

# The Bliss Charity School

Issue: 1

Friday 3<sup>rd</sup> September 2021

## Term 1



Hello everybody,

I hope you all had a lovely summer and managed to spend lots of time with loved ones doing fun things together.

The start of a new academic year is always an exciting time ... but this one seems extra special! The lifting of restrictions means that pupils can access a full curriculum, as well as being able to mix more freely. Yesterday's assembly, for instance, was a wonderful beginning to the school year after not being able to get together as a whole school for so long and it has been wonderful to see pupils socialising beyond their classmates on a playground, without zones! It has also been fantastic to have the children all eating in the lunch hall rather than in their classrooms – these things were all taken for granted before the coronavirus pandemic but they are fully appreciated now!

I hope this school year continues as it has started – although we did a good job as seven separate 'bubbles', things are already much better as one whole school. Here's to a great 2021-2022!

*Mr. Carter*

## Sports Awards

Over the summer holidays, Bliss received two sports awards! To recognise the school's commitment to physical activity in 2020-2021, Bliss was awarded the PE, School Sport & Physical Activity Award (PESSPA) Distinction in July 2021!

In addition, Bliss won 'Northants Cricket School of the Year 2021' for its commitment to the 'Chance to Shine' programme and for supporting the 'All Stars' and 'Dynamos' cricket sessions at NHCC!



# Rhino Sports Academy Clubs



Beginning in the week commencing 13<sup>th</sup> September 2021, Rhino Sports Academy will be running a range of clubs at The Bliss Charity School! Please visit the Rhino Spots Academy website to sign-up for these extra-curricular clubs (<https://rhinosportsacademy.co.uk/bliss-charity/>).

[Weekly Clubs schedule at The Bliss Charity School:](#)

Times	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am - 8:45 am	Year 1/2/3/4/5/6 Gymnastics <i>Coming Soon</i>	Year 5/6 Football Club	Year 1/2/3/4/5/6 Unit 17 Dance	Year 3/4/5/6 Basketball Club	Year 3/4 Football Club
3:20 pm - 4:05 pm	Year 3/4/5/6 Dodgeball	Year 1/2/3 Multi-sports Club	Year 3/4/5/6 Seasonal Sports Club	3/4/5/6 Tag Rugby Club	

Please see the clubs email (dated 03/09/21) for more information about the Rhino Sports Academy clubs at Bliss, including pricing, sign-up details, drop-off and collection arrangements and discounts.

## After-school Zumba Classes

Zumba Kids will be starting at The Bliss Charity School on Wednesday 15<sup>th</sup> September! These fun classes are high-energy dance parties packed with child-friendly routines full of Zumba flavour! We break down steps, add games, activities and cultural exploration elements into the class structure. We use the base of original Zumba choreography along with hip hop, street dance, pop and Latin. Zumba Kids helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives. Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, balance and cultural awareness.

For full information and booking:  
[www.bookwhen.com/blueriverwellbeing](http://www.bookwhen.com/blueriverwellbeing)  
 Facebook @BlueRiverWellbeing  
 Email: [hello@blueriverwellbeing](mailto:hello@blueriverwellbeing)  
 Call: 01327 604605

6 Week Course  
 After School Classes  
 4 - 13 Years



With Blue River Wellbeing



**\*\*Book by 7th September and receive a FREE Halloween Zumba Kids Party Pass worth £10\*\***

# Class Presentations

Like last year, teachers in Years 1-6 will share presentations about their classroom and their curriculum so parents/carers are aware of the routines and expectations in their child's new class. Presentation slides will be sent home and uploaded to the class pages of the school website by Friday 10<sup>th</sup> September. Should you have any questions or require any further information, please email your child's class teacher directly or contact the school office to make an appointment.



Class	Email address
Class R	<a href="mailto:s.caller@bliss.northants.sch.uk">s.caller@bliss.northants.sch.uk</a>
Class 1	<a href="mailto:m.churms@bliss.northants.sch.uk">m.churms@bliss.northants.sch.uk</a>
Class 2	<a href="mailto:l.anderson@bliss.northants.sch.uk">l.anderson@bliss.northants.sch.uk</a>
Class 3	<a href="mailto:c.byrne@bliss.northants.sch.uk">c.byrne@bliss.northants.sch.uk</a>
Class 4	<a href="mailto:m.sharp@bliss.northants.sch.uk">m.sharp@bliss.northants.sch.uk</a>
Class 5	<a href="mailto:senco@bliss.northants.sch.uk">senco@bliss.northants.sch.uk</a>
Class 6	<a href="mailto:r.colton@bliss.northants.sch.uk">r.colton@bliss.northants.sch.uk</a>

# Celebration Assemblies

From next Friday afternoon, we will end each week with a whole-school Celebration Assembly. Concluding every week in this way will ensure children receive in-school awards immediately, instead of having to wait for many weeks until their stickers or certificates are presented.



Moreover, after spending so much time apart in separate bubbles, celebrating with all the children will help bring the school back together, as well ending the week on a really positive note. So that we have time to recognise all of the in-school achievements in the time we have, out of school achievements will be celebrated in the classroom – there is no set day on which children can bring these in to show their classmates; these awards can be brought in on any day and teachers will find time share these successes. Due to space in the school hall, the new, weekly Celebration Assemblies will be for children only.

# Healthy Eating

At The Bliss Charity School, we always try hard to help children make healthy choices about how they fuel their bodies. As such, we would like to remind you about our break and lunch time food guidelines.

## Snacks

Before or after their morning break, children can have a small snack. Children should only be eating healthy snacks that will give them an energy boost to see them through until lunch. Snacks can be fresh fruit or vegetables, dried fruit, rice cakes (unsweetened) or savoury crackers (please check the salt content). Snacks should preferably be in a reusable container, separate from their lunchbox so they are easy to access.

