

Dear Parents / Carers



It has been a very busy start to the year. The children are working so hard on being PROUD of themselves and each other. If you have seen something that makes you PROUD of Pear Tree, please let us know.

It was fantastic to see so many parents and carers attend the year group information meetings in the second week of term, we look forward to working with you on other events throughout the year.

There are some important updates in this newsletter so please read through carefully.  
Miss Bounds (Head of School)

### Nut-Free School

We have a number of pupils in school who have severe allergic reactions to nuts and nut products. To help keep these children safe, we are asking that children **do not** bring any nuts or nut products into school. This includes:

- Peanut Butter and Nutella sandwiches
- Some Cereal and Granola bars
- Chocolate containing nuts.

Please check ingredients carefully before sending into school.

Chocolate or sweets sent in for a child's birthday **MUST** be given to the school office so they can check for nut products and gelatine.



## School Flu Vaccinations 2022

To complete the consent form for your child to receive the flu vaccination, click the link below. One form for each child.

<https://www.derbyshireandcityimms.co.uk/Forms/Flu>

School name: Pear Tree Community Junior School

School code: DC144466

Date in school: 01 November 2022



[Flu Information Leaflet](#)

Repton: 01283 707178 Clay Cross: 01246 252953

[DCHST.immunisationteam@nhs.net](mailto:DCHST.immunisationteam@nhs.net)

[www.derbyshirefamilyhealthservice.nhs.uk](http://www.derbyshirefamilyhealthservice.nhs.uk)

**Protect against  
the Flu virus**



## Lunchboxes

Many of our children choose to bring packed lunches to school. We would like to remind parents and carers that we want to promote healthy packed lunches to support our children with healthy eating habits.

Teachers may talk to you if we notice that your child's lunch is unhealthy – please see below for some ideas of what could be included in a healthy lunchbox.



A reminder that we do not allow fizzy drinks / nut products or fast food in packed lunches



# Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:



## 1 Starchy Carbohydrates

to re-fuel your body  
Base your lunchbox on starchy carbohydrates.

**CHOOSE ONE EVERY DAY from:**

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes



Choose whole grain



Use a thermos flask to keep pasta warm



Get kids involved in the cooking/food prep

## 2 Fruit and Vegetables

to keep you healthy  
Pack one portion of fruit and one portion of veg every day

**CHOOSE TWO EVERY DAY from:**

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



Add salad to your sandwiches



Use a thermos flask for delicious soups

## 3 Dairy and Alternatives

for healthy teeth and bones  
Don't forget the dairy!

**CHOOSE ONE EVERY DAY from:**

- ✓ Milk
- ✓ Cheese – hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard



Choose low sugar dairy products



Factor sugar: choose plain yoghurt and have fruit on the side

## 4 Protein Foods

for growth and repair  
Pack a protein punch!

**CHOOSE ONE EVERY DAY from:**

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans

Keep processed meat to a minimum



Choose oily fish like salmon once every 3 weeks



Use a thermos flask for delicious soups

## 5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk – or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie



Milk, water or 150ml juice

## Occasionally!

- Meat products such as sausage rolls, pies, sausages
- Plain cakes/sponges and biscuits of appropriate portion sizes



For more healthy packed lunch ideas and recipes visit [www.phunkyfoods.co.uk/recipes](http://www.phunkyfoods.co.uk/recipes)

[www.phunkyfoods.co.uk](http://www.phunkyfoods.co.uk)

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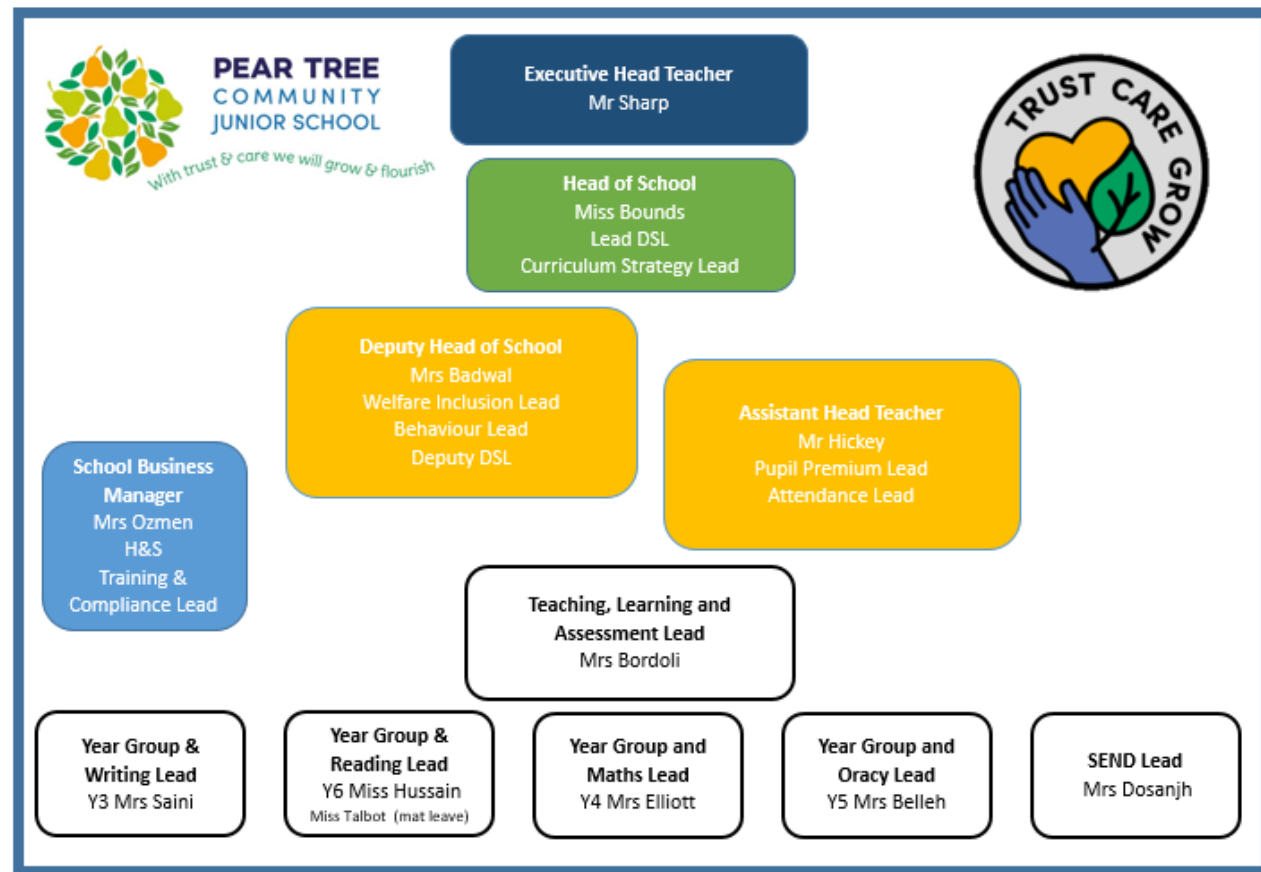
## MarvellousMe

