Tetney Primary School Newsletter

No. 1 18th September 2026



Welcome Back

Now that we are well into the new school year, I would just like to wish you all a warm Tetney welcome.
We will be sending out a list of useful dates for the term ahead including our the latest from the Friends of Tetney Primary School (FOTPS).

Mrs Waddingham or I will do our best to be out on the front gate every day, so please feel free to stop and speak about any issues you may be experiencing.

Attached Notifications & Guidance

Healthy Eating Guidance
To help us promote healthy eating in school, please ensure that packed lunches **do not contain sweets, chocolate bars or chocolate covered biscuits.** Snacks for breaktime must be fruit only, and drinks in class should be water. Children may bring juice to have with their lunch if they wish

Information on Allergies and Anapylaxis
With the introduction of Benedict's Law, all schools are required to undergo training to ensure that all staff are aware of allergies and how we can ensure that all children are kept safe. **Please read the attached leaflet that explains some of essential information about allergies.**

The attached pages are for information and guidance:

- Juggling the Joys of Parenting
- St Peter's Church, Holton le Clay
- Louth Netball Club

Attendance

Our whole-school attendance is currently higer than the national figure of 94.7% and is equal to the local figure and is at 98%.
Class Attendance This Academic Year-
Cedar Class: 98.9%
Oak Class: 96.3%
Elm Class: 93.9%
Sycamore Class: 92.9%
Willow Class: 95.1%
Thank you for your continued support in helping children attend school regularly and on time.

Individual Healthcare Plans

If your child has an Individual Healthcare Plan on file for a medical condition such as asthma or allergies, a copy has been sent home along with a covering sheet. Please review and indicate whether the plan is no longer needed, remains valid and unchanged, or has been updated. If your child requires an Individual Healthcare Plan but does not currently have one, please contact the school office.

Upcoming Dates for your diary

Thursday 24th September - Year 6 Insight to Engineering Day at Phillips 66
Thursday 1st October - Years 4/5 Dodgeball Event

Policies

Please see link to our **Attendance Policy**
Please take a moment to familiarise yourselves with it and ensure you are aware of how to report absence, request a leave of absence e.g for term time holidays and understand that we must follow the DfE guidance on this.

Lunchbox Top Tips



Keep them fuller for longer
Base lunch box on foods like bread, rice, pasta & potatoes. Choose wholegrain where you can.



Mix your slices
If your child doesn't like wholegrain, try making a sandwich from one slice of white & one slice of wholemeal/brown bread.



Freeze your bread
Keep a small selection of bread in the freezer. Make lunchboxes more interesting by using different shapes like pittas, bagels & wraps.



DIY lunches
Wraps & pots of fillings can be more exciting for children when they get to put them together. Dipping foods are also fun & make a change from a sandwich each day.



Less spread
Cut down on the spread used & try to avoid using mayonnaise in sandwiches



Cut back on fat
Pick lower fat sandwich fillings, such as lean meats (chicken & turkey), fish (tuna) & low-fat cheese.



Ever green
Always add salad to sandwiches – it all counts to your child's 5-a-day.



Always add veg
Cherry tomatoes, or sticks of carrot, cucumber, celery & peppers all count towards their 5-a-day.



Cut down on crisps
Try reducing the number of times you include these in lunchboxes – swap for homemade plain popcorn or plain rice cakes.



Add bite-size fruit
Try chopped apple, peeled satsumas, strawberries, blueberries, halved grapes or melon slices to make it easier to eat.



Tinned fruit counts
A small pot of tinned fruit in juice – not syrup- is perfect for lunchboxes.



Swap the fruit bars
Dried fruit such as raisins, sultanas & apricots are not only cheaper than processed fruit bars & snacks, but healthier too.



Watch the teeth!
Dried fruit counts towards your 5-a-day, but can only be eaten at mealtimes to reduce the risk of tooth decay.



Swap the sweets
Swap cakes, chocolates, cereal bars & biscuits for malt loaf, fruit teacakes, fruit breads or fruit.



Go low fat & low sugar
Go for low fat and low sugar yoghurt or fromage frais & add your own fruit.



Check your cheese
Cheese can be high in fat, so use less of it – or reduced fat varieties.



Get them involved
Encourage your children to choose & prepare what goes in their lunchboxes.



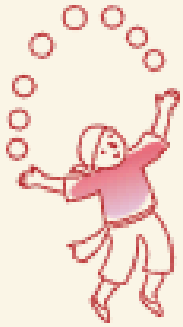
Variety is the spice of life
Be adventurous & get creative to mix up what goes in their lunchboxes.

For more information visit the Change 4 Life website: www.nhs.uk/change4life

Lincolnshire Parent Carer Forum

Juggling the Joys of Parenting!

