Alexandra Park Junior School
To Learn, Be Happy and Achieve Our Best

THE Pinnacle LEARNING TRUST

Principal's Newsletter 27th November 2026

Dear Parents and Carers,

Alexandra Park's Christmas Lights Switch-On!



We are excited to invite all our families to join us on Wednesday 2nd December, straight after school in the front playground, for a very special festive celebration as we light up our first-ever outdoor Christmas tree! Our wonderful school choir will be performing Christmas songs to get everyone into the festive spirit, and we will be joined by some very special visitors, including Father Christmas himself and a surprise special guest! We would love as many families as possible to join us for this magical occasion as we come together as a school community to celebrate the start of the festive season. We hope this will be the beginning of a wonderful new Christmas tradition at Alexandra Park Junior School!

Healthy Packed Lunches and School Dinners



At Alexandra Park Junior School, we are committed to promoting healthy lifestyles and encouraging all our children to enjoy a healthy, balanced diet. We ask parents and carers to familiarise themselves with our packed lunch guidance and ensure that children bring a nutritious lunch that will support their energy, concentration and learning throughout the school day. We would also encourage families to consider our school dinners, which offer a balanced alternative to packed lunches. Please be particularly mindful that some children in our school have serious food allergies, and we ask all families to follow our guidance regarding foods that should not be brought into school. Thank you for your continued support in helping us to keep all our children healthy, happy and safe.

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Let's get reading - BOOM Reader

"If you are going to get anywhere in life you have to read a lot of books." - Roald Dahl

Well done to all the children and families who have logged onto Boom reader. We are pleased to announce the most home reading logs recorded on Boom reader this week.

Position	Name	Reads at home
First Place	Alyssa Islam Class 7	16 parent reads
Second Place	Huzaifa Mohammed Class 7	10 parent reads
Third Place	Farhaan Mohammad Class 7 Maryam Khan Class 8 Zainab Mallick Naureen Class 4	8 parent reads

Alexandra Park School, Brook Lane, Glodwick, Oldham, OL8 2BE
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Spelling Shed Winners

Top Spelling Shed Pupils

#	Avatar	Pupil	Groups	Score
1.		Ayeza Umair	Class 9,5C Miss Bradley & Mrs White	15,521,669
2.		Muhammad Mustafa	Class 9,5C Miss Bradley & Mrs White	10,402,315
3.		Areeha Nadeem	Class 9,5C Miss Bradley & Mrs White	9,912,216

TT Rockstars – CELEBRATIONS!

The most accurate Class	Class 9
The most active Class	Class 4
The most improved speed	Clemcious Asemota Class 8
The most active player	Muhammad Ayan Class 2

TT Rockstar Champions – Year 4

Class 4	Danyal Anis
Class 5	Ayan Yasin
Class 6	Adam Safyan

Word Aware

This week's word is 'cosmopolitan.'

Please encourage your child to use this word when out and about.



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WORD OF THE WEEK!

Each week you will be given a new word to explore at home.
You can pick a challenge and upload it to Class Dojo.

ClassDojo



Attendance

At Alexandra Park we work extremely hard to ensure children are learning to their best ability and are happy within our school. An essential part of this is every child's punctuality and attendance. Every child and parent/carer have a part to play, as well as every member of staff, in making sure that we have excellent standards for attendance and punctuality.

We have high expectations for all of our pupils and that starts with attendance.

OUR TARGET IS 100% ATTENDANCE



Attendance should be at least 97%. 97% is the same as 6 days off school during the whole school year.

Well done to the classes below that achieved 95% and above last week.
A HUGE WELL DONE to the children and their families.

Classes – ALL CLASSES

Class 4 had the highest attendance with 99.4% - Amazing!

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We look forward to working in partnership with you throughout the year.

Mrs J L Seabright
Principal
Alexandra Park Junior School



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Packed Lunch Guidance

Introduction

To grow and stay healthy children need to eat a nutritionally well-balanced diet. Schools are an influential setting and can contribute significantly to improving the health and wellbeing of pupils.

Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit, and vegetables.

Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.

Aim

This guidance aims to give clear information to parents/carers, pupils, governors, and staff on providing a healthy packed lunch (brought from home)

The guidance applies to all packed lunches consumed within school, on school trips and school journeys taking place during the school day.