A reminder to sign up for the MarvellousMe app so that you can keep up to date with your child's progress. If you are unsure of how to do this, please speak to your child's class teacher or go to the school office.



## Staffing Structure

We pride ourselves on being approachable and open to communication with our community. If you have any concerns, please discuss with your child's class teacher in the first instance, however you may also want to talk to other adults in school. Please see below for our leadership structure in school.

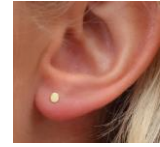


Phase	Year	Class Name	Teacher	Teaching Assistants	Additional Support
Lower KS2	Year 3	Carsington	Mrs Saini	Mrs Backarova	Mrs Osbaldeston
	Year 3	Derwent	Mr Triance	Miss Paton	Mrs Dosanjh
	Year 3	Foremark	Mr Hussain	Mrs Slater	
	Year 4	Bakewell	Mrs Elliott	Mrs Warrilow	Mrs Osbaldeston
	Year 4	Dovedale	Mrs Coope	Mrs Sullivan	Mrs Dosanjh
	Year 4	Buxton	Mr Riley		Mrs Campbell
Upper KS2	Year 5	Calke	Mrs Belleh	Miss Campbell	Mrs Mayat
	Year 5	Chatsworth	Miss Hassall	Miss Campbell	Mrs Pratt
	Year 5	Hardwick	Mr Bunting		
	Year 6	Royce	Miss Hussain	Mrs Batsford	Miss Talbot
	Year 6	Nightingale	Miss Farrell	Mrs Gibb	Mrs Mayat
	Year 6	Arkwright	Mrs Bordoli/Mr Hickey	Mr Ozmen	

Office Team	Response Team	Midday Team
Mrs Ozmen	Miss Black	Miss Nosheen
Miss Lenka	Mrs Burdis	Miss Shaheen
Miss Klaudia	Miss Aisha	Miss Farjana
	Miss Burdis	Miss Naomi
	Miss Beale	Miss Zara
		Miss Fozia
		Miss Sanam K
		Mr Taj
		Miss Sanam M
		Miss Asima

## Mr Sharp's Update

Thank you to all parents for continuing to support the school. As I stood on the door on Monday morning, the vast majority of pupils were looking very smart and ready for school. I was really pleased that black trainers and shoes were being worn by all but a handful of children.



### Polite Reminders:

*Black trainers must also be worn on a PE day!*

*For your child's safety please make sure any earrings are only 'stud' style earring and are flat to the ear.*

To support your child please make sure that you are signed up to MarvellousMe and that we have up to date contact information. Taking an interest in your child's learning will help them to do even better.

### Dates for Autumn Term 1 2022-2023

07.10.22	INSET – <b>School closed to pupils</b>
20.10.22	Year 6 Recognition Assembly 9am Year 4 Recognition Assembly 2.30pm
21.10.22	Year 5 Recognition Assembly 9am Year 3 Recognition Assembly 2.30pm
21.10.22	End of Autumn Term 1 – half term
31.10.22	Start of Autumn Term 2



### Dates for the Future

08.11.22	Year 5 Pupil Progress Meetings
09.11.22	Year 4 Pupil Progress Meetings
15.11.22	Year 3 Pupil Progress Meetings
16.11.22	Year 6 Pupil Progress Meetings
22.12.22	End of Autumn Term 2
09.01.23	Start of Spring Term 1
17.02.23	End of Spring Term 1
27.01.23	Start of Spring Term 2
30.03.23	End of Spring Term 2 for pupils
31.03.23	INSET – School closed for pupils
17.04.23	Start of Summer Term 1
25.05.23	End of Summer Term 1 for pupils
26.05.23	INSET – School closed for pupils
05.06.23	Start of Summer Term 2
21.07.23	End of Summer Term 2

## **Uniform**

*Look smart: Be the part*

Your child is expected to wear  
uniform everyday

Wearing uniform will give you a  
sense of belonging and pride

## **PE Kit**

**Get fit and wear your kit!**

Your child should wear school PE  
kit on their PE days. This should  
be blue, white and black!