



4th September 2026

Dear Parents,

I hope you had a lovely summer holiday. The children seem to have returned refreshed and eager to learn. It has been lovely to hear about the fantastic experiences you have given them over the summer, as well as their hopes and dreams for this year.

We are also really fortunate to welcome new children and families to our school community. A new beginning and a new year are always an exciting time.

This week, we have had a few days of induction, which have given the teachers a chance to set up their routines. It has been lovely walking around the school. The children at Our Lady's are always amazing, but in these first few days they really are trying to make a good first impression. There is a lovely, calm and purposeful atmosphere, which is a really good sign for the year ahead.

The rest of this letter contains a lot of information. Apologies for bombarding you at the start of the year, but hopefully it will help you ensure your children are prepared for school so that we can maximise their learning time.

God bless,

Mr Holdsworth

Morning Routine

As I am sure you are all aware, the children achieve amazingly well at Our Lady's school. Here are the headlines:



However, it is important to remember that you can't achieve outcomes like those without being curious about how we can improve. One of the areas we are focusing on this year is spelling. We are introducing a system to help children overlearn National Curriculum spellings in the morning. **The only thing we need you to do is try to get your children to school by 8.45am.** Although they aren't late if they arrive before 9.00am, we use the time from 8.45am until 9.00am to do a lot of this overlearning. Our curriculum is really full, which is why we have to make the most of every moment.

Thank you for your help

Mr Holdsworth

Smartphone Free School

A reminder that, as of September, we have become a smartphone-free school. In practice, this mainly affects Year 6 children who walk to and from school independently. They do not generally need a smartphone for this purpose, but if you feel your child needs a mobile phone, you can find information about brick phones on this website.

Smartphone Free Childhood

The most important thing to teach children is the importance of arriving where they are expected to be, on time. If they do not arrive as expected and nobody knows where they are, adults may become concerned and may need to involve the police to make sure they are safe.



Equipment - KS2

This is just a reminder of the equipment that children need to have in school every day, as a minimum. It is really important that they come to school with the right resources so they are ready to learn. We do have a shop in school in case you can't get the equipment elsewhere.

- School handwriting pen
- Pencil
- Rubber
- Pencil sharpener
- 30 cm ruler
- Colouring pencils
- Small pair of scissors
- Glue stick
- Pencil case

The colouring pencils are particularly important as they really help the children make sure their work looks great.

Meet The Teacher



Breaktime Snack

Just a reminder that children are welcome to bring fresh fruit for breaktime, but they should not bring snacks in packets. I do not want Our Lady's to be the kind of school that bans crisps and similar foods, as I do not believe in becoming the food police. However, these items are best kept as part of a packed lunch rather than eaten at breaktime.

Thank you.

Is your child's packed lunch as healthy as a school meal?

Research from the University of Leeds found that **only 1.1% of packed lunches met the nutritional standards expected of school meals**. More recent national research continues to show that school meals are generally higher in vegetables, fibre and key nutrients than packed lunches.

Put simply, if 100 children at Our Lady's bring a packed lunch each day, the statistics suggest that only one is likely to have a lunch that is nutritionally equivalent to a school meal.

In an ideal world, school meals would be free for all children and almost every child would have one. However, I understand that there is a cost for Key Stage 2 pupils and that some children prefer a packed lunch. While personal preference is important, we also know that children do not always choose the healthiest options if left entirely to their own devices! I'm sure most of them would happily eat McDonalds every day.

If you prepare packed lunches for your child, it is worth using the School Food Standards as a guide. These standards ensure that school meals include a balance of fruit, vegetables, starchy carbohydrates, dairy products and protein-rich foods, while restricting foods that are high in fat, salt and sugar.

If you are interested in learning more about the link between diet, health, attendance and attainment, a good starting point is this BBC report:

[The overlooked factor driving the childhood obesity crisis - BBC News](#)

Extra-curricular Clubs

The extra-curricular clubs will start on Monday 14th September. We will get more information to you about our offer next week.