



NOVEMBER 17<sup>TH</sup> 2017

## Dear Parents

Thank you to FROTH for organising another fun quiz night. Graham found some challenging questions (the quiz book for 10-12 year olds was horrible!) and we had to build a structure from spaghetti and marshmallows, so lots of laughter as usual. It was a very close result, with positions switching all the way, but the teachers just held on to victory after a 3-way tie break - huge relief from us that Mr Coutts is great at history! Thank you Ellie for sorting prizes and arranging our curry deal - a super evening.

While not many made it to the school nurse coffee morning this week, it did raise some interesting points. We've attached Hannah's handouts for you to read the NHS advice about headlice, when to keep your child at home and when to send them in. She'll be back to run a session with Years R, 1 and 2 about hand washing and then a later assembly on this topic for KS2. I've also invited Hannah to our February parents' evening so you can catch up with her there.

We drifted on to other topics, one of them around Internet safety. Apparently children (not from our school as far as we know) as young as Y1 and Y2 are making themselves vulnerable by posting videos on Musically where they are topless and parents say they are unaware. Gaming sites are also being talked about again as a way for strangers to engage with children. Please make sure you know exactly which sites/apps your child is using and whether they are talking online to people they don't know.

I am delighted to tell you that we have appointed 3 new lunchtime supervisors. As our numbers are growing and given the high calibre of our candidates, we thought it best to invite all 3 to join our team. Mr Love, Mrs Goddard and Miss Matthews will be starting as soon as all the paperwork is complete.

Best wishes

*Ruth Worswick*



## STARS OF THE WEEK



Year R - **Imogen** for her wonderful attitude to learning and hard work.

Year 1 - **Lewis** for his greater independence and hard work.

Year 2 - **George** for his resilience when faced with challenging learning.

Year 3 - **Frazer** for his determination to always put his hand up.

Years 4/5 - **Emily** for always showing her values and being such a good friend.

Year 6 - **Daisy** for all her hard work and her love of learning.

## Letters/Emails home this week:

## LUNCH BOXES

We've started to see chocolate bars in lunch boxes again. Chocolate biscuits are fine, but not bars of chocolate please.

Also, could we put out a plea to make sure all lunchboxes are labelled? They often get mixed up and we can't return them if they're not named!

## DIARY DATES

Tuesday November 21<sup>st</sup> - Year 3 cinema trip  
Tuesday November 21<sup>st</sup> - Year 3 dodgeball tournament after school  
Friday November 24<sup>th</sup> - Mufti Day (please bring Secret Santa donation)  
Tuesday November 28<sup>th</sup> - Year 1/2 trip to Weal and Downland Museum  
Friday Dec 1<sup>st</sup> - Mufti Day (please bring chocolate tombola donation)  
Tuesday December 5<sup>th</sup> - Year 5/6 Dodgeball tournament after school  
Thursday December 7<sup>th</sup> - Handbell Concert  
Friday Dec 8<sup>th</sup> - Mufti Day (please bring bottle tombola donation)  
Saturday December 9<sup>th</sup> - Christmas fayre  
Monday December 18<sup>th</sup> - Afternoon performance  
Tuesday December 19<sup>th</sup> - Evening performance  
Wednesday December 20<sup>th</sup> - Christmas lunch and parties  
Thursday December 21<sup>st</sup> - Carol Service at All Saints church  
Thursday December 21<sup>st</sup> - FROTH Disco  
Friday December 22<sup>nd</sup> - last day of term  
Monday January 8<sup>th</sup> 2018 - first day of Spring term

## TREES

Mr Coutts has been able to secure lots of free trees for school through the Woodlands Trust. They have begun to arrive in school and we began planting them this week. Some will fill gaps along the boundary to the school and others will be placed for shade or interest within our grounds.

## REMEMBRANCE SERVICE

It was a lovely service on Sunday and super to see so many of you there, either individually or with scouts, beavers, guides etc.

Well done to Hugh and Lucie who laid our wreath - it was very busy and difficult for them to even get near the memorial.

