

Eagle CP School Newsletter

Term 6 Week 3
Friday 17th June 2022

Dear School Families,

Changes to the School Day

In response to the Government Education White Paper March 2022, the required adjustments to the school day will be introduced (ahead of schedule) upon our return in September 2022. To ensure that our school week runs for 32.5hrs, we will start our day at 8.55am and finish at 3.25pm (session times for Little Eagles will remain unchanged). Wraparound care for children from Reception to Year 6 will still be available from 7.45am including breakfast until the start of the school day and until 5.30pm including snacks.



Online Safety

In assembly this week, it was incredibly rewarding as the children shared ways in which they could take responsibility for their own safety through the lessons they are taught and the support from their important adults. Amongst many examples, they referred to online safety and so here are a couple of bits to share and signpost this week. First, CEOP have released their brand new website, [Jessie and Friends](#) for children aged 4-7, which aims to equip them with the knowledge, skills and confidence they need to stay safer online. The website is interactive and helps children recognise worrying, upsetting or scary situations to reinforce the message to 'tell a grown up' which might be helpful as a need arises. Also, a link to 5 short videos clips to help parents understand more about [Youtube features](#) and how to use them to enable some control over what your children see.



YouTube Kids
How to choose the content right for your kid's age

Choking Hazards

Last week was Child Safety Week and some interesting information was shared in respect of choking. Choking can happen with any foods, but 'firm foods', bones and small round foods that can easily get stuck in the throat presenting a higher risk. Therefore, it is important to make sure food is suitably prepared and served, particularly for younger children. This means thinking about size, shape and texture of food, a correct seating position and encouraging chewing food well. A handy table was shared with us and is found by scrolling down.

Multiplication Tables Check

Primary-school children are expected to know all their times tables up to 12x12 by the end of Y4. The Multiplication Tables Check was introduced in 2019; but then cancelled due to COVID-19. It is now compulsory for all English schools and we will be completing the check next week. More information can be found in the attached parent leaflet.

'Our Highlights' of the week ...

Little Eagles – We used all our senses to explore and play as we enjoyed lots of messy play this week
Class 1 – The whole class had plenty of fun during PE with lots of games and practising on the running track
Class 2 – Arthur has enjoyed tasting different vegetables for the class project.
Class 3 – Robyn liked finding out the meaning of the verses while learning the poem "The Tiger".
Class 4 – Lily found learning about ancient Greek pottery fascinating.

Best wishes, Hayley Adams



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Early years food choking hazards

Vegetable and fruits	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
Meat and fish	Advice
Sausages and hot dogs	Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily.
Meat or fish	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat.
Cheese	Advice
Grate or cut cheese	Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible.
Nuts and seeds	Advice
Chop or flake whole nuts	Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old.
Bread	Advice
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips.
Snacks and other foods	Advice
Popcorn	Do not give babies and young children popcorn.
Chewing gum and marshmallows	Do not give babies and young children chewing gum or marshmallows.
Peanut butter	Do not give babies and young children peanut butter on its own, only use as a spread.
Jelly cubes	Do not give babies and young children raw jelly cubes.
Boiled sweets and ice cubes	Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes.
Raisins and other dried fruits	Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces.