



Newsletter 04



Autumn Term Academic Year 2013

<u>Autumn Term 2013</u>	
Thursday 10 th October	KS1 Trip to Pennywell Farm
Sunday 13 th October	Family Harvest Festival 10.00am St Peter's Church
Wednesday 16 th October	Nursery Family Fun Day Out
Monday 21 st October - Friday 25 th October	No Clubs due to Parents evenings
Tuesday 22 nd October	Parents Evening'
Wednesday 23 rd October	Parents Evening'
Friday 25 th October	NON PUPIL DAY - STAFF TRAINING
Monday 28 th to Friday 1 st November	HALF TERM BREAK
Monday 4 th November - Thursday 7 th November	Year 6 residential to London
Sunday 10 th November	Family Service 10.00am, 2.00pm Memorial Service, 2.45pm Church Service
Monday 11 th November	FSU Phonics evening for parents 7.00pm - 8.00pm
Monday 11 th November	1940's day at St Peter's School
Monday 18 th November	Parent Forum 7pm
Tuesday 26 th November	Full Governors
Friday 29 th November	SPSA Christmas Fayre
Friday 6 th December	Budleigh Late Night Shopping
Tuesday 10 th December	Christmas Dinners
Wednesday 11 th December	Christmas Dinners
Wednesday 11 th December	KS1 Xmas church rehearsal
Thursday 12 th December	Christmas Dinners
Thursday 12 th December	KS1 Xmas play 10.00am St Peter's Church
Saturday 14 th December	Breakfast with Santa 9.00am St Peter's Church
Monday 16 th - Friday 20 th	No Clubs this week
Tuesday 17 th December	KS2 Xmas rehearsal St Peter's Church all day
Monday 16 th December (change of date)	KS2 Xmas concert 7.00pm St Peter's Church
Thursday 19 th December	9.30am Christmas church service, St Peter's Church
Friday 20 th December	Last day of Autumn Term - 3.30pm School closes for xmas break
Tuesday 7 th January 2014	Start of the Spring Term

Collective Worship
1Timothy1v14 God filled me with the faith
and love that comes from Christ Jesus

Dear Parent/ Carer,

A reminder from last week's newsletter. We shall begin this Thursday, **the weekly tin or packet family donation for the local Food Bank.** This will happen **every Thursday** and a bin will be placed outside by the packed lunch trolleys or in the Hall doorway should the weather be wet. I hope you will be able to support this good cause.

I should like to congratulate Y6, Mr Lee and Mrs White on hosting an excellent coffee afternoon for **Macmillan Cancer Support last Friday afternoon.** I am unable to report the final figure taken but to say it has beaten last year's record and will **be in excess of £300.** Mr Lee will write to you next week with the final report.

Following the meeting last Thursday of **the SPSA** a decision was made to do **a school 2014 calendar** using class photographs. **If any of you object** to your child be photographed with their class then please drop me a note and I will make sure they are not photographed. The calendars

will be on sale at the Christmas Fayre or possibly before when an order form system might be used.

An exciting development to look forward to is a **St Peter's Swimathon** at one of our local pools in early March, 2014 early on a Sunday evening. This is an idea of Marcus Allen, Parent Governor. Funds raised for this will go **to Warm Wish who intend to replace the school pool roof and structure** as it is beginning to show its wear and age. **We intend it to be a big event** that will be aimed at the community to support and participate so that we can raise maximum funds. This is good notice for everyone to start a swimming regime in readiness for the grand event!

It is anticipated that **in this week's edition of the Budleigh Journal** that our Year 6 is to be involved in a local project called '**a book of memories**'. This is an exciting opportunity for the children to develop journalistic skills of interviewing and recording as well as a time to experience first-hand the interesting memories of senior inhabitants of Budleigh Salterton and beyond. The project has now been publically launched. **The School will host a special day on the 11th November, Armistice Day.** We should like everyone to dress in costumes of the 1940 period. The Year 6 classroom is to be transformed to 1940 when the children are in London on their residential visit so as they feel some authenticity for the time. We shall also produce a 1940's school dinner on the day. **The local people who are involved in sharing their memories will be the guests of the school for the day. I hope you will be able to get costumes together over the next 6 weeks.**

This month our Year 5 children will be writing the third chapter of a nine chapter **Budleigh story**. The second chapter was crafted at Drakes School, the first by Godfrey Kent of BUDFAS. It is interesting to see a story develop in this way. Otterton school will write Chapter 4 and then in December it will return to St Peter's where we will write Chapter 5. **The story is to be published in the summer of 2014 when the public will be able to buy a copy.**

The local authority and Exeter diocese are to shortly put in a planning application **for 2 new classrooms to be built at St Peter's for September, 2014.** This is great news. The classrooms will be built on the recently acquired land where the Drill hall used to stand. The purpose of the development is to accommodate additional children, who will be generated by new residential building in the town in the coming months and years.

