



Wednesday 1st May 2019

Dear Parents and Carers, Hello and Assalamu Alaikum

Welcome back to the third and final term of this school year. I hope that you managed to have a very pleasant Easter Break.

As we move through the school year time starts to run out and each school day becomes even more important. This is further complicated by closing next **Monday 6th May** for the Bank Holiday and again from **Friday 24th May until Monday 10th June** for the Spring Bank Holiday. After a period when our attendance at Byron has been good we have recently seen a worrying decline and an increase in the numbers of children being taken out of school for holidays and family visits. I am aware that many families have obligations to relatives abroad but these trips do have a bad effect upon our children's learning and could affect their future. Please contact school before making any firm arrangements about taking time out of school so that you are able to consider the possible implications of making such a choice.

I would like to thank the huge majority of our parents who get their children into school on time every day and who have read with their children, encouraged them with homework and made sure that they have their PE kits! When your children are older they will fully appreciate the great work that you are doing.

Best wishes Mr R O'Sullivan

PS Please check your child's book bag on a regular basis. I am aware of children forgetting to pass on letters and information.

Next week's dinner menu is:

DAY	HOT	COLD
MONDAY	Halal Ranch Burger — Quorn & Pepper Fajitas	Sandwich (Tuna)
TUESDAY	Halal Spicy Chicken Rolls — Vegetable Frittata	Sandwich (Cheese)
WEDNESDAY	Halal Keema Pilau — Quorn Burger	Sandwich (Cheese)
THURSDAY	Pizza	Sandwich (Egg)
FRIDAY	MSC Young's Seafood Fish Fingers — Quorn & Vegetable Paella	Sandwich (Tuna)





Weekly Timetable — 06/05/19	
Monday	<ul style="list-style-type: none"> May Bank Holiday - School Closed
Tuesday	<ul style="list-style-type: none"> Club letters must be handed in by 9:00AM
Wednesday	
Thursday	<ul style="list-style-type: none"> 3M Assembly (2:45 - 3:15)
Friday	

Reminder

- Please make sure that if your child is off for any reason you are ringing in and leaving a message to make the school aware.

BE ACTIVE KIDS® 5 Tips for Active Families

1 Make active play fun for the entire family!
Allow children to help choose and plan how the family will be physically active. Be sure to focus more on fun, not on performance or competition.

2 Make moving a priority!
Set aside time daily or throughout the week when the entire family can be physically active together. Try doing something before or after dinner or on weekends. Plan a weekly Family Fun Night that includes riding bikes, swimming, or dancing.

3 Get Moving on a Budget!
Plan activities that require little or no equipment like walking, jumping rope, playing tag, or dancing. Learn and explore parks, hiking trails, biking trails, swimming pools, tennis courts, and community centers in your area that can provide low-cost opportunities to be physically active.

4 Be active inside and outside!
Spend time outdoors and be prepared for all weather conditions. There are a lot of activities your family can enjoy in the rain, mud and snow!

5 Get active with other families.
Meet up at playgrounds, the community pool, or a local trail. Host active birthday parties to help friends enjoy and benefit from being active as well.

HOW TO BE A HEALTHY FAMILY

- Be active for at least 60 minutes every day.
- Eat at least 5 fruits and vegetables every day.

REFERENCES
USDA's Choose My Plate's Healthy Tips for Active Families; NC Cooperative Extension's Get Them Moving... Physical Activity for Children and Teens; USDA's Nutrition Education Series' Be an Active Family

Looking for more resources to encourage your family to be active? Check out Be Active Kids' website www.beactivekids.org.
Is Be Active Kids® at your child's daycare center or school? If not, contact us at info@beactivekids.org or 919-287-7012 about how you can bring Be Active Kids to your child's center or school.

www.beactivekids.org
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