

Wray Common Primary School Newsletter



Inspiring Lifelong Learning



THIS WEEK...

ROLES AND RESPONSIBILITIES

Before setting off on their residential trip to High Ashurst, our Year 6 pupils shared some impressive speeches explaining why they wished to apply for their roles. We are delighted to announce the following appointments.

Digital Leaders



Art Champions



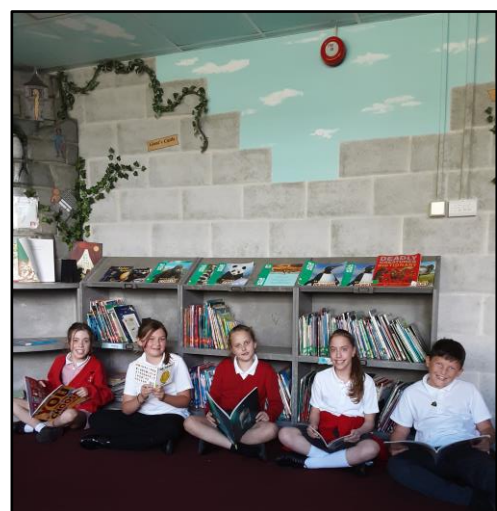
Charity Champions



Peer Mediators



House Captains



Reading Champions



Wellbeing Leaders



Green Guardians/Eco-Council Chairs

Sports Leaders



Recycling Champions



Assembly Team



School Council Co-Chairs



The children across the remainder of school have been seeking appointments for positions of responsibility and following on from class votes, appointments have been made.



Charity Champions

School Council



Eco Council

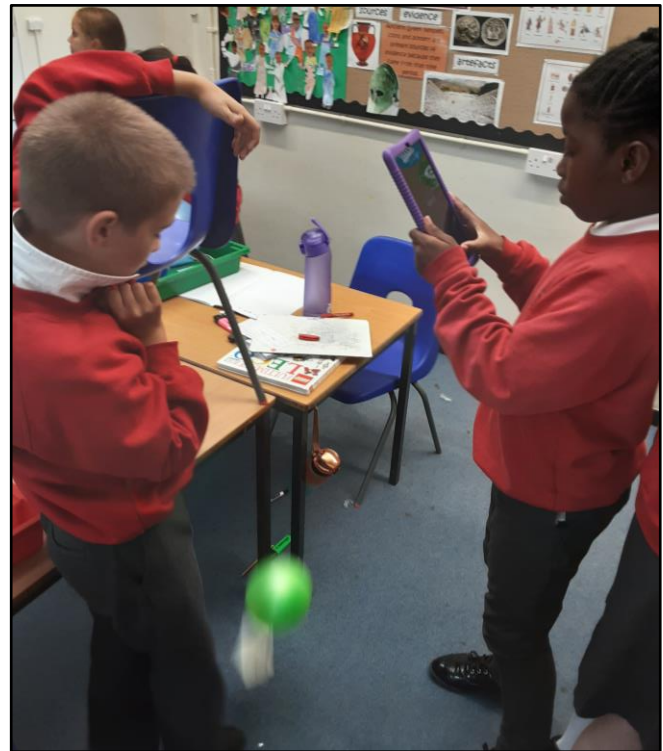
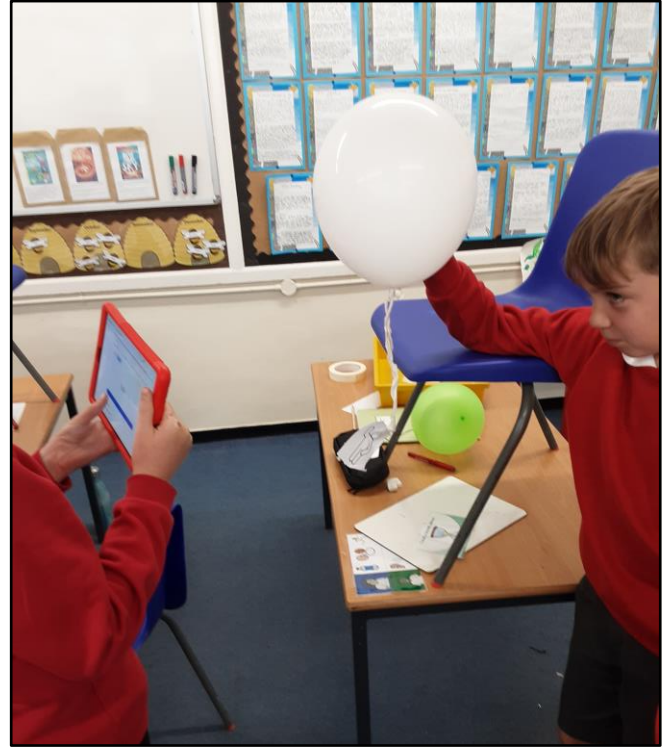
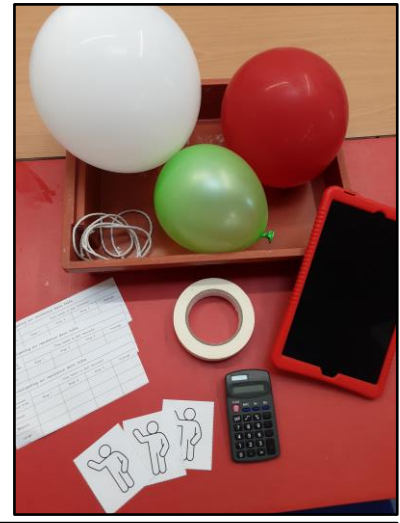


Year 2 fruit, milk, litter and library monitors.



