



20th March 2024

Dear Parents,

RE: General Updates

As we navigate through another busy period at Bowes, I would like to take a moment to send out some important reminders. These reminders serve as helpful guides to maintaining the smooth operation of our school and your support is greatly appreciated.

Items from home

Recently, we have noticed a significant rise in the number of personalised items being brought into school, such as cards, toys, lip glosses/balms and elaborate hair products. While we understand the sentimental value attached to certain belongings, bringing them to school poses various challenges. These items may get misplaced, taken, or cause disputes/jealousy among the children.

I would like to kindly remind everyone that children are not permitted to bring items from home. If you believe that bringing an item from home could assist your child's attendance at school, please discuss and agree this matter with your child's class teacher.

Uniform

Please view our [Uniform Policy](#) which has a short breakdown of our expectations of the type of uniform we require our children to wear at Bowes.

At our school, we have two types of uniforms: the regular uniform for everyday wear and the active uniform specifically for Physical Education. The active uniform must be worn on your child's scheduled PE days. This ensures that they can fully participate in physical activity and engage in their active education.

Our Active School Uniform consists of the following:

- Bowes blue jumper/cardigan (black for Year 6);
- White polo shirt;
- Plain black shorts for indoor PE lessons (in the colder months these should be worn under tracksuit bottoms);
- Plain black tracksuit bottoms (no logos);
- Black trainers.

If you are unsure of your child's PE days, please speak to your child's class teacher.

For health and safety reasons, **no jewellery** should be worn with the exception of religious items, small stud earrings and watches (no smartwatches please). Children must remove all earrings and watches before PE and games lessons.

Snacks

Bowes participates in the government-funded scheme which provides daily fruit and vegetable snacks to all children in Reception, Year 1 and Year 2. Therefore, children in these year groups do not require an additional snack from home.

We encourage children in Key Stage 2 (Years 3 - 6) to bring in a healthy snack from home. As part of our commitment to promoting healthy eating habits, we ask you to provide nutritious options for your child/ren's snacks. This will support them with their concentration and energy levels throughout the day.

Items such as fresh fruits and vegetables are recommended. Please do not send your child/ren into school with sugary snacks, chocolates, sweets, or crisps for their mid-morning snack.

It's important to note that Bowes Primary School is a No-Nut School. Please do not send snacks that contain nuts or nut-based ingredients to ensure the safety of all our students.

If you have any questions, please do not hesitate to get in touch.

Thank you for your continued support.

With my kindest regards,

Effie Demetriou

Headteacher