## CHRISTMAS LUNCH

Don't forget to order your child's Christmas lunch by Dec 1st!

**HAVE A LOVELY WEEKEND!**

# AUTUMN 2017 Newsletter

## School Fruit and Vegetable Scheme



### Contents

- Meet the Team
- From Apple to Core
- The Banana Journey
- Challenges and Why does the Calendar Change?
- Climate Change
- Fun Facts and Recipe
- Fun for the Children

### INTRODUCTION TO THE SCHEME

- The School Fruit and Vegetable Scheme (SFVS) is a government programme that entitles every child aged 3-6 in LA-maintained schools to a free piece of fruit or vegetable each school day. It was introduced after the NHS Plan, launched in 2000, included a commitment to implement a national fruit scheme by 2004. The fruit and vegetables are provided free of charge to schools. The Department of Health is responsible for all payments.
- The aim of the programme is to increase fruit and vegetable consumption by providing a various types fruit or vegetable to Key Stage One pupils every school day free of charge.
- The scheme costs approximately £39.5m per annum.
- Research shows that the current portions of fruit and vegetables consumed per child is 2.8 per day. The scheme aims to increase this, with the 5-a-day initiative in mind. We hope that by educating the children of the benefits of healthy eating they will continue to eat healthily in the future.
- Over 99% of eligible primary schools in England participate in the scheme, equalling approx. 2.3million children and 16,600 schools

# Meet The Team

There's no 'I' in Team



**Tracey and Clare**  
The Customer Services Helpdesk



**Veena**  
Customer Data Analyst



**Kathryn**  
Senior Buyer



**Kate**  
Data analyst

## Apples

From apple to..... **Core**

The tree will start to flower in spring and at the same time it will start to produce buds. The leaf size, quantity and quality is very important because its primary role is a sunlight harvesting device. The energy produced through the photosynthesis stages helps to feed the fruit and help it grow.

Harvest is from mid August to November, depending on variety. The apples are put in bulk bins which hold 330kg of apples and placed in cold storage



### Supply & Demand

- Apple trees can live for 50 years if looked after and kept free from disease and pests
- All apple varieties are different in regard to the length of their season
- For successful fruit development pollen needs to germinate the flowers which form the fruit

# The Banana Journey

- Bananas are picked from the plants when they are green in colour and packed into boxes
- They are then transported in containers at a temperature of 13.5 degrees
- Bananas then spend time (between 2 to 4 weeks depending on country of origin) on the sea being transported to England where they are transported to ripening facilities



- On arrival at the ripening centre bananas are checked for quality and temperature
- The pallets are then placed in a pressurised ripening chamber



- Five days before the fruit is required the chambers are warmed to increase the pulp temperature and open the pores of the fruit
- Ethylene is then introduced for around 20 hours which helps the ripening process
- As the bananas ripen they change colour from green to yellow
- Once they come out of storage the room temperature then affects them which is why in the hot summer you get very ripe yellow bananas and in the cold winter the bananas tend to be a bit greener and less ripe



# Consumption Calendar

The consumption calendar provided by the scheme is a guide only. For example, if the pears are not ripe on the day due for consumption, consume the product that arrived with the pears on that day and leave the pears for the following day where you may find they ripen enough for the children's consumption. Please contact us at [sfvs@supplychain.nhs.uk](mailto:sfvs@supplychain.nhs.uk) each new term should you require an updated calendar.

## Challenges

The floods in Spain at the start of the year, which caused the salad shortages in the supermarkets, has had a knock on effect for produce. Growers should have planted and grown for supply this term mini cucumbers and sweet bite peppers. Due to the amount of crops the Spanish farmers lost they have been planting faster growing produce which offer quick revenue wins for them. This has caused no mini cucumbers to be available and a reduced supply of sweet bite peppers.

The floods in Spain also effected the citrus crops as farmers were unable to drive their equipment onto the fields to harvest produce which would then go into storage for supply during the summer. As a result, some of the crop was lost (especially the smaller sized fruit used for the scheme).