Attendance for each class from the 9th September to 27th September (3 week) is shown in the table below. Our target is 96%.

Reception	97.34
Reception/Year 1	97.07
Year 1/2	97.82
Year 2	98.27
Year 3	96.15
Year 4	97.55
Year 5	95.20
Year 6	97.31



Nursery and Reception News

On Friday 27th September Nursery and Reception children and their parents and carers enjoyed a morning and afternoon session of play-based learning. Parents were able to be 'flies' on the wall in the Foundation Stage Unit and interact and observe their children and the many wonderful experiences they gain from a rich play-based environment here at St Peters. This was a great opportunity to see the ways in which children engage with others through playing and exploring, active learning, and creating and thinking critically. These characteristics underpin learning and development across all areas and support the child to remain an effective and motivated learner. We look forward to future Stay and Play sessions and will be hosting more events across the year. Our next event for parents and carers of Nursery and Reception-aged children is 'An Introduction to Reading and Writing' on Tuesday 12th November from 7-8pm in the school hall all welcome.

Mrs Hannah Jenkins - Reception Teacher

Lunch Bunch Cafe - New Menu Autumn 2013

Our new menu has raised a few questions from parents and I would like to address these and explain how our menus are planned and evaluated.

The current nutrient based food standards are under review as they are very complicated and require the use of a software programme to analyse menus. New food-based standards are to be announced shortly which I hope will be easier to use and understand.

The last few menus have been analysed by imputing each recipe on the menu individually into a nutrient analysis software program. The menu is evaluated against the food standards required for a primary school-age child at lunch. I then look at all the various targets for example sugar, to see whether I am within the required standards and if not which of my recipes are highest in sugar and amend them accordingly.

Certain foods are restricted, such as deep fried foods, which can only be served twice a week 'chips' and other foods banned completely such as crisps and chocolate. These foods are high in fat, salt or sugar.

So, why does the new menu include pizza, potato wedges, chocolate cake, sticky toffee pudding and Angel Delight? I understand that at first glance these menu choices may look unhealthy but appearances can be deceptive. Unfortunately many children, left to their own devices, do not make healthy food choices. Faced with the choice between fruit salad or a piece of chocolate cake there are no prizes for guessing which they will choose!

Like many mums, I have learned to disguise healthy ingredients within recipes that children are familiar with and like to eat. My aim is to produce a menu that appeals to the majority of children whilst providing a high level of nutrition that meets all the school food standards and that tastes great. Some of my recipe tricks are outlined below, if anyone would like more details of the recipes I would be happy to provide them.

Pizza sauce – Containing roasted garlic, onions, red peppers, tomato, braised lentils and herbs. Once cooked this is whizzed into a red sauce that tastes great and topped with cheese for a super healthy pizza. This is high in protein, zinc, vitamin A and C and fibre.

Potato Wedges – (chips in disguise) these contain no fat, are oven baked with their skins on for flavour and extra vitamin C.

Vegetarian Roast – (Sausage roll in disguise) this is a very popular dish with all children and contains carrot, courgette, red onion, garlic, peppers, tomato, cumin and cheese wrapped in crisp puff pastry. This provides good levels of protein and Calcium, Iron, Zinc Vitamins A and C and Folate.

Chocolate cake – the secret ingredient in this delicious moist recipe is beetroot which provides high levels of antioxidants plus Calcium, Iron, Zinc Vitamins A and C and Folate.

Sticky toffee pudding – the sugar in this recipe has been almost entirely replaced by dates and apricots providing sweetness and goodness with Calcium, Iron, Vitamin C and Vitamin A

Angel Delight – low in fat and high in Calcium this popular pudding helps me to meet my Calcium targets on the menu for our youngest children, without increasing the fat which is difficult with many other foods high in Calcium.

Flapjacks – Sara experimented with these and we have now removed all sugar from the recipe to make these healthy and high in fibre and carbohydrate for long term energy.

I hope that your children will try our new menu and please feedback any comments to the kitchen. Separate menus are available for vegetarian children and those on special diets because of allergies. There are a lot of changes happening in school meal provision from free school meals for 5, 6, and 7 year olds to packed lunch guidelines. If you would like to find out more you can visit the Children's Food Trust website which has some great recipes, ideas for healthy packed lunches and news updates. I would like to thank all of our customers for their continued support.

Juliette Smith, Kitchen Manager

Lunch Bunch Cafe Dinner numbers for week commencing 23/9/13

Monday	Tuesday	Wednesday	Thursday	Friday	Average
80	87	98	65	106	87
Target 100	Target 100	Target 100	Target 100	Target 100	Target 100

New Winter Menu attached to this week's newsletter.

Mrs Broad is running the Cardiff Half Marathon in aid of 'The Harry Cunningham Trust'. This is a local Budleigh Charity that helps sick babies. It was created by the mother of William who is in our Nursery when she tragically lost his big brother Harry. If anyone would like to sponsor Mrs Broad she would be very grateful. The link to do so is, <http://www.gofundme.com/4kqq7g>.

