

Normally at the start of term parents are invited to a class meeting where we go through expectations and processes for the year ahead. Due to COVID we are unable to do this. Next week, your child's teacher will send a presentation to you (via Dojo) to help explain this and the learning planned for the year.

Before that we would like to remind you of our healthy lunch box advice:

Eating a healthy, balanced lunch is vital for ensuring children have the right nutrients and enough energy to see them through the school day, however, achieving this balance is not always as easy as it sounds. The key to a healthy packed lunch is variety and getting the right balance of foods to provide children with all of the nutrients they need to stay healthy. A packed lunch made at home can be a healthy and delicious choice and gives a parent or carer control over the foods and ingredients included. A school lunchbox should:

Be based on starchy foods

- This can include potatoes, bread, pasta, rice, couscous, wraps, pitta and chapatti. Where possible wholegrain varieties should be chosen, e.g. wholemeal bread and leave skins on potatoes.

Include plenty of fruit and vegetables

- Include 1-2 portions and vary these throughout the week.
- You could add sliced vegetables into a pasta dish or sandwich.
- You could also include packs of chopped fresh fruits or individual packs of dried fruits.

Include a portion of beans, pulses, fish, eggs, meat, a dairy food and/or a non-dairy source of protein

- Use beans, pulses, fish, eggs, meat and other sources of protein as sandwich fillings or in a salad.
- If you're not including a dairy food in the main lunch item (e.g. in a salad or sandwich), add a yogurt or some cheese, such as a Cheddar stick, to the lunchbox.
- If you're including a dairy alternative, e.g. soya yogurt or milk, choose varieties which are unsweetened and fortified with calcium.

Include a drink

- Healthy options include water, semi-skimmed or 1% milk.
- You could also give your child fruit juice or a smoothie – but remember, fruit juice and smoothies should be limited to a combined total of 150ml a day. You could always dilute fruit juice with still or sparkling water.

Snacks and healthier treats

- A limited portion of cakes and savoury snacks are allowed; these should be included less often and it is a good idea to select healthier options where possible.

School Photos - Friday 25th September

The Photographer is in on Friday 25th September for individual and sibling photos.

For families with children not attending school, please take them to the village hall at 8:30am for your sibling photograph.

Siblings that attend school will be photographed together during school hours.

Swimming - Swimming for year 5 this term has been cancelled.

Christian Value:
Courage

On the website/dojo:

In book bags:

Strive Think Act Respect: Shine