2026-27 Workshop Series



Hosted by LPCF & presented by Hil Gibb



Hil is an experienced facilitator with over 30 years of experience working with families and educators. Her workshops are practical, engaging, and designed to help parent carers develop strategies for everyday challenges.

Who are these workshops for?

These free workshops are for parents of children with special educational needs/disabilities on the LPCF membership. Whether you are newly navigating the system or have years of experience, there is something here for you.

What to expect

-> 9 stand-alone sessions held on a Thursday, monthly via Zoom
-> Each session lasts 90 minutes (11:00am - 12:30pm)
-> Friendly, supportive, and confidential environment
-> Practical strategies you can use straight away
->There is no pressure to contribute. You're very welcome to simply listen and take away whatever is helpful for you.

Workshop Programme

1. Why Me? | 2. Space for Self | 3 & 4. Effective Communication
5. Understanding Strategies | 6. What Makes Us Tick?
7. Resilience | 8. Planning for your future | 9. Bringing it altogether

Attend a single session or enjoy the full series – the choice is yours.



St Peters Church
Holton le Clay



LOUTH NETBALL CLUB - U11 -

Under 11 Years 3, 4, 5 & 6



TRAINING:
Thursday 5-6PM

VENUE: Meridian Leisure Centre

EMAIL: Louthnetballclub7@gmail.com

NEW PLAYERS WELCOME!

Build Friendships • Stay Active • Have Fun

Open to all skill levels • Safe & supportive environment • EN-qualified coaches

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

ALLERGIES & ANAPHYLAXIS

An allergy is an overreaction of the immune system to a food or substance that's usually harmless. Symptoms can be mild, but for some people they can be very serious. This is known as anaphylaxis.

HOW TO SAY ANAPHYLAXIS: ANA-FIL-AX-IS

ALLERGIES AND ANAPHYLAXIS



- Mild allergy symptoms are treated with antihistamines.
- Anaphylaxis is treated with adrenaline, which is administered via an adrenaline device, injected into the outer upper thigh or using a nasal device.
- Anaphylaxis is a medical emergency and a threat to life.

ANAPHYLAXIS SYMPTOMS

AIRWAY

Symptoms include swelling in the throat, tongue or upper airways; tightening of the throat; a hoarse voice; and difficulty swallowing.



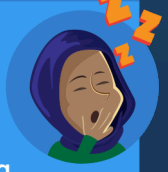
BREATHING

Symptoms include persistent cough; sudden onset of wheezing; breathing difficulty; and noisy breathing.



CIRCULATION

Symptoms include pale and clammy skin; dizziness; feeling faint; sudden sleepiness; tiredness; confusion; and loss of consciousness.



In extreme cases of anaphylaxis, there could be a dramatic fall in the patient's blood pressure. The patient may become weak and floppy, and have a sense of something terrible happening. Any of the ABC symptoms listed above may lead to collapse and unconsciousness and, on rare occasions, be fatal.

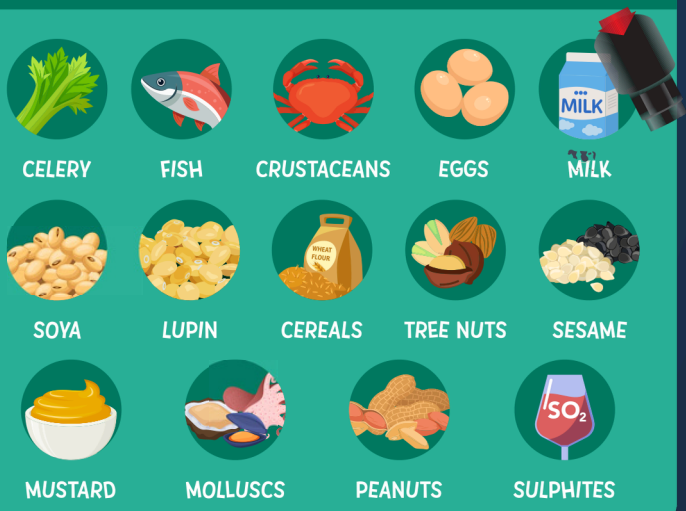
WHAT ADRENALINE DOES

Adrenaline reduces swelling, opens the patient's airways and raises their blood pressure. Patients must go to hospital for monitoring, as the reaction could return.



TOP 14 FOOD ALLERGENS:

(However, be aware people can be allergic to [illegible]ing.)



NON-FOOD ALLERGENS:



LINKS TO FURTHER RESOURCES - Scan the QR codes to find out more

- AllergyWise®
- EpiPen
- Jext
- ADRENALINE AND AADs

Meet Our Expert

Anaphylaxis UK is the only UK-wide charity operating solely for the growing numbers of people at risk of serious allergic reactions and anaphylaxis. While there's no treatment or cure for anaphylaxis, we believe that by providing information, training and support, there's a brighter future for people living with serious allergies.

anaphylaxis UK

#WakeUpWednesday®

The National College®

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