To find out more about The Harry Cunningham Trust please visit <http://www.harrycunninghamtrust.co.uk/>

Footpath Improvements – Barnlane

Work will start tomorrow cleaning the pavements on both sides of the road, prior to resurfacing which will happen next week, weather permitting.

The contractors have asked if everyone can avoid parking between 7.30am and 5.30pm anywhere on Barnlane while the work is taking place. Where pavements are out of action safe walkways in the road will be provided.

Many Thanks.

Best wishes

Malcolm Elliott, Headteacher

Community News



BUDLEIGH SALTERTON
food & drink
FESTIVAL OCT 11-13 2013

FREE ENTRY UNTIL 7.30PM

Local Beer Festival

Public Hall, Budleigh Salterton | Live Music Lunchtimes and Evenings

* Devon Beer & Cider Festival *
Live cookery demos * Wine tasting
Local produce stalls * The pop-up Budleigh Shoppe

Fri 6pm to 11pm (Doors open 5.30) | **Sat 10am to 11pm** | **Sun 11.30am to 6pm**

'The Budleigh Kitchen' will be serving a fine selection of hearty local fayre throughout the weekend | Lots of family fun & live music to enjoy

FREE entry all day until 7.30pm [£3 per adult arriving after 7.30pm]
See our website for more details & the order of events

www.budleighfoodanddrink.org.uk

To all Exmouth S.E.N.D Parents/ Carers and friends. As you all know Exmouth S.E.N.D stopped running due to lack of trustees. However, I'm pleased to announce that all our hard work as Parents and Carers will not go to waste.

The Charity "AUCHI D" a play scheme for autistic children and siblings in Devon has Re-Launched and will take over the Monthly Coffee Mornings in Exmouth and Local Trips. Next coffee Morning At The Clipper, The Strand, Exmouth.

Thursday 17th October 2013 at 10am - 11.30am

For more information Please get in touch with

info@auchid.co.uk,

07985037624,

[facebook.com/groups/37896076010](https://www.facebook.com/groups/37896076010).

At Exmouth S.E.N.D we wish "AUCHI D" every success for the future. Deborah Fox

We recognise some children may have individual needs and allergies and are happy to supply special menus for your children.

All our meals are prepared and cooked from fresh ingredients.

As such on occasion we may need to make changes to our menu at short notice.

Yogurt or Fruit is available daily as dessert.

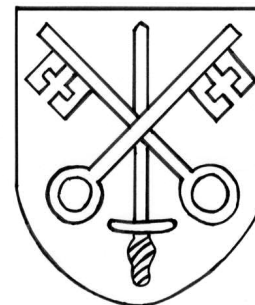
We use free range eggs, and locally sourced meat and vegetables whenever possible.

Free School Meals visit: www.devon.gov.uk search under 'f' for free school meals information.

Please don't hesitate to contact us if you have any questions about our school meals service.

Kitchen Manager, Juliette Smith

Delivering Quality School Meals



Lunch Bunch Café Winter Menu 2013

St Peters C of E Primary School

		Week 1		Week 2
Monday		Homemade Margherita Pizza with Potato Wedges or Pasta and sweetcorn. Strawberry, Butterscotch or Chocolate delight.	Monday	Italian Meatballs in tomato sauce with pasta and peas and sweetcorn. Strawberry, Butterscotch or Chocolate delight.
Tuesday		Porky Downs Sausages with chips or pasta and baked beans. Served with tomato ketchup. Sticky toffee pudding with ice cream.	Tuesday	Breaded chicken with chips or pasta. Served with baked beans and tomato ketchup. Chocolate Shortbread
Wednesday		Roast Beef or Homemade Vegetarian Roast. With Yorkshire pudding, roast potatoes, broccoli and carrots and gravy Arctic Roll	Wednesday	Roast Gammon or Homemade Vegetarian Roast. With roast potatoes, broccoli and carrots and gravy Peaches and ice cream
Thursday		Tandoori Chicken with vegetable rice and flatbread. Apple Crumble and custard	Thursday	"Jamie's" fish pie, served with crusty baguette and baked beans Chocolate cake with chocolate sauce
Friday		Jumbo Fish fingers served with chips or pasta and baked beans. Chocolate Cracknell	Friday	Breaded fish fillet, served with chips or pasta. With peas and sweetcorn. Flapjack

Month	Week 1	October	Mo		7	14	21	28	November	Mon	4	11	18	25	December	Mon	2	9	16	23
	Week 2		Tue	1	8	15	22	29		Tue	5	12	19	26		Tue	3	10	17	24
			We	2	9	16	23	30		Wed	6	13	20	27		Wed	4	11	18	25
			Thu	3	10	17	24	31		Thur	7	14	21	28		Thur	5	12	19	26
			Fri	4	11	18	25	1		Fri	8	15	22	29		Fri	6	13	20	27