## Lunches

Please see the lunch box guidance in your child's reading record alongside the Healthy Eating Plate showing Government guidelines about a balanced diet. We ask that you consider the nutritional value of what you choose to pack carefully.

Children should not have food in their lunch box with high levels of salt, sugar and fat. Please do not provide cereal bars, cakes, chocolate, crisps and fruit winders due to their high levels of sugar/salt/fat.

## Hydration

Children must bring their own reusable water bottle to school which they can drink from and refill throughout the day.

Thank you for your support.



**Packed lunch guidance**

At Bliss Charity School we support healthy eating and good hydration. Both help children to concentrate, learn and to develop lifelong healthy habits. This information sheet gives guidance on packing up a school lunch for your child. "Brilliant Lunchbox Basics" tells you what to include daily in your child's lunchbox and "Lunchbox Limits" tells you the foods we are asking not to be provided.

Our aim is for every child to have a healthy lunch at school, but ultimately from this guidance, we hope that children will learn from their lunchbox contents how to select healthy foods as they grow older and begin to make their own independent choices. **Thank you for supporting this important goal.**

<p><b>Brilliant Lunchbox Basics – Include daily</b></p> <p><b>Starchy food</b> – This could be bread of any type used in sandwiches or rolls or it could be pasta, couscous or rice used in a lunchbox salad or other main dish. Try wholemeal when possible.</p> <p><b>Protein</b> – A food as a filling sandwich in a lunchbox or other main dish. Examples of turkey, ham, salmon, egg, hummous, chicken.</p> <p><b>Drinks</b> – Pack a drink of water. Add flavour with a slice of lemon, orange or lime. Try and move away from squashes to plain water, start this by making squashes very dilute.</p> <p>Providing these lunchbox basics should provide a filling lunch but if your child has a big appetite, you could include some fruit or milk loaf, cereal bars, scones, flapjacks, plain pancakes or fruit cake.</p> 	<p><b>Brilliant Lunchbox Basics – Include daily</b></p> <p><b>Fruit</b> – Include 1-2 portions of fruit. Popular choices are apple, banana, orange, grapes, kiwi, pear and berries. Try dried fruit like raisins and apricots or fruit bars containing 100% dried fruit.</p> <p><b>Drinks</b> – Pack a drink of water. Add flavour with a slice of lemon, orange or lime. Try and move away from squashes to plain water, start this by making squashes very dilute.</p> <p>Providing these lunchbox basics should provide a filling lunch but if your child has a big appetite, you could include some fruit or milk loaf, cereal bars, scones, flapjacks, plain pancakes or fruit cake.</p> 	<p><b>Lunchbox Limits – Please do not provide</b></p> <p>Whilst we recognise that all food groups can be enjoyed in a balanced diet, we suggest that these foods are not provided in a school lunch box. We wish to help children develop life-long healthy eating habits and to ensure they are well hydrated.</p> <p><b>Drinks</b> – Fizzy drinks, juice drinks or sports drinks.</p> <p><b>Snacks</b> – Cakes, chocolate, crisps, sweetened popcorn or sweetened rice snacks.</p> <p><b>Nuts or peanut butter</b> (due to the risk to those with allergies).</p> 
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**Reading Record  
lunch box guidance**

# Safeguarding

Safeguarding and promoting the welfare of children is everyone's responsibility. Everyone who comes into contact with children – both in and out of school – has a role to play in identifying concerns, sharing information and taking prompt action.

## What is safeguarding?

- Protecting children from maltreatment.
- Preventing impairment of children's mental and physical health or development.
- Ensuring that children grow up in circumstances consistent with the provision of safe and effective care.
- Taking action to enable all children to have the best outcomes.

At The Bliss Charity School we have a Safeguarding Team, with five trained Designated Safeguarding Leads (DSLs): Mr. Carter, Miss Thompson, Mrs. Caller, Mrs. Adey, and Mrs. Howard. If parents/carers have safeguarding concerns regarding any of our pupils (either while they're at school or in the wider community), they can disclose information to one of our DSLs directly or via any member of school staff. Out-of-hours and out-of-term contact should be via [office@bliss.northants.sch.uk](mailto:office@bliss.northants.sch.uk) or [head@bliss.northants.sch.uk](mailto:head@bliss.northants.sch.uk). Alternatively, parents/carers can contact the Multi-Agency Safeguarding Hub (MASH) on 0300 126 7000 or the NSPCC on 0808 800 5000. All emergency concerns should go straight to 999.

Fears about sharing information cannot be allowed to stand in the way of ensuring the welfare and safety of children. No-one should assume that someone else will pass on information which they think may be critical to keeping a child safe. For more information about safeguarding procedures at The Bliss Charity School, please visit:

[www.bliss.northants.sch.uk/index.php/information/safeguarding](http://www.bliss.northants.sch.uk/index.php/information/safeguarding).



# Summer Reading Challenge

We would like to invite all the pupils who finished this year's Summer Reading Challenge (the national one and/or the school one) to bring their completed bookmarks into school by Friday 10<sup>th</sup> September so we can congratulate them in assembly. All the finishers who return their bookmark will receive a certificate and be entered into our prize draw too!



# Reading Records

Every child will be given a new reading record in the coming days which has lots of information pages for pupils and parents/carers, including:

- A guide to reading with your child
- Vocabulary building
- Reading rewards
- Behaviour and anti-bullying guidance
- Metacognition and house points
- School uniform
- Multiplication tables
- Kinetic letters
- Packed lunch guidance

Please ensure your child looks after their reading record and that they bring it with them in to school every day. A replacement will cost £3.00.

