



**Headteacher**

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Monday 11<sup>th</sup> February 2019

Dear Parents and Carers

**Marvellous Me DoubleDay** (Tuesday 26<sup>th</sup> & Wednesday 27<sup>th</sup> February)

**This letter contains important information regarding our next DoubleDay. We would appreciate your input in a couple of key areas outlined below.**

Our next DoubleDay is scheduled for Tuesday 26<sup>th</sup> and Wednesday 27<sup>th</sup> February. This is straight after the upcoming half term break (with Monday 25<sup>th</sup> February being an Inset Day).

We are calling this DoubleDay 'Marvellous Me'. The activities will focus on promoting self-esteem, aspiration and thinking about the future. The activities will include the following:

- Painting / decorating a 'Marvellous Me' themed T-shirt,
- Wearing their T-shirt in a whole school 'fashion show' celebration (loud music, cheering, posing, lots of fun).
- Making 'Just Me' Jelly.
- Activities to challenge job and role stereotypes.
- Job Hunt : opportunity to consider different jobs and what skills and attributes might be needed for each one.
- Asking the question "What might success in life look like?". Is it defined by status, possessions, developing oneself, trying new skills, being happy, having family and friends, 'being comfortable in your own skin'?
- Writing a letter to your 18 year old self – telling your future self about your life and interests now, as well as your hopes and aspirations as a 7- 11 year old.
- Reading a letter of encouragement from a parent / carer.

For your child to get the most out of this learning event we would appreciate your assistance and support in the following ways:

- (i) Writing a letter of encouragement to your child.** The plan is for every child to have such a letter to open and read confidentially on Wednesday 27<sup>th</sup> February. The letter could be written by anyone significant to the child: parent, grandparent, relative , close family friend, older sibling. It need not be long: three paragraphs will suffice. Please do not include a gift, money or the offer a gift/treat in the letter. It should simply be words of encouragement stating why you are proud of them, what you love about them: lots of positive, affirmative feedback for your child. Handwritten would be lovely.  
Please pop it in an envelope marked 'DoubleDay letter' with your child's name on the front and send in to your child's teacher via your child.
- (ii) White T-shirt** - Please send your child in with a cheap white T-shirt that they can decorate and paint. If you would like help sourcing this please let us know.
- (iii) Parent Help** - Some help may be needed with some activities (e.g. the jelly making). Please indicate on the reply slip if you can help (the school will contact you to confirm when / if your offer is required).



- (iv) **Mufti** – The children are welcome to wear mufti / non-school uniform.
- (v) **Permission to make and eat 'Just Me' Jelly** - Please look at the ingredients planned for the 'Just Me' Jelly (see below). We will assume that your child is okay to prepare and eat the jelly item unless we hear otherwise from you.
- For children who are on our allergies list we will need specific confirmation from parents that they can / cannot participate in the jelly activity.**

**Ingredients:**

**Fruit** : (oranges, kiwi, strawberries, melon, apple, pineapple, grapes)

**Jelly** : (all Hartley's brand – vegetarian and non-vegetarian)

**Strawberry jelly**

- Glucose-Fructose Syrup, Sugar, Water, Pork Gelatine, Citric Acid, Acidity Regulator (Sodium Citrate), Colours (Carmine, Curcumin), Acetic Acid, Flavouring

**Orange jelly**

- Glucose-Fructose Syrup, Sugar, Water, Pork Gelatine, Acid: Citric Acid, Acidity Regulator: Sodium Citrates, Acid: Acetic Acid, Colours: Curcumin, Carmine, Beta Carotene, Flavouring

**Lime jelly**

- Glucose-Fructose Syrup, Water, Pork Gelatine, Acid: Citric Acid, Acidity Regulator: Sodium Citrates, Acid: Acetic Acid, Colours: Curcumin, Copper Chlorophyllin

**Blackcurrant jelly**

- Glucose-Fructose Syrup, Sugar, Water, Pork Gelatine, Colour (Anthocyanins), Citric Acid, Acidity Regulator (Sodium Citrate), Flavouring,

**Vegetarian strawberry glitter jelly:**

- Sugar, Acid: Citric Acid, Acidity Regulator: Tripotassium Citrate, Gelling Agents: Xanthan Gum, Carrageenan, Colours: Beetroot Red, Annatto, Titanium Dioxide, Flavourings