The recent high temperatures seen in England are also effecting the banana supply chain causing the bananas to ripen at a far faster rate than normally seen at this time of year, despite the product being slightly green when it leaves the supplier it is ripening extremely quickly and thus becoming more susceptible to damage during delivery. You will probably have noticed the bananas in the supermarket being far yellower than they normally are.

# Why does the Calendar Change? – True Challenges

Europe has been hit with numerous climatic phenomena which have all destabilised production patterns thus lowering the total production volume and percentage of crop that meets the School Fruit and Vegetable Scheme Specification. 2017 has been a tough year for the fresh produce industry with various climatic issues playing havoc with growers.

## The Spain In Rain

### HUELVA

November

Normal = 3 mm

Actual = 76 mm

December

Normal = 3 mm

Actual = 99 mm

### VALENCIA

November

Normal = 1 mm

Actual = 147 mm

December

Normal = 1 mm

Actual = 22 mm

### MURCIA

November

Normal = 3 mm

Actual = 15 mm

December

Normal = 3 mm

Actual = 9 mm



Wet weather in Spain resulted in shortages appearing in the super market for courgettes and lettuces, although these products do not feature in the scheme there was a knock on the availability of mini cucumbers.

When 100 times more rain falls than seasonally expected it does impact crops, for the citrus the excessive water affects the outer skin damaging it, it causes fruit to fall from trees early and decreases the overall harvest volume – especially on the small fruit that the scheme uses.

Countries across the northern EU and UK suffered severe frost during March 2017 damaging a significant proportion of apple trees – reducing harvest by 21% damaging the flowers. It is forecasted that the supply of EU apples won't last beyond January 2018. We are working with our suppliers to secure supply



### Spain Breaks All-Time Highest Temperature Record

Jul 14 2017 – NEWS – The second heatwave of the summer of 2017 led to a temperature of 46.9°C being recorded at Córdoba airport.



Valencia supply of citrus is estimated as a decrease of 27% YOY. The main reason for this is due to the heat waves that were recorded in spring and summer which occurred during the flowering season again damaging the flowers.

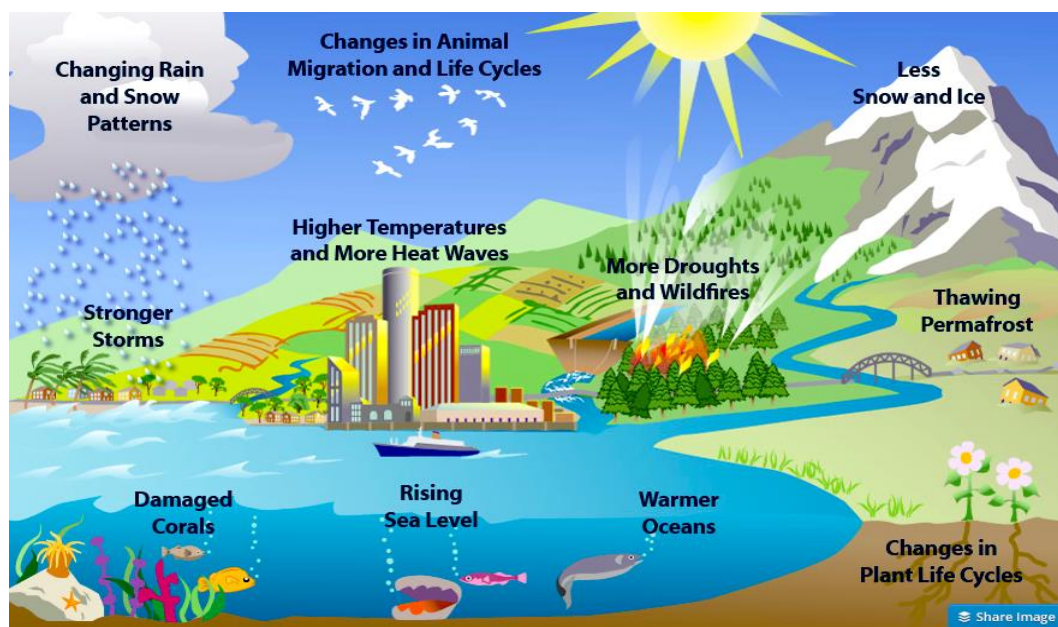
We have yet to see what the impact will be of the recent hurricanes experienced in the Caribbean where banana plantations have been damaged & the potential delays on shipping.

