

# SCRAPTOFT VALLEY PRIMARY


*“Working together to give every child an excellent education in a caring environment”*

September 2025



## Welcome back

Welcome back to Scraptoft Valley, we are very excited about starting a new term, with lots of exciting things planned for the year!

We will keep you updated through newsletters, texts and emails, so 



please check your contact details and return your data collection sheet asap!

As we start the new school year, we would like to remind everyone of the importance of hydration and sleep.



Both of these are essential to having a good day in school and brain/body development.

You will find some Top Tips on the next few pages to help healthy drinking and peaceful sleep



Our new school uniform expectations have started this year and we are seeing lots of very neatly presented children across the school.

Remember there are PE kit expectations so please do not send your child to school in any colours other than our school colours.

If your child is not in uniform, we will speak to them about this and a text will be sent home reminding families of the expectations.

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Do you have any old uniform at home? Please bring to the school office for it to be donated to LCH.

Thank you



We have introduced a new dining room layout for lunchtimes where children can sit around the table in smaller groups and engage in conversation. This half term's table topics are all 'Leicester places'. Can your child name all the tables?

*(answers on the last page of this newsletter)*

Congratulations to Miss Firmager on the safe arrival of her baby daughter on 3rd September



www.healthforkids.co.uk is a website with lots of support and tips on how to get your child sleeping and ready for their day at school. Here are some Top Tips:

**Health  
for Kids!**

**NHS**  
Leicestershire Partnership  
NHS Trust



## Sleep is essential for good health

### Recommended sleep per night

Age 4-7



10-11 hours

Age 8-9



10 hours

Age 10-11



9.5 hours

### Routine is key



1. Calm play
2. Bath and clean teeth
3. Story time
4. Sleep

### Get more sleep advice



or visit:  
[bit.ly/H4KSleep](https://bit.ly/H4KSleep)

Get lots of fresh air and get your body moving for 60 minutes every day



Enjoy some calm, chill out time before bed



Avoid screens one hour before bed



Sleep in a dark, quiet room



Enjoy a glass of milk before bed- no fizzy drinks!



### Top tips for a better night's sleep



Please ensure your child has brought a water bottle to school (with their name on) to ensure they are keeping hydrated throughout the day.

Water is essential for learning and developing!

# KIDS NEED WATER

**5 GLASSES**  
TO KEEP 5-8YR OLDS  
HYDRATED



**7 GLASSES**  
TO KEEP 9-12YR OLDS  
HYDRATED

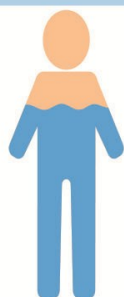


**2 LITRES**  
(8-10 GLASSES)  
TO KEEP 13+YR OLDS  
HYDRATED



Our Body is more than

## 70% WATER



Water is a vital nutrient transporting oxygen to cells and waste away. It maintains blood volume in your body and is used by all organs.

Our Bodies need water for



 You can **SURVIVE WEEKS WITHOUT FOOD** BUT ONLY **DAYS WITHOUT WATER.**

Children are at **GREATER RISK** of **DEHYDRATION**

Their bodies don't cool down efficiently and they don't always recognise they're thirsty.



## SIGNS



- THIRSTY
- HEADACHES
- TIRED/LETHAGIC
- LACK OF FOCUS
- DRY SKIN
- SUNKEN EYES
- PALENESS
- DARK COLOURED URINE
- SUNKEN FONTANELLE

(SOFT SPOT ON BABIES HEAD)

## TIPS

- TAKE** a water bottle when you leave the house
- DRINK WATER**
  - before & after sport
  - During meals
- BUY** a new drink bottle or fun curly straw
- ADD** slices of lemon/orange
- HAVE** a bottle of water in fridge

**AVOID**  
SUGARY DRINKS  
SOFT DRINKS  
JUICE

## FOODS

Can provide 20% of a bodies water needs the rest must come from liquids.

**NATURAL SOURCES OF WATER**



your **BODY TEMPERATURE** is regulated by how much water is in your body.

## **|Uniform expectations**

Black or grey skirt, shorts, dress or trousers, or checked summer dress



Plain white or light blue polo shirt, shirt or blouse



Plain royal blue sweatshirt/jumper or cardigan



Footwear –black school shoes or black trainers (No crocs)



## **PE kit**

Plain black or grey shorts or joggers

Plain white or light blue PE t-shirt

Plain royal blue or black jacket or sweatshirt

Footwear – black trainers



ALL clothing must have your child's name in it

# Penalty Notice Fines for School Absence

Fines are issued in line with the National Framework for Penalty Notices.

This poster explains when a fine can be issued for unauthorised absence that occurs from August 2025 onwards. Fines issued for absence that happened from August 2024 onwards count towards the escalation process.

## Per Parent, Per Child

Penalty Notice fines will be issued to each parent, for each child who was absent.

For example: 3 siblings absent for term time leave will result in **each** parent receiving 3 **separate** fines.