**Vegetarian berry glitter jelly:**

- Sugar, Gelling Agents: Xanthan Gum, Carrageenan, Acid: Citric Acid, Acidity Regulator: Tripotassium Citrate, Flavourings, Spirulina Extract, Colour: Titanium Dioxide, Apple Extract, Lemon Extract

**Toppers / fillers:**

A variety of cake decorations (e.g gold stars, silver balls, 100s and 1000s)

Some small sweets (e.g mini smarties, grated chocolate, jelly tots)

e.g. Jelly tots:

- Sugar, Glucose Syrup, Starch, Acids (Malic Acid, Citric Acid, Lactic Acid), Concentrated Fruit Juices (1%) (Apple, Grape, Blackcurrant, Orange, Lemon, Lime, Strawberry), Acidity Regulator (Trisodium Citrate), Flavourings, Naturally sourced Colours (Anthocyanins, Copper complexes of Chlorophyllins, Carotenes, Curcumin)

This should prove to be another fantastic DoubleDay. Thank you for your support in helping it be meaningful and enjoyable for your child.

Kind regards

Richard Catchpole (Headteacher)



**Please only return if you are:**

- (i) providing information regarding allergies or dietary needs. Please return to the school via your child's class teacher.**
- (ii) offering to help**

## **Marvellous Me DoubleDay (Tuesday 26<sup>th</sup> & Wednesday 27<sup>th</sup> February)**

**Child's name** \_\_\_\_\_ **Class** \_\_\_\_\_

- (i) 'Just Me' Jelly – Please circle any ingredients that your child **cannot** handle/eat in this activity:**

**Fruit :** (oranges, kiwi, strawberries, melon, apple, pineapple, grapes)

**Jelly :** (all Hartley's brand – vegetarian and non-vegetarian)

### Strawberry jelly

- Glucose-Fructose Syrup, Sugar, Water, Pork Gelatine, Citric Acid, Acidity Regulator (Sodium Citrate), Colours (Carmine, Curcumin), Acetic Acid, Flavouring

### Orange jelly

- Glucose-Fructose Syrup, Sugar, Water, Pork Gelatine, Acid: Citric Acid, Acidity Regulator: Sodium Citrates, Acid: Acetic Acid, Colours: Curcumin, Carmine, Beta Carotene, Flavouring

### Lime jelly

- Glucose-Fructose Syrup, Water, Pork Gelatine, Acid: Citric Acid, Acidity Regulator: Sodium Citrates, Acid: Acetic Acid, Colours: Curcumin, Copper Chlorophyllin

### Blackcurrant jelly

- Glucose-Fructose Syrup, Sugar, Water, Pork Gelatine, Colour (Anthocyanins), Citric Acid, Acidity Regulator (Sodium Citrate), Flavouring,

### Vegetarian strawberry glitter jelly:

- Sugar, Acid: Citric Acid, Acidity Regulator: Tripotassium Citrate, Gelling Agents: Xanthan Gum, Carrageenan, Colours: Beetroot Red, Annatto, Titanium Dioxide, Flavourings

### Vegetarian berry glitter jelly:

- Sugar, Gelling Agents: Xanthan Gum, Carrageenan, Acid: Citric Acid, Acidity Regulator: Tripotassium Citrate, Flavourings, Spirulina Extract, Colour: Titanium Dioxide, Apple Extract, Lemon Extract

### **Toppers / fillers:**

A variety of cake decorations (e.g gold stars, silver balls, 100s and 1000s)

Some small sweets (e.g mini smarties, grated chocolate, jelly tots)

e.g. Jelly tots:

- Sugar, Glucose Syrup, Starch, Acids (Malic Acid, Citric Acid, Lactic Acid), Concentrated Fruit Juices (1%) (Apple, Grape, Blackcurrant, Orange, Lemon, Lime, Strawberry), Acidity Regulator (Trisodium Citrate), Flavourings, Naturally sourced Colours (Anthocyanins, Copper complexes of Chlorophyllins, Carotenes, Curcumin)

- (ii) Parent Help - this is how I can help on the DoubleDays (please indicate availability):**

**Tuesday 26th February:**

**9.00am to 10.30am**

**10.30am to 12.00pm**

**2.00pm to 3.30pm**

**Wednesday 27<sup>th</sup> February:**

**9.00am to 10.30am**

Parent's/carer's name (please print): \_\_\_\_\_

Signed (parent/carer) \_\_\_\_\_