The above events can cause the calendar to change at the last minute resulting in double consumption of a product or a day where there is no product (which we try to minimise).

Please accept our apologies for any last minute changes that might occur.

# Climate Change

Climate change is a change of climate over comparable period of time that is attributed directly or indirectly to human activity that alters the composition of the global atmosphere. The global mean temperature of the earth's surface has increased by about  $0.74^{\circ}\text{C}$  over last hundred years. The rise in temperature is attributed to alarming increase in the atmospheric concentration of greenhouse gases. The expected carbon dioxide concentration in 2100 is estimated to be 100% higher than the one observed at the pre-industrial era. With global temperatures expected to rise, it is unlikely that this agro climatic metric will remain stable. Higher evapotranspiration indices could lower or deplete the water reservoir in soils causing water stress in plants during dry seasons.



Consequently, water stress not only reduces crop productivity but also tends to accelerate fruit ripening. The global warming affects can be contributed to loss of vigour, fruit bearing ability, reduction in size of fruits, less juice content, low colour, reduced shelf life and increasing attack of pests resulting in the low production and poor quality apple crop. Vulnerability, rarity and rapid extinction of many species of temperate fruits will be among the other consequences of climate change.



# Fun Facts and Recipes

- Rubbing banana peel on your forehead can help cure headaches
- About 75% of the weight of a banana is water
- Some cultures use the fibre in the plant to make fabric and paper
- There are a few strange varieties of banana including bubblegum pink with fuzzy skins and green & white striped bananas with an orange pulp



- Strawberries are the only fruit that wear their seeds on the outside. The average berry is adorned with some 200 of them
- Did you know that eight strawberries have more vitamin C than one orange
- Botanically speaking, tomatoes are considered a fruit.
- Tomatoes use as a food originated in Mexico and then spread through the world following Spanish Colonisation of Americas

## Recipe

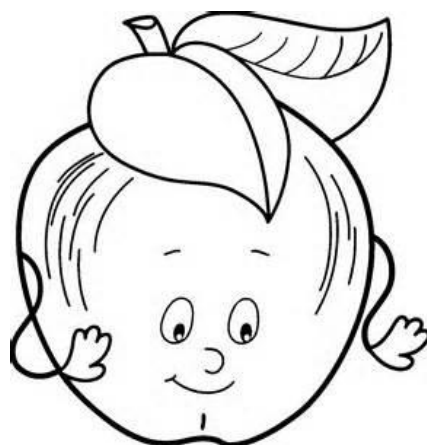
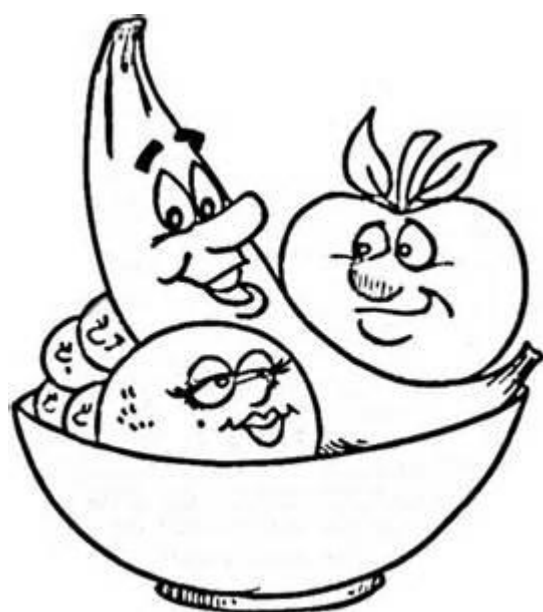


