



Fairfields School

Helping children to help themselves

www.fairfields.northants.sch.uk

No.4 Term 4 2018

Important Dates

19th-23rd March

Sports Relief week

Thursday 29th March

Last day of Term 4

Monday 16th April

Staff training day

Tuesday 17th April

Start of Term 5

Monday 7th May

Bank holiday

Friday 25th May

Last day of Term 5

Monday 4th June

Start of Term 6

Friday 20th July

Last day of school year

Feel good = function well

We all know the benefits of eating a healthy diet however for some of our pupils this can be a challenge.

In children, rigidity around foods is very common, not just for those on the autism spectrum. There's no need to be too concerned if your child is eating foods from each of the main food groups, and if your child is growing well. However you should seek advice if your child is:

- ✓ accepting fewer than 20 foods
- ✓ refusing all foods from one or more food groups
- ✓ constipated – constipation can have a huge impact on appetite and may require medication
- ✓ suffering from tooth decay as a result of their diet
- ✓ losing weight or not growing well
- ✓ gaining weight excessively
- ✓ displaying behaviour, e.g. tiredness or eating non-edible items that might indicate a vitamin or mineral deficiency (e.g. iron deficiency)
- ✓ coughing and choking while eating, or has recurrent chest infections
- ✓ missing out on social opportunities, e.g. if they and your family can rarely go out due to the eating problems.

The following websites have some helpful advice:

<http://www.autism.org.uk/restricteddiet>

<https://www.ambitiousaboutautism.org.uk/understanding-autism/health/eating-issues>

<http://www.wlmht.nhs.uk/wp-content/uploads/2015/01/Eating-difficulties-in-children-with-disabilities.pdf>

If you would like further advice or support please contact Janice Crane: cranej@fairfields.northants.sch.uk

Healthy lunch box = Feel good + functioning well

Research has discovered that children are tucking into lunchboxes containing more than double their daily sugar intake. It also tells us that healthy lunch boxes during school years is greatly linked to educational achievement, improved concentration and behavior. Providing a nutritionally balanced packed lunch is essential in giving children the best chance in their academic years.

<https://www.nhs.uk/choose4life/recipes/healthier-lunchboxes>



Week beginning
19th March

Once again we are joining in with “get moving” to show our support for sports relief and healthy living. We are aiming for all pupils to participate in their own way during 19th – 23rd March. Our Physical, Health and Well-Being Learning team and currently liaising with class teams to organise different ways of “get moving.” More details to follow.

Attendance Matters



Last year our attendance target was 94%, we actually achieved 92.35%

Our current attendance is 91.92%

Regular attendance really does matter so please try to send your child into school every day; unless of course they are feeling too poorly. If you have difficulties with your child’s attendance please contact Janice Crane, our Assistant Family Support Worker who will be happy to try to help.

Please note, due to government regulations, the headteacher is unable to authorise holidays in term time except in very exceptional circumstances.

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Fairfield's School
accordingly invites you to celebrate their 80th Birthday
with a Diamond Dinner and Dance
At The Park Inn, Northampton, NN1 2TA
29th June 2018.
Arrival 7.15pm for dinner at 7.45pm
Disco and live band till 12.30am with carriages at 1.00am.

Tickets £45 per person
or a table of 10 for £405.

Formal dress - black tie and evening dresses

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