

Germander Park, Southwood and Downs Barn Schools' Newsletter September 2026

Welcome back!

A very warm welcome back to all our families. We have lots to look forward to this year, with some fantastic visits, events and a brilliant team of teaching and non-teaching staff to educate all your children, as always!

Southwood's Exciting Beach Trip News

Back in 2023, we arranged a trip for all our mainstream pupils to visit Hunstanton beach for the day. We are delighted to announce that we will be returning to Hunstanton with all our mainstream pupils on October 7th 2026! We will send further details to confirm arrangements nearer the time, but our intention is to leave at 9am and to return to school around 4.30pm.

The children will have a chance to visit the beach at Old Hunstanton and to visit the Aquarium in town too.

Most importantly, the visit has been fully paid for by fundraising over the last few years, so you do not need to pay a penny!



Fire Alarm Practices

In all the BPP Schools we have Fire Alarm Practices at least once a term, so that all staff and adults know what to do if there was a real fire emergency. When we practice, we need to take all the children to a safe place (this is on the playground for all three schools) and on occasion, we need to support children who are very young, or have additional needs to move to and from the playground safely, which may include physical intervention (where we have to physically help them to move safely).

If you receive a physical intervention record following a fire drill, it will be just to let you know that we have supported your child to move safely around the school.

Safeguarding Children in the BPP

Each Newsletter will contain information about keeping children safe. In this month's addition, we're focussing on safer eating.

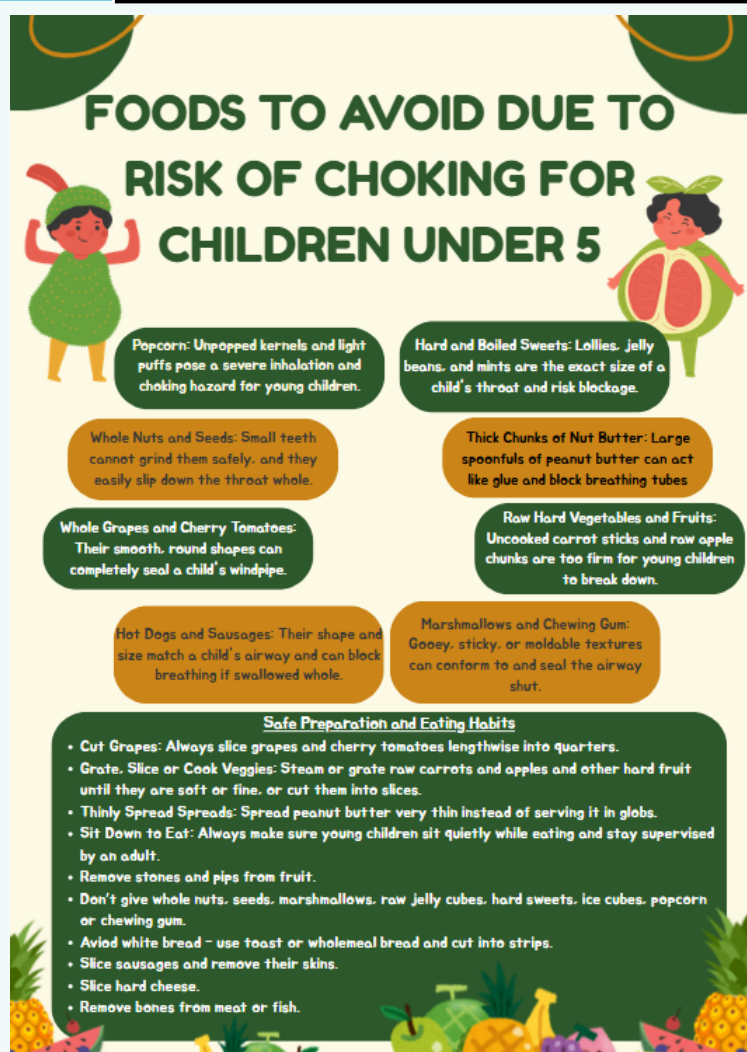
A healthy balanced diet for children

Food group	Examples of food included	Main nutrients provided	Recommended serving
Fruit and vegetables	Fresh, frozen, canned, and dried fruit, vegetables, and pulses	Carotenes (a form of vitamin A), vitamin C, zinc, iron, and fibre	At least 5 portions each day Provide a portion as part of each main meal (breakfast, lunch and tea) and with some snacks
Potatoes, bread, rice, pasta and other starchy carbohydrates	Bread, potatoes and sweet potatoes, starchy root vegetables, pasta, noodles, rice, other grains, breakfast cereals	Carbohydrate, fibre, B vitamins and iron	4 portions each day Provide a portion as part of each meal (breakfast, lunch and tea) and provide as part of at least one snack each day
Dairy and alternatives	Milk, cheese, yoghurt, fromage frais	Protein, calcium, and vitamin A	3 portions each day Provided as part of meals, snacks and drink
Beans, pulses, fish, eggs, meat and other proteins	Meat, poultry, fish, shellfish, eggs, beans, pulses, nuts	Protein, iron, zinc, omega 3 fatty acids, vitamins A and D	2 portions each day Provide a portion as part of lunch and tea (two to three portions for vegetarian children)

Allergies

Please remember Southwood, Downs Barn and Germander Park are all NUT FREE schools.

Germander Park is also citrus (so no oranges, orange juice, satsumas etc.) and mango free.



Attendance so far!

Southwood:	96.4%
Germander Park:	95.5%
Downs Barn:	95.8%

To get up to date information about term dates and other key information, please visit our school website:



Facebook

We share regular news about upcoming events on our Facebook page. This is the link if you'd like to follow us too: <https://www.facebook.com/Boulevard-Primary-Partnership-114657664463501>