**1 cup Fresh Strawberries**  
**½ cup skim milk**  
**½ cup rolled oats**  
**8oz Plain Greek Yoghurt**  
**Blend all the ingredients in a blender**

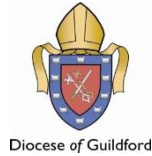
# Fun for the Children

Q	W	A	X	D	V	G	N	J	I	P	U	G	D	F	G	A
U	E	S	C	H	O	O	L	O	I	A	F	R	U	I	T	T
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I	U	T	C	I	M	H	U	H	D	N	S	T	R	G	G	C
C	U	M	U	S	G	E	E	E	Y	E	U	S	D	A	A	F
A	H	E	M	D	B	O	T	A	T	A	N	T	C	I	S	B
R	G	A	B	C	J	T	C	T	L	F	F	A	M	O	T	F
R	N	T	E	V	U	I	A	C	C	T	T	W	M	I	R	G
O	B	G	R	H	A	V	R	A	P	F	H	T	E	O	A	Y
T	V	S	H	E	E	G	E	A	S	D	B	Y	F	L	W	G
A	C	T	I	H	C	V	A	G	S	D	V	V	S	T	B	R
S	X	R	O	J	K	A	E	T	E	O	H	I	V	V	E	A
D	B	A	N	A	N	A	E	S	V	T	E	H	A	E	R	P
F	Z	I	O	Y	A	P	T	N	T	O	A	E	D	S	R	E
G	X	M	C	V	B	P	Y	A	Y	K	T	B	I	T	Y	F
H	C	F	C	T	E	L	H	C	H	I	H	O	L	R	E	G
J	F	D	C	S	P	E	I	K	R	C	U	P	E	E	R	H
K	U	S	C	X	E	X	P	G	U	W	Q	H	R	D	F	D
L	N	A	C	D	F	M	S	U	G	A	R	S	N	A	P	E
O	P	E	Y	V	V	S	A	W	T	B	F	K	P	E	A	R

Apple  
 Banana  
 Carrot  
 Cucumber  
 Fruit  
 Fun  
 Healthy  
 Pear  
 School  
 Snack  
 Strawberry  
 Sugarsnap  
 Sun  
 Tomato  
 Vegetable



**The Holme Church of England Primary School**  
***A Good Shepherd Trust Academy***



Openfields, Headley, Hants GU35 8PQ  
Tel: 01428 714409 email: [adminoffice@holme.goodshepherdtrust.org.uk](mailto:adminoffice@holme.goodshepherdtrust.org.uk)

November 14<sup>th</sup> 2017

Dear Parents,

This Christmas we have decided to participate in the '**Design a Christmas Card Project**' run by Cauliflower Cards. The project aims to encourage pupils' creativity and design skills whilst also raising funds for our school.

Your child has been asked to create his/her own design for a Christmas Card that can be professionally printed to produce a pack of 12 cards with envelopes.

Not only will it be very exciting for your child to see his/her work as a finished printed product, the cards themselves are great for sending a more personal greeting to friends and family at Christmas!

The Christmas Card designs can be professionally printed and purchased at **£5.50 for a pack of 12 cards** bearing your child's name on the back as the designer. Any additional packs can be purchased for £4.50. Every pack ordered raises £1.00 for the school.

We are sure you will be really eager to order these cards as they will be far more special than any shop-bought versions! Please send your money in a named envelope and either reply by email or put a note in the envelope with your child's name, stating how many packs you would like to buy. Cheques should be made out to "**Friends of The Holme Primary School**". Please note that we cannot complete any orders without the money upfront.

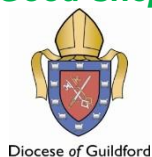
If you would like to see your child's design, just have a quick word with the class teacher, but be aware they may not be finished until next Wednesday!

**All orders must be returned by: Wednesday 22nd November**

Yours sincerely,

FROTH

**The Holme Church of England Primary School**  
***A Good Shepherd Trust Academy***



Openfields, Headley, Bordon, Hants GU35 8PQ  
Tel: 01428 714409 email: [adminoffice@holme.goodshepherdtrust.org.uk](mailto:adminoffice@holme.goodshepherdtrust.org.uk)

November 17<sup>th</sup> 2017

Dear Parents

This is to let you know that Year 4/5 will start their Forest Schools lessons during this term. Mr Milam will be leading this with the class teacher and the lessons will relate to the class topic based around the story of 'Where the Wild Things Are'.

