to contact us.
- **Free School Meals:** remember, children are not automatically entitled to free school meals in the Junior School. If you require any help or advice about applying for free school meals - please phone or ask at reception. Children on Free school meals access the system in the same way as paid lunches using the pin number system – please make sure that they learn their pin number.
- **Uniform:** a reminder that uniform is as follows:

Daily Uniform	P.E. Kit
<ul style="list-style-type: none"> • Grey/black skirt or trousers • White shirt or polo shirt • Royal Blue sweatshirt or cardigan • Black, flat heeled shoes (no trainers) • White, grey or black socks • A dark coloured waterproof coat with a hood • No jewellery except a watch • No make-up, nail varnish or false nails • Hair accessories black or dark blue 	<ul style="list-style-type: none"> • Please use the PE bag provided – no big sports bags please! • Black or Navy Blue shorts (not football kit) • White T-shirt • Black pumps • A black or navy blue track suit for cold weather • Plain trainers
PLEASE LABEL ALL OF YOUR CHILD'S CLOTHING & BAGS – USE A BIRO – NO NEED FOR SPECIAL LABELS!	

I hope this answers most of your questions, but please do not hesitate to contact school on the above numbers, or come in to see us if you are unsure of anything.

Yours Sincerely,



Zandra Wilkinson
Headteacher