

WYCHBOLD FIRST & NURSERY NEWSLETTER

6th September 2019

Dear Parents and Carers,
Welcome back to our new school year. It has been wonderful this week to see how quickly and sensibly the children have settled into their new classes. A special welcome to our new children in Wrens and Robins class. The children have found their way around school and are impressing us already!

Newsletters from your child's class will also be coming out today with information about what to expect. Don't forget to keep an eye on the school website and Twitter feed for information.

As always, please don't hesitate to speak to me if you have any questions or concerns. I am usually around at the start or the end of the day, or you can contact me via the school office email or telephone.

Mrs Howitt

UPCOMING EVENTS



- Tues 10th Sept – Y3 Swimming
- Tues 17^h Sept – Maths information evening 6pm
- Tues 17th Sept – Y4 STEM at Westacre
- Thurs 26th – Phonics Parent information evening
- Fri 27th Sept – MacMillan Coffee morning

ATTENDANCE

Robins	100%
Starlings	93.88%
Owls	94.85%
Falcons	98.52%
Eagles	94.02

Whole School 96.47%
Attendance Target 96%

Uniform Orders

Please note that uniform orders are no longer available through the school office. Please order directly through www.coloursource.co.uk. We are currently able to supply water bottles. Thank you.

A reminder that children need to bring a bottle of fresh water in each day. To encourage children to drink more, as I know many parents are concerned their children don't drink enough water, we will schedule time in the day for water breaks, rather than relying on the children to drink as and when they need one. If your child struggles with drinking water, please see you child's class teacher to talk through options for them.

HEALTHY LIVING

The children have been learning about keeping healthy this week. We were so grateful to Marie and Jamie from the British Heart Foundation, who visited each class to talk about how we can look after our hearts with exercise and healthy food choices. We will be supporting the British Heart Foundation throughout the year as part of our fundraising events.



Reminder, all holiday requests must be made to Mrs Howitt in the first instance. The office will then send out the relevant form. Thank you.

Guidance and ideas on what to put in your child's lunchbox:

GRAINS / 2 serves Whole grain or high fibre 1 serve = 1 slice whole grain bread or 1/2 cup of cooked pasta or rice or 3 crispbreads		FRUIT / 1 serve Washed and chopped 1 serve = 1 cup fruit salad or 1 medium piece or 2 small pieces	
VEGETABLES / 2 serves A colourful selection 1 serve = 1 cup salad or 1/2 cup of cooked vegetables		PROTEIN / 1 serve Keep cool for safety 1 serve = 80g lean chicken or 1 cup baked beans or 2 boiled eggs	
DAIRY / 1 serve Lower fat varieties 1 serve = 200g tub of yoghurt or 1 cup of milk or 2 slices of cheese	SNACK / 1 extra For more active kids 1 serve = 1 medium banana or Small bag of cereal or 1 whole grain muesli bar	WATER BOTTLE Keep kids hydrated regularly. Explain to them the importance of drinking by themselves, even before being thirsty.	

LUNCHBOX IDEAS

with BBC Bitesize

Starting Primary School

Here's some inspiration if you want to make more than sandwiches for your child's lunch...

Cheese and ham pancakes
with cucumber slices and chopped tomatoes

Grated carrot and hummus wraps
with carrot sticks

Easy chow mein
Cheese and crackers

Chicken goujons
with corn on the cob or tinned sweetcorn and a bread roll

Tinned salmon roll ups
with sliced pepper sticks

Favourite fruit choice

Yoghurt

Plain scone with sliced strawberries

Oaty bar

Vegetable and egg fried rice

Tuna and sweetcorn pasta

Cheese sandwich
with cucumber sticks and a hummus dip

Chicken and tomato pastry smiles
with carrot sticks and a pot of peas

Spicy tortilla nests
with chopped tomatoes

Apple slices with fromage frais

Favourite fruit choice

Slice of fruit bread

Melon fingers

Natural yoghurt topped with raisins and oats

Wholemeal pitta pizza
with toppings of your choice

Meaty family frittata (omelette)

Natural yoghurt

Mixed bean and melted cheese wrap
with tomatoes and a small pot of peas

Easy kid's fishcakes
with lettuce leaves and celery

Lunchbox tapas:
Sliced pitta bread, hard-boiled egg, low fat cheddar sticks, pepper sticks and cream cheese dip

Tinned peaches with natural yoghurt

Scotch pancake with any chopped fruit

Nut free energy balls

Favourite fruit choice

Pick and swap ingredients based on what suits you

GF Gluten free
V Vegetarian

Remember lunches with perishable items should be kept in a cool bag or in the fridge

bbc.co.uk/startingprimarschool