The dates are as follows:

Thursday 23<sup>rd</sup> November  
Thursday 30<sup>th</sup> November  
Thursday 7<sup>th</sup> December

Ideally the children should wear the following as a minimum:

**Vest**  
**Short or long sleeved tee shirt**  
**Jumper or fleece (1 or 2 thinner ones work well)**  
**A hat which will fit under a hood**  
**Gloves or mittens which may be worn when required**  
**2 pairs of socks**  
**Jogging bottoms**

These lessons will start at 09.00am till 12.00pm. As it is coming into the Autumn months and the forest can be very cold and wet, please ensure that your child has several layers of clothing on with a change of socks. The children should come to school in their forest school clothes and can stay in them for the whole day. Please make sure though that they do have a change of socks and dry shoes or boots. The school will provide waterproofs for all the children.

Yours Sincerely,

Mr Milam  
Forest School Practitioner





# CHRISTMAS AND CRAFT FAIR

HEADLEY VILLAGE HALL

GU35 8LJ

**25** **TH NOVEMBER**  
**9.30AM—1.00PM**

**FREE ENTRY**

**REFRESHMENTS**

**START YOUR GIFT SHOPPING!**





# School Nursing

School Nurse teams work in partnership with children, young people and their families to ensure their health needs are supported within their school and their community.



## Your child's health and wellbeing

We have a range of webpages which provide health information and links to websites that may be helpful to parents of school age children and young people. Get [information and advice](#) about a range of illnesses, conditions and healthy living from our website.

## Get access to the School Nursing service

If you have a concern about your child's health that you would like to discuss with a School Nurse please contact your [child's School Nursing team](#). Our contact details can be found on [www.southernhealth.nhs.uk/schoolnursing](http://www.southernhealth.nhs.uk/schoolnursing)

## Should my child go to school today?

In the winter there are lots of coughs and colds in the community. Check our childhood illnesses page for handy tips and advice on when it's safe for your child to go to school.

Don't forget if your child has a long term health condition and has not had flu vaccination see your GP or practice nurse.



## Beat the bugs this winter

The most common way that germs are spread is through your hands. Good hygiene and hand washing can help prevent infections and viruses from spreading. This is vital in school as colds, flu and tummy bugs can quickly spread.

Follow our top tips:

- Encourage your child to take tissues to school
- Cover your nose and mouth with a tissue when you cough and sneeze and throw the tissue in the bin
- Wash hands before eating or preparing food
- Wash hands after using the toilet, blowing your nose, coughing or sneezing, touching animals, playing and working outside and handling uncooked food.



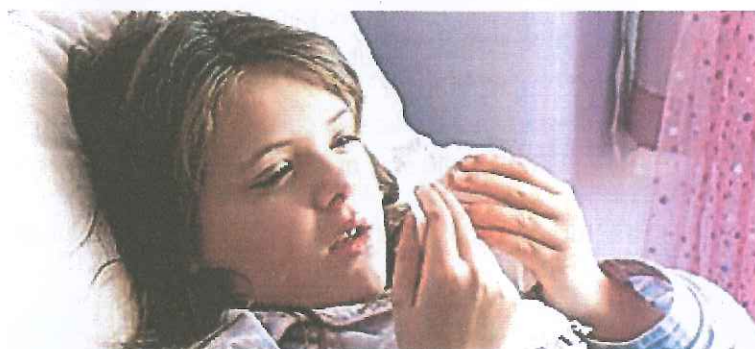
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**CHILDREN'S  
SERVICES**

Today's health. Tomorrow's future

## **Is my child too ill for school?**

When your child is unwell, it can be hard deciding whether to keep them off school. These simple guidelines should help.