## First Offence

The first time a Penalty Notice is issued for Term Time Leave or irregular attendance the amount will be:

£160 per parent, per child when paid within 28 days.

Reduced to £80 per parent, per child if paid within 21 days.

## Consecutive days of term time leave

Penalty Notice fines will be issued for:

- term time leave of 5 or more consecutive days
- or 4 days where the absence immediately precedes/includes a 5<sup>th</sup> day which is a school closure day (e.g. school holiday / INSET / enforced closure) or **any** form of absence
- or for fewer days where this has happened before

## 10 sessions (5 days) of unauthorised absence in a 10-week period

Fines will be considered when there have been 10 sessions of absence in a 10-week period.

## Second Offence (within 3 years)

The second time a Penalty Notice is issued for Term Time Leave or irregular attendance the amount will be:

£160 per parent, per child when paid within 28 days. (No option to pay at £80 level)

## Third Offence and Any Further Offences (within 3 years)

The third time an offence is committed for Term Time Leave or irregular attendance a Penalty Notice will not be issued. The case will usually proceed to the Magistrates' court. Magistrate's fines can be up to £2,500 per parent, per child.

Cases found guilty in Magistrates' Court can show on the parent's future DBS certificate and may impact on **job applications and travel abroad**.

**Court prosecutions:** Penalty Notices will not automatically be issued. Parents are advised that where the LA considers that a Penalty Notice is not appropriate due to the level of concern about a child's absence, prosecution action may be taken.

By law, all Penalty Notice payments go to the local authority and not to schools.



## School Attendance

Just a quick reminder that our school times are **8.55am to 3.10pm**. Teachers are on duty in the playground from 8.45am and all children should be seated in class to start lessons at 8.55am



Punctuality at school is closely monitored as late arrival has a significant impact on your children's progress. If a child arrives late they miss the important introduction to the lesson and disrupt the class, thus interrupting other children's learning.

Absences from school should be reported on the morning of absence either by phone or by the School App stating the reason for absence. School will need to be kept updated on a daily basis. Any absences due to illness, where possible, must be supported with medical evidence i.e medication, prescription, appointment letter or text.



Our school policy, in line with Government policy, is that NO HOLIDAYS OR LEAVE OF ABSENCE will be authorised during term time. All such absences will be unauthorised.



Many thanks

## School Council 2025-26

Our new School Council for this academic year have had an exciting and busy start. The new class representatives, who were voted for by their class peers, have already met with myself and have been issued with new badges. They will soon discuss with the children in their classes about how everyone has found the start of term and will help promote our new Anti-Bullying Code **'Kindness is Key!'** Below is a list of the School Council for 2025-26.

Bambi and Quhey – Class 3

Siyana and Alfie – Class 4

Maliha and Ali – Class 5

Paislie and Valentino – Class 6

Lola and Kove – Class 7

Mia and Elyas – Class 8

Esmee and Arvan – Class 9

Rania and Naiwan – Class 10

Emelia and Tommy – Class 11

Amel and Joolz – Class 12

Mouna and Joey – Class 13

Khaleesi and Theo – Class 14

Harseerat and Yasir – Class 15

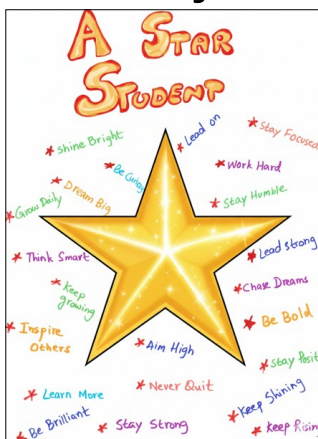
### Competition winners!!!!

We have held our first competition in school this week, where the children in years 2-6 were asked to design a new 'A Star student' poster. This will replace our Star of the Week.

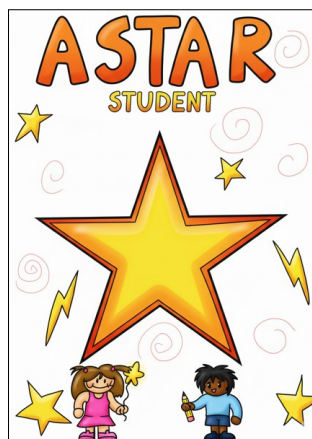
This year we are celebrating A\* children in school, this could be academic achievements, attitudes, effort, kindness, everything that makes our pupils A\* students!

Winners:

Aleena (yr6)



Umayrah (yr6)



Maleeha (y5)



**Answers:** (names of the tables in the dining hall)

1. King Power Stadium - Leicester City Football Club
2. Newarke Museum
3. Jewry Wall Museum
4. University of Leicester
5. De Montfort Hall
6. Highcross
7. Castle Gardens
8. Space Centre
9. Abbey Park
10. Twinlakes
11. Victoria Park
12. Bradgate Park
13. Mattoli Woods Welford Road Stadium - Leicester Tigers
14. Grace Road Cricket Ground
15. Mattioli Arena - Leicester Riders
16. King Richard III Visitor Centre