AIR RESISTANCE

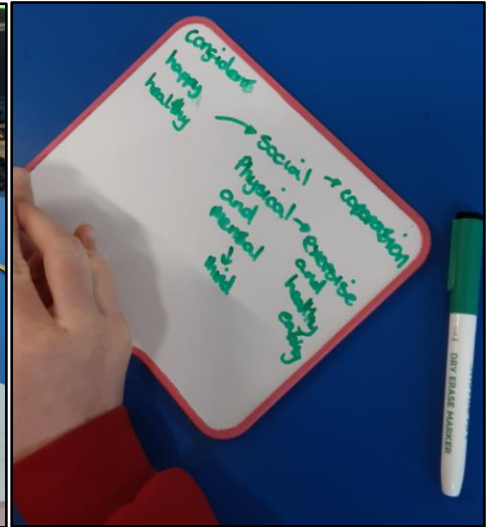
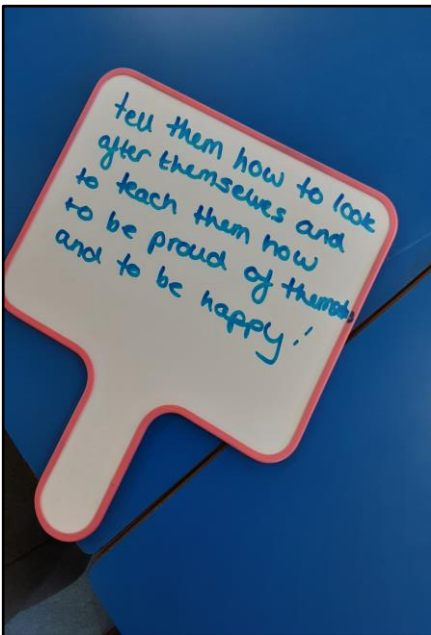
In Science, Year 5 have been investigating the effect of air resistance. They wrote a method, thinking about the resources needed and the variables they would be measuring, changing and keeping the same. They then conducted the investigation, where they dropped three different sized balloons, timing how long it took them to hit the floor. We found out the biggest balloon dropped the slowest because it has a bigger surface area!



WELLBEING AMBASADORS

'Last Friday, 16 children from across KS2 attended wellbeing training. Our trainer Jess taught us what wellbeing is and 'CLANG'. We worked together on ideas to improve wellbeing at school. We are excited to play our roles and make wellbeing at Wray Common even better!' written by Poppy H.

Connect
keep **L**earning
be **A**ctive
take **N**otice
Give



READING DOG VISITS

We are delighted to share that that we have registered for Pets As Therapy visits, which can help to give pupils opportunities to increase their confidence and sense of well-being. The dog who will be visiting us is called Poppy and she will be coming into school to listen to children read, along with her owner. Poppy will remain on the lead and under control at all times, under the close supervision of the her owner, and sessions will be supported by a member of the school staff.

If you would like your child to have the opportunity to take part in a session with Poppy, please complete the consent form here: <https://forms.office.com/e/aS30ZaL8wR>
Please complete one form per child.



HEALTHY EATING

Dear Parents and Carers,

At Wray Common we are committed to supporting healthy lifestyles and helping children make positive choices about food. A balanced lunchbox gives your child the energy and nutrients they need to learn, play and concentrate throughout the school day.

We kindly ask that lunchboxes include:

- A source of protein (e.g. lean meat, fish, eggs, beans, or hummus).
- Fruit and/or vegetables - ideally at least two portions.
- A starchy food (e.g. wholemeal bread, rice, pasta, wraps, or crackers).
- A dairy or dairy alternative for calcium (e.g. yoghurt, cheese, milk drink).
- Water as the best drink option.



Please avoid sending items high in sugar, fat or salt such as fizzy drinks, sweets, chocolate bars, or crisps. These foods can cause short bursts of energy followed by a dip in concentration. We also ask that treats such as cakes or biscuits are kept for home.

By working together, we can ensure children enjoy healthy, balanced meals that set them up for success both inside and outside the classroom.

Thank you for your support.