Not every illness needs to keep your child from school. If you keep your child away from school, be sure to inform the school on the first day of their absence.

**Use common sense when deciding whether or not your child is too ill to attend school. Ask yourself the following questions.**

- Is my child well enough to do the activities of the school day? If not, keep your child at home.
- Does my child have a condition that could be passed on to other children or school staff? If so, keep your child at home.
- Would I take a day off work if I had this condition? If so, keep your child at home.

### **Common conditions**

If your child is ill, it's likely to be due to one of a few minor health conditions.

Whether you send your child to school will depend on how severe you think the illness is. Use this guidance to help you make that judgement.

**Remember: if you're concerned about your child's health, consult a health professional.**

- **Cough and cold.** A child with a minor cough or cold may attend school. If the cold is accompanied by a raised temperature, shivers or drowsiness, the child should stay off school, visit the GP and return to school 24 hours after they start to feel better. If your child has a more severe and long-lasting cough, consult your GP. They can give guidance on whether your child should stay off school.
- **Raised temperature.** If your child has a raised temperature, they shouldn't attend school. They can return 24 hours after they start to feel better.

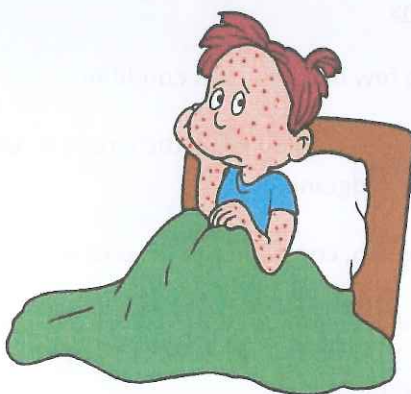


- **Rash.** Skin rashes can be the first sign of many infectious illnesses, such as chickenpox and measles. Children with these conditions shouldn't attend school. If your child has a rash, check with your GP or practice nurse before sending them to school.
- **Headache.** A child with a minor headache doesn't usually need to be kept off school. If the headache is more severe or is accompanied by other symptoms, such as raised temperature or drowsiness, then keep the child off school and consult your GP.
- **Vomiting and diarrhoea.** Children with diarrhoea and/or vomiting should definitely be kept off school until at least 48 hours after their symptoms have gone. Most cases of diarrhoea and vomiting in children get better without treatment, but if symptoms persist, consult your GP.
- **Sore throat.** A sore throat alone doesn't have to keep a child from school. But if it's accompanied by a raised temperature, your child should stay at home. Read more about sore throat.
- **Chickenpox.** If your child has chickenpox, keep them off school until all their spots have crusted over.

### Tell the school

It's important to inform the school if your child is going to be absent. On the first day of your child's illness, telephone the school to tell them that your child will be staying at home. The school may ask about the nature of the illness and how long you expect the absence to last.

If it becomes clear that your child will be away for longer than expected, phone the school as soon as possible to explain this.





## HEAD LICE – A GUIDE FOR PARENTS

Checking the hair of everyone in the family at least once a week ensures early detection.



### WET COMBING – HOW TO DO IT!

You will need:



A Nit Comb

Good lighting

An ordinary Comb or Brush

Conditioner

- 1) Wash the hair well, then dry it with a towel. The hair should be damp, not dripping. Apply ordinary conditioner and leave in the hair.
- 2) Make sure there is good light. Day light is best.
- 3) Brush or Comb the hair first. You may find dividing the hair into sections with clips etc. useful.
- 4) Start with the teeth of the detection comb touching the skin of the scalp at the top of the head.
- 5) Comb through each section from the scalp to the ends of the hair.
- 6) Look carefully at the teeth of the comb in good light and wipe with a tissue.
- 7) Do this for as long as it takes to comb each section of the hair.
- 8) If there are head lice, you will find one or more lice on the teeth of the detection comb.
- 9) Continue to comb through each section to remove any live lice until no more are detected.

This will not remove 'live' eggs so you will need to repeat every day in order to remove any newly hatched lice.

- 10) If you are going to use lotions DO NOT TREAT unless you are sure you have found a living moving louse