



Wednesday 13th February 2019

Dear Parents and Carers, Hello and Assalamu Alaikum

We are fast approaching the end of the first half of the Spring Term. The days are slowly getting longer as we start to see slightly longer evenings and brighter mornings. School will be closed next week for half term. We will re-open on Monday the 25th of February. I hope that you have a safe and enjoyable half term holiday.

Last week was mental health awareness week at Byron. This is an area of school life that is becoming more significant and important. We have always worked hard at promoting exercise and a healthy diet. We will be working harder at promoting the mental health of our children as well. We have been encouraging the children to think about how they are feeling and to recognise that there are times when we all feel a bit sad or depressed and that is perfectly normal. The important thing is to then take action in order to make things improve. We have talked with the children about the different things that they can do to cheer themselves up and about the importance of being sensitive and ready to listen to friends if they are feeling sad. We also talked about the importance of talking with trusted adults both at home and at school.

After half term we will be continuing with this work and also reinforcing the anti – bullying message that is at the heart of our school values and beliefs.

Best wishes Mr R O’Sullivan

Next week’s dinner menu is:

DAY	HOT	COLD
MONDAY	Halal Keema Burger — Mild Veggie Keema & Peas	Sandwich (Tuna)
TUESDAY	Halal Chicken Bhuna — Cheese & Potato Flan	Sandwich (Cheese)
WEDNESDAY	Halal Roast Chicken Breast - Quorn Burger	Sandwich (Cheese)
THURSDAY	Pizza	Sandwich (Egg)
FRIDAY	Battered Fish - Quorn & Vegetable Bolognaise	Sandwich (Tuna)





Weekly Timetable — 25/2/19	
Monday	School Reopens Yr 5/6 Parents Evening (3:00-6:00pm)
Tuesday	Nursery Trip to St Ives (8:30-3:00pm) Yr 1/2 Parents Evening (3:00-6:00pm)
Wednesday	Yr 3/4 Parents Evening (3:00-6:00pm)
Thursday	
Friday	

Parents AND Tots (under 3)  
Friday afternoon  
1-2pm  
In Rosen Class,  
Byron Primary School

#### Reminders

- Please ensure that you pay dinner money on time. It is always best to insert more money than less. If you owe more than £25.00 we will ask your child to go home for dinners or bring in a packed lunch until the balance has been cleared.
- Children are only allowed to wear black shoes for school.
- The cold weather is coming so please ensure your child wears appropriate clothing.
- **Keep your children healthy.** Dress them warmly for the cold weather and make sure they've got hats and gloves. Encourage them to wash their hands regularly.

