



**Irthington Village School  
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Headteacher Lynn Harrison**

13<sup>th</sup> September 2023

Dear parents and pupils,

A warm welcome back to school! I hope that everyone has had an enjoyable and relaxing holiday and are now ready for the Autumn Term ahead. On behalf of all the staff, I would like to thank you all for your messages of support, offers of help and gifts sent in at the end of the summer term, all were very much appreciated.

Being back in school with the children has been an absolute delight! All the children quickly settled into school routines and were happy to be back with their friends and teachers. Our new children in Nursery amazed us, as did those who had changed classrooms coping with the school day as if they had done it all before! We have welcomed Raphael and Hermione into Nursery, Heidi and Christopher into Class One, Arlo in Class Two and Alfie and Esme in Class Three!

The diary is already filling up (I think everyone enjoyed Action Ants earlier this week and will enjoy **Wheelchair Basketball** next **Monday – 18<sup>th</sup> September!**) I have included some of the early dates for your convenience, more to follow shortly! Class teachers will send out their newsletters next week outlining the learning experiences and routines particular to their class. As you all know we have 'an open door' policy and teachers are always available at the start or end of the day for a quick chat, if you have any questions.

On **Monday 25<sup>th</sup> September** we have JK Photography coming into school in the morning to take individual and family photographs of the pupils. Nursery pupils who would not usually attend school on a Monday are welcome to come in and have their photograph taken and younger siblings are also welcome. **Please come into school for 9am with any younger siblings and/or nursery pupils who are not in that day so that we can arrange for any photographs of them to be taken early on.**

We have 2 parent information sessions coming up; one is **How to help your child with learning/homework** on **Monday 25<sup>th</sup> September at 6.30pm** aimed at parents of children in years 2 – 6 and the other is an introduction on **How we teach phonics** on **Monday 2<sup>nd</sup> October at 6.30pm** aimed at parents of children in Reception and year 1. That being said both sessions will be open to anyone who would like to come along. If you could complete the attached slip to give us an indication of numbers that would be most appreciated.

Parents of children in Reception are invited to join your child for a school dinner on either Tuesday 19<sup>th</sup> or Wednesday 20<sup>th</sup> September. This is a lovely way to see how lunchtime operates. On the subject of school meals we must ask that parents do follow the Government guidelines on what can be included in a packed

lunch, which is attached for your reference. Guidance from government is that school staff remove items which are not permitted.

If you have a child in the Reception year, please complete and return the slip below to confirm whether or not you are able to attend and your preferred date. If you are attending for lunch please arrive at the school office just before 11.45am on the day.

We will hold our annual **Macmillan Coffee Morning** on **Friday 29<sup>th</sup> September 9am – 10.30am**. In order to make this a huge success we really need your help! If you think you are able to help out and serve teas and coffees, or sell cakes please do let me know. You can also support us by baking, making or faking for the event. Homemade or shop bought cakes (M&S are doing a 'fake it range especially for this event!!), biscuits, jams, and any other sweet treats! More details will follow shortly.

Yours sincerely

*Lynn Harrison*  
Lynn Harrison

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Parent Information Sessions:

I/We\* will/will not\* be attending the Parent Information session – How to help my child with learning/homework on Monday 25<sup>th</sup> September (\* please delete as applicable).

Name of parent/s: \_\_\_\_\_

I/We\* will/will not\* be attending the Parent Information session – How we teach phonics on Monday 2<sup>nd</sup> October (\*please delete as applicable).

Name of parent/s: \_\_\_\_\_

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Parents of Reception children: Lunch with your child

I am/We are\* able/unable to attend for Lunch with my/our child (\* please delete as applicable).

I would like to attend on:

Tuesday 19<sup>th</sup> September\*\*

Wednesday 20<sup>th</sup> September\*\* (please circle preferred day)\*\*

Name of parent/s: \_\_\_\_\_



## Irthington Village School Packed Lunch Guidance (Updated March 2021)

Every packed lunch brought to school should be made up of a balance of foods from across the food groups based on the national standards for school meals and the Eatwell Plate.

Recommended Foods	Not allowed (The following items will be removed from packed lunches)
<p>Fruit and vegetables:</p> <ul style="list-style-type: none"> <li>• Vegetable sticks, for example, carrots, celery, peppers, cucumbers;</li> <li>• Salads – for example, lettuce, tomatoes, radish;</li> <li>• Fresh fruit, canned fruit, dried fruit such as raisins or apricots.</li> </ul> <p>Breads, rice, potatoes, pasta and other starchy foods:</p> <ul style="list-style-type: none"> <li>• Sandwiches made with a variety of breads, (wholegrain, brown and white mix) such as pitta, bagels, wraps, chapati, rolls;</li> <li>• Salads made with pasta, rice, couscous, noodles or potatoes.</li> </ul> <p>Milk and dairy foods:</p> <ul style="list-style-type: none"> <li>• Low fat yoghurt, low fat custard or fromage frais;</li> <li>• Cheese;</li> <li>• Soya products with added calcium</li> </ul> <p>Meat, fish, eggs, beans and other non-dairy sources of protein:</p> <ul style="list-style-type: none"> <li>• Meat, chicken, fish and eggs;</li> <li>• Beans such as chickpeas, kidney, haricot or lentils.</li> </ul> <p>Treats (<u>one item per day only</u>):</p> <ul style="list-style-type: none"> <li>• Plain / dried fruit biscuit;</li> <li>• Plain / dried fruit sponge;</li> <li>• Low sugar / low fat cereal bar, e.g. Alpen;</li> <li>• Low sugar jelly</li> </ul>	<p>Drinks – water will be provided by school.</p> <p>Crisps</p> <p>Fried food, such as fried chicken, chips or takeaways</p> <p>Full fat / high sugar cereal bars.</p> <p>Iced cakes and biscuits</p> <p>Muffins, doughnuts and other foods containing high levels of fat and sugar</p> <p>Confectionery such as chocolate bars, chocolate coated biscuits and sweets, fruit sweets and snacks, such as fruit winders</p> <p>Chilled puddings, for example, mousse, rice pudding, chocolate yoghurt, corner yoghurts etc.</p> <p>Hot soup in a flask</p> <p>Cutlery – children will be provided with the cutlery that they need from school.</p>