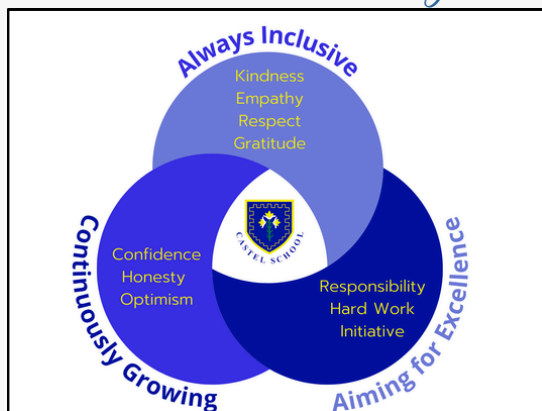


CASTEL CATCH-UP

The Newsletter for the Castel Primary School Community



October's Value of the Month: Hard Work

Headteacher's Message

by Mr P. Curtis

It has been a positive and productive start to the school year and it has been really good to see new classes settling into their routines. Teachers have been busy ensuring that standards are set and that pupils know what is expected of them in terms of effort, focus and conduct.

However, children will make mistakes. It is a normal and important part of growing up. At school, we do not expect children to get everything right all of the time, whether that is in their learning, their friendships or their behaviour.

However, learning from a mistake also means accepting the consequences that follow it.

Appropriate consequences are not about punishment; they help children understand the impact of their choices, take responsibility and make a better choice next time.

As adults, one of the most valuable things we can do is support children through those consequences rather than remove them. In doing so, we help them develop responsibility, resilience and the understanding that our choices matter.

As always, your support in continuing to make Castel Primary a safe, happy place for everyone is much appreciated.

WHAT'S IN THIS ISSUE?

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CAKE SALE

PARENT FORUM

Lunchboxes

On most days throughout the week, I tend to pop in and out of classrooms during lunchtimes to ensure that all is well, children are eating properly and to check in with them to see how their morning has gone. Over the last few weeks, I could not help but notice that, for a growing number of pupils, the quality and variety of their lunchtime food has really fallen. In many cases, there is often no fruit or vegetables at all and a growing trend of sweets/multiple chocolate bars in lunchboxes.

I am a firm believer in parents/carers having autonomy over what their child eats. However, in a growing number of cases currently, pupils' lunchboxes are simply not doing them any good. In Guernsey currently, childhood obesity is a significant concern and children's dental services are highlighting problems with tooth decay.

From a teacher's perspective, it is also really difficult to teach children in the afternoon session who have not had a nutritionally balanced lunch or who have had an excess of sugar/additives at lunchtime. They cannot concentrate, lack energy and simply won't retain information.

I would ask you to really support us in making your child's school experience as positive as possible by ensuring they have a balanced and nutritional lunch in their lunch box.

The Health Improvement Commission have a web page specifically about lunchboxes, including info on pricing; this is [linked here](#).

The parent guide to lunchboxes is also really good. [HIC Eat Well Parent Resource Booklet.pdf](#)

If you would like any further guidance, please do just get in touch.

December Dates

Please see below some key dates for December which may be useful for you to know:

Friday 4th December - Christmas Fayre (5:00 - 7:00pm)

Monday 7th December - Year 3 & 4 Christmas Performance (9:30am & 1:30pm)

Tuesday 8th December - Year 5 & 6 Christmas Performance (9:30am & 1:30pm)

Wednesday 9th December Infant Carol Service (10:00am) and Community Carol Service (6:30pm)

Thursday 10th December - Reception Performance (2:00pm)

Friday 11th December - Key Stage 1 Performance (11:00am)

Sports Results

It has been great to see our sports fixtures up and running this year. Please see below the results for football games that have happened this year. Netball results will be reported when fixtures begin.

Castel 'A' 8-2 vauvert 'A'

Castel 'B' 8-2 Vauvert 'B'

Castel 'A' 1 - 2 Vale 'A'

Castel 'B' 1 - 2 Vale 'B'

On Monday 6th October, our Year 6 pupils also took part in the Xedra Cross-Country Challenge at Footes Lane.

On Friday 9th October, a team will be heading to Beau Sejour for this year's Swimarathon. We wish them the very best of luck.

Parent Forum

The Parent Forum that was scheduled to take place on Monday 12th October has had to be moved. The new date is **Monday 2nd November at 7:30pm.**

I apologise for any inconvenience caused.

Cake Sale

There will be a cake sale on **Friday 16th October** hosted by the PTA. Any donations of home-made or shop bought cakes are very much appreciated and should be brought into the school office on that morning.

Cakes will be 50p; pupils can bring in their money on that day and teachers will collect it in to keep it safe.

The sale will be open to parents/carers from 2:45pm and can be found in the German Shed round the back of the Infant playground.

Harvest Collection for Guernsey Welfare

In place of our traditional Harvest Festival collection this year, we will be collecting items specifically for the Guernsey Welfare Service. There will be a container just outside the front door of school between **Monday 19th - Friday 23rd October** into which any donations can be dropped. During that week, there will be an assembly about the tradition of harvest and sharing what we have with others. Key items that GWS are currently seeking can be found on their website but include: *washing up liquid, tomato ketchup, sugar, custard, rice pudding, tinned pies, size 7 nappies, tea bags, coffee, biscuits, pasta sauce, squash, baked beans, tuna, strawberry jam, tinned tomatoes, cereal.*