

SIR JOHN CASS'S FOUNDATION PRIMARY SCHOOL



Friday 11th October 2019

A voluntary aided Church of England primary school in the heart of the City of London

Dear Parents and Carers,

Welcome to our latest newsletter. This week our Year 6 pupils have been enjoying themselves adventuring in the Brecon Beacons. If you haven't seen the pictures of them on our website or twitter feed then do take a look! On Wednesday, Year 3 visited the Museum of London as part of their historical investigations into the Stone age and Iron age. They came back ready to share their learning and write about their discoveries.

Straight after half term we will be holding our first round of parent teacher meetings. This is a couple of weeks later than we held them last year as a number of parents fed back that they thought it would be more useful to have the meeting once targets for the year had been set and teachers knew their pupils really well. We will try it this way and see how we get on. Do let us know how useful you find the meetings.

Dates For Your Diary

Friday 18th October: Individual and siblings photographs

Friday 18th October: 11:30am CCFC closure day

Friday 18th October 2.50pm: Class 6 assembly

Monday 21st to Friday 25th October—half term

Monday 28th October: INSET day school closed to pupils

Friday 1st November 2.50pm: Year 5 class assembly

Parent teacher consultation dates:

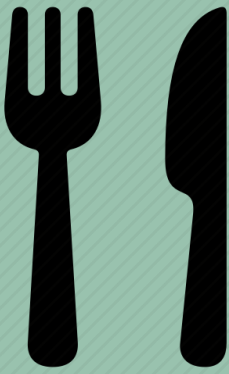
Tuesday 29th October 8.30 –6pm Year 2 and Year 4 parent teacher meetings

Wednesday 30th October 8.30—6pm Year 1 and Class 3I parent teacher meetings

Thursday 31st October 8.30—6pm Nursery class and Year 6 parent teacher meetings

Friday 1st November 8.30—6pm Class 3C and Reception class parent teacher meetings

Tuesday 5th November 8.30 –6pm Year 5 parent teacher meetings



Knife and Fork Skills

The etiquette of using cutlery is varied around the world and is changing with the times, however here at SJC we maintain some basic expectations and we are asking you to help and support us with this:

We would like every child who leaves our school to be able to use a knife and fork when they are eating.

Over recent years, we have noticed that an increasing number of children are unable to use a knife and fork efficiently to eat with and resort to eating with their hands or putting large items of food on their fork rather than cutting it up first.

There are a number of reasons why this could be the case, including late or poor development of motor skills, or never being shown how to manipulate a knife and fork properly.

We are very fortunate to have a number of staff here at SJC who want to eat their lunches with the children. While they are eating with them they are able to support some children and remind others about their use of cutlery, however it is increasingly difficult to support all of the children who require it to develop their knife and fork skills.

We ask that you, as parents, work alongside us to support your child developing their knife and fork skills, in order to be able to eat neatly, politely and independently. If you are unsure of how well a child should be able to feed themselves at what age, please see below for some guidance from the NHS.

Babies are usually keen to get involved with feeding between 6 and 9 months. Between 9 and 13 months they can finger feed with soft foods or those that melt quickly in the mouth. By 24 months children are usually keen to feed themselves and be independent. Between 2 and 3 years children further develop their spoon feeding skills as well as learning to use a fork to stab. By 5 years a child is learning to spread and cut with a knife. It is often not until they are around 7 years of age that a child can use a knife and fork together to cut up food and are truly independent with self-feeding.

Hints and Tips

It is important that your child is well supported when they are learning any new skill. Whenever possible ensure that your child is sitting at a table.

It is important that their feet and back are supported so that they can use their hands freely. You could use a sturdy box under their feet and cushions on the chair to make sure they are well supported.

Always set the dishes and utensils out in the same way to develop a routine and help your child locate items at each meal.

Think about the utensils you are using. Knives and forks with thick and/or textured handles are easier to hold. Knives and forks with short handles are easier to control. Use a plate with a raised edge to prevent the food from sliding off the plate. Place a non-slip mat underneath the plate to prevent it sliding when your child is learning to cut.

Encourage a good cutlery grasp right from the start; your child's index finger should point down the back of the knife and fork towards the blade and prongs.

It is usually easier to use the fork in your non-dominant hand and your knife in your dominant hand but allow your child to experiment and find out what works best for them.

Take your time and be consistent. Learning a new skill takes time so persevere with giving support until you feel that the child is making progress.

Practice, practice, practice! Give your child opportunities to practice every day. You may want to vary the time of day when you practice so practice at snack time. If your child is exceptionally hungry you may want to cut up some of their food so they can practice once they have satisfied their initial hunger.

Faith, hope and love abide, these three: and the greatest of these is love.