Mr Taylor

PSHE Subject Leader

Starting School: Lunchbox Menu Ideas

Tips for a Top Lunch Box

- Let your child help you pack their lunch box and choose what to include from a list of options.
- To keep children fuller for longer, give them a 'main' lunch item that includes carbohydrates, such as whole grain bread, rice or pasta.
- Try pasta salads, stir-fried rice, wraps or crackers and low-fat dips as alternatives to sandwiches.
- Choose lean meats, such as chicken breast as sandwich fillings, and try to include oily fish like tuna once or twice a week.
- Include vegetables such as cherry tomatoes, carrot or celery sticks or homemade vegetable crisps (slice vegetables like sweet potato or beetroot, toss in olive oil and bake).
- Always put salad (lettuce, cucumber) in sandwiches - it all counts towards their five a day.
- Swap the crisps for plain popcorn or vegetable crisps (see above).
- Pre-peel citrus fruits like oranges or satsumas to make them easier to eat.
- Include tinned fruits but make sure they are in juice not syrup which is high in sugar.
- Fruit bars are generally not healthy - try dried fruit like apricots or sultanas instead.
- If your child insists on having crisps or chocolate in their lunchbox, try to limit this to one day per week and let them choose what their 'treat' will be.

According to the NHS, the perfect lunch box for a child should contain:

- a serving of starchy foods (wholegrain bread or pasta, brown rice);
- a protein (lean meat, egg or oily fish);
- a dairy item (low-fat cheese or sugar-free yoghurt);
- a portion of vegetables (celery sticks, carrot pieces);
- a portion of fruit (berries, grapes, melon, apple slices);
- water.

A Balanced
Lunch Box



Wray Common Parents & Guardians:



WE NEED YOU!



Last year, Friends of Wray Common (FoWC) raised an incredible £29,000 to support our children's learning. But now... some of our brilliant team are stepping down. **That means it's YOUR turn to get involved!**

Step Up and Join the Team!



AVAILABLE ROLES:

- Co-Chair
- Secretary
- Comms

Or just take on ONE Event!

We're looking for Event Teams for:

- Elfridges (Dec)
- Christmas Event (Dec)
- Pre-Loved Uniform Sales
- Gift Amnesty (Jan)
- Someone Special Sale (March)
- Arts Soirée Refreshments (June)
- Someone Special Sale (June)
- Ice Pop Fridays (June/July)

→
**SCAN THE QR CODE
TO SIGN UP OR
LEARN MORE**



YOU CAN MAKE A DIFFERENCE!

Without new volunteers, these events - and the vital funds they raise - won't happen. Together, let's make it another amazing year for our children!

UPCOMING EVENTS

Tues - Y2 Florence Nightingale

Friday - Preloved uniform sale after school



FAMILY SUPPORT

If you need any support, please do not hesitate to contact us. We can help you source information about support through the right agencies, and make referrals ourselves to local support groups. Here are some of the things we have supported families with recently:

- School uniform, school bags, P.E. trainers and school shoes
- Pre-loved clothes for children
- Foodbank referrals
- Housing applications and letters of support
- Seasonal gifts for children

If you have any questions or would like to talk about how we can help, please contact

Miss Kober on 01737 761254 or email

familysupport@wray-common.surrey.sch.uk

REMINDER TO BOOK PARENT CONSULTATIONS

Please can we remind you that Parent Consultation meetings are happening after school on Tuesday 29th September and Thursday 2nd October. If you have not yet booked your appointment, please book via Arbor or call the Office as soon as possible.

We encourage ALL parents to attend a parent consultation meeting with their child's class teacher. This is an opportunity for you to understand how your child is settling in to their new class and to discuss their learning with the class teacher. The parent consultation meetings will take place in the Large Hall. Before your appointment, we encourage you to come and have a look at your children's books (there will be no books for Reception children on this occasion). Everyone should enter school via the red gate nearest to the school building (Camp Glide entrance) at the end of the car park, and enter the small hall where the children's books will be laid out. Parents can then meet the teacher at the booked time in the large hall. Please ensure you are on time. Appointments will last for 10 minutes and a bell will sound to signal when the 10 minutes has passed. If you arrive late for your appointment, this time cannot be made up. After the appointment, you may exit via the main office. KS2 children are encouraged to attend with their parents.

MORNING DROP OFF

Please can we remind you that children are not to be dropped off and left on the school grounds before 8:30am when the gate opens.

HONOUR BOOK

1LP	Hudson	For challenging himself in his learning this week and always trying his best.
1P	Nuh	For reflecting on his learning and listening to teacher feedback.
2T	Isaac	For his excellent attitude towards his learning and aspiring to be the best he can be.
2F	Imogen	For developing her courage by sharing more of her ideas in class discussions.
3EM	Jemima	For persevering with her addition this week.
3F	Khadijah	For settling in really well to Wray Common and showing great values.
4B	Chloe	For showing excellent perseverance with her maths this week.
4S	Sam	For putting lots of effort in maths this week - you SMASHED rounding!
5A	Chris	For excellent engagement in English lessons this week. You have shown fantastic enthusiasm and participated brilliantly during shared writing sessions.
5J	Kira	For aspiring to be the best she can be by completing extra work at home.
6C	Nate	For attempting all challenges at High Ashurst with courage, enthusiasm and maturity.
6F	Vinnie	For good teamwork and being a supportive team member at High Ashurst.



TALL TREES DAY NURSERY WRAY COMMON

A home from home learning environment

CONTACT US

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OPENING
SEPTEMBER 2025



OPENING TIMES

MON – FRI
08:00 – 18:00

