

Downholland Haskayne CE Primary

Newsletter No: 8
11th December 2020

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WE ARE A SUGAR WISE SCHOOL

