



## Message from Mrs Watts

It is certainly beginning to feel like summer is coming and the warmth is a welcome change for us all! March has once again been a busy month in school and we thank you again for all of your support as we continue to manage COVID and the required restrictions.

Our School Council organised a lovely Red Nose Day which made us laugh, but also gave us the opportunity to think about the small things we can do that contribute to a better world for us all. Our children have spent time in class assemblies thoughtfully considering the ongoing conflict in the Ukraine. We are conscious of the feelings of our children as they respond to the news and snippets of information they hear. On Red Nose Day, we provided time for children to reflect together and make paper cranes for peace and we are continuing to use class assemblies to provide structured and safe spaces for our children to share their worries and talk about their feelings. Our Y1 children have also been thinking of ways they can raise money to make a difference to others. What super stars!

You will also be receiving a link to the Epi Owl at the end of term. This is a termly celebration of our learning across school. It is a wonderful way for you to enjoy seeing the range of learning and other events that take place across school. Remember, you can find our newsletters on our [website](#) too.

*Thank you once again everyone and we hope you enjoy a wonderful Easter holiday with your families.*

### Diary Dates:

**01/04/22** – Y3/Y4 Sports Day at Happy Valley  
**04/04/22** – FS2 Trip to SBA Police Station  
**04/04/22** – Y3 and Y4 Football Tournament  
**04/04/22** – Y6 Oliver Performance 10:00am and 11:30 am  
**04/04/22** – 14:15 Y6 Parents SATs information evening  
**05/04/22** – Y4 Trip to Kourion Amphitheatre  
**05/04/22** – FS2 Sports Day at Happy Valley  
**06/04/22** – Y3 Trip to Kourion Amphitheatre  
**06/04/22** – FS1 Sports Day at Happy Valley  
**08/04/22** – Egg bashing event in school  
**08/04/22** - School Closes for Easter **at 12:30**  
**25/04/22** – Children return to school  
**02/05/22** – Bank Holiday – school closed  
**09/05/22** – Y6 SATs week  
**17/05/22** – KS2 Rounders Festival  
**w/c 23/05/22** – Queen’s Platinum Jubilee events  
**17/06/22** – Closing date for CBF Writing competition

### Easter Events:

Don't forget to join in our whole school egg decorating competition! Children can hand in their designs from the 4<sup>th</sup> April to the 6<sup>th</sup> April. Please remember to decorate hard boiled eggs. We have some eggciting judges lined up and prizes will be given to winners and runners up in FS2, Y1/Y2, Y3/Y4 and Y5/Y6. **Judging will take place on the 6<sup>th</sup> April.**



On Friday the 8<sup>th</sup>, the annual Epsikopi egg bashing competition will also take place.

### Toys in School:

We have noticed recently that some children are bringing toys into school. This can often lead to fall outs and things getting lost. We kindly ask that children do not bring toys into school unless these are requested by teachers or as part of special days.

### Parent Contact Details:

It is vital that we have up to date contact details for parents at school. We are required to have at least two emergency contacts for children.

**Please make sure you update your contact numbers with us if they change.**

### School Day Timings:

Please note, the FS2-Y6 day starts at **07:55**. **Children should not be in school before 07:45 at the earliest** as they will not be supervised. FS2 to Y2 children finish at 13:40pm and Y3 – Y6 at 13:45pm.

### Every Day Counts:

Please remember that good attendance leads to good learning and progress in school. As part of our normal monitoring of attendance, we will write to you if your child's attendance is nearing or below 90%, as this is the figure for persistence absence. Please do not be offended as this reflects our commitment to supporting all of our children to achieve their very best. We may also invite you in to school to discuss your child's attendance and how we can support this.

**Please note we cannot authorise holidays in school time.**

Please talk to us if you need help or support in any way.

### School Uniform:

Please remember that school uniform will change to our summer uniform after Easter. You can find more information on our website [here](#).

**Please remember children should wear dark coloured shoes and school jumpers or cardigans.**

**Summer** (April to mid October)

**Girls:** Blue check cotton dress or smart beige shorts (not beige skirts), white shirt (can be polo style)

**Boys:** Smart beige shorts, white shirt (can be polo style)

### Red Nose Day:

With the help of our School Council, we raised £360!

Thank you everyone – Funny is Power!

### Easter Holidays:

Don't forget, school closes at 12:30 on the 8<sup>th</sup> April. Please remember to ensure your child has a COVID test before they return to school on 25<sup>th</sup> April 2022.

Thank you.



### Wraparound Care:

We have wraparound care available on site from 07:00 before school and until 16:00 after school. You can book these sessions as regular sessions or as ad hoc sessions. Holiday provision is also available and will be based at the Early Years site.

Please book sessions in advance by emailing [Episkopi.EarlyYears@modschools.org](mailto:Episkopi.EarlyYears@modschools.org) or by completing the form [here](#).

### 2022-2023 Term Dates:

Our school term dates for the 2022 – 2023 school year can now be found on our website [here](#).

# The SSAFA Food Corner

**ssafa**  
the  
Armed Forces  
charity

Children need a variety of nutrients and plenty of energy throughout the day. This is to promote growth and development.

Main meals (breakfast, lunch and dinner) are essential opportunities to provide nourishment! **Therefore, our children's lunch boxes need to include the essential foods to help meet their daily nutrient needs.**

## Lunch boxes should include:

A starchy food - e.g. brown bread, wraps, pitta, pasta or crackers

A portion of fruit AND a portion of salad or vegetables

A portion of dairy food - e.g. a small yogurt or a carton of milk

A protein rich food - e.g. tuna, chicken, eggs or beans

A healthy drink - e.g. milk, water, 150ml of 100% juice or smoothy



## Try it out!



## Ham & Cheese coleslaw with wholemeal pitta

### Ingredients

- 1 teaspoon reduced-calorie mayonnaise
- 1 tablespoon low-fat Greek style yoghurt
- 1 thin slice of white cabbage, shredded (to give a handful)
- 1 small carrot, grated
- 2 spring onions or a slice of onion, chopped
- 15g reduced-fat cheddar cheese, finely chopped or grated
- 1 slice of ham, chopped into chunks
- Parsley, chopped (optional)
- 1 wholemeal pitta bread

### Method

1. In a bowl, mix the mayonnaise and yoghurt.
2. Add the vegetables, cheese, ham and parsley (if using). Mix well.
3. Carefully split open the pitta bread and fill with the coleslaw.

### Tips:

- The coleslaw keeps well in the fridge so make it the evening before to help with the morning rush!
- Simply double the quantities if you have 2 lunchboxes to prepare.

### Complete your lunchbox with:

- 5 cherry tomatoes
- 1 tablespoon low-fat Greek style yoghurt
- 200ml semi-skimmed milk

For more recipes visit  
[NHS - Healthier Families Recipes](#)