Rationale

- Schools are required to positively promote the health and wellbeing of its pupils. Working around healthy eating is a high priority.
- The content of lunchboxes needs to reflect the requirement of schools to meet minimum food and nutrition standards for school meals.
- To encourage healthy eating habits from an early age and improve the overall nutrition of pupils.
- The short-term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration, and behavioural problems which may have an impact on a child's learning.
- The longer-term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease, and diabetes in adulthood.

Implementation

This guidance fits within a wider context of promoting a whole school approach to food and healthy eating. (see appendix 1/2)

Children's packed lunches should include items from the 5 main food groups;

Bread, Potatoes, Pasta

These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions e.g. pasta salad, sandwich.

Fruit and Vegetables

These foods provide vitamins, minerals, and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more e.g. carrot/cucumber sticks, cherry tomatoes, a piece of fruit.

Milk and Dairy Foods

These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch e.g. yoghurt, fromage frais, cheese, milk.

Fish, Eggs, Beans, or Meats

These foods provide protein for growth. Packed lunches should include 1 portion of these foods e.g. boiled egg as filling in sandwich, mixed bean salad.

Restricted Foods

- **To ensure consistency and to keep packed lunches in line with food standards for school meals, packed lunches should not contain the following:**
- **Fizzy / sugary drinks in cartons, bottles or cans. (including diet or energy drinks which can contain elevated levels of caffeine and other additives which are not suitable for children).**
- **Chocolate-coated products / sweets / confectionary.**
- **Chocolate spread as a filling for sandwiches.**
- **Sugared / toffee and salted popcorn.**
  Crisps or any packet of savoury snacks high in salt and fat

Special diets and allergies

We ask parents/carers be aware of nut allergies. The school recognises that some pupils may require special diets that do not follow the National Food Standards exactly. In this case parents/carers are asked to speak to school as we need to be aware.

Allergies in school that we need to be vigilant about are:

All nuts, including peanuts, peanut butter, Nutella.

Sesame seeds and products which contain seeds such as buns.

Packed lunch containers

It is the responsibility of the parents/carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack.

Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

Storage of packed lunches

The school will provide storage area / facilities for packed lunch bags, in the most convenient and appropriate place possible. However, the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

Dining facilities for pupils bringing a packed lunch

Packed lunch children are free to eat with their friends in the dining room.

Waste and disposal

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and raise any concerns over their child's food intake with the school.

Monitoring

To promote healthy eating, we will daily monitor the content of packed lunches and involve pupils and staff. We will talk to parents/carers where necessary and offer guidance on bringing healthy packed lunches.

We will regularly provide you with information about healthy packed lunch in the child's lunchbox to inform you about healthy choices.

Working with parents and carers

We hope that all parents/carers will support this packed lunch guidance. We will offer advice and guidance to parents/carers on packed lunches if required. We offer a range of ways to support parents/carers e.g., information in newsletters, parents' meetings, workshops.

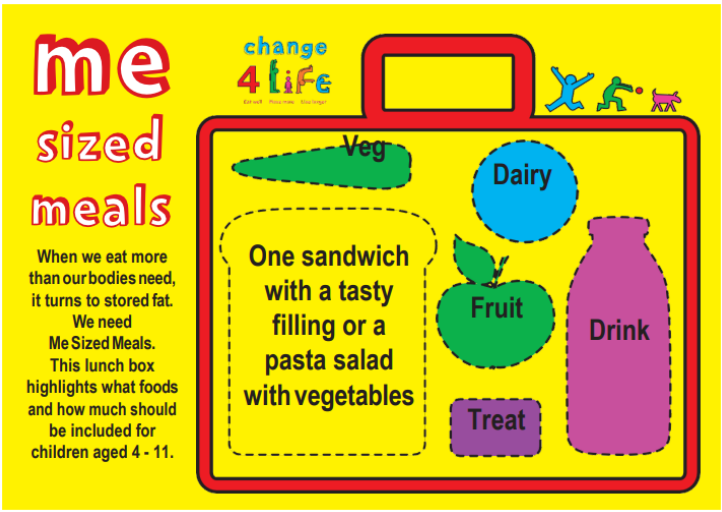
Healthy school meals

We know preparing and shopping for packed lunches can take a lot of time. Children sometimes make a fuss and try and persuade parents to put them on packed lunches, by seeing their friends with a variety of different foods to their own.

If you are considering school dinners, especially around the winter period where your child will receive a healthy warm lunch you can come in and speak to us and we will be happy to transition your child to school dinners.

No matter what the issue we are here to help.

Appendix 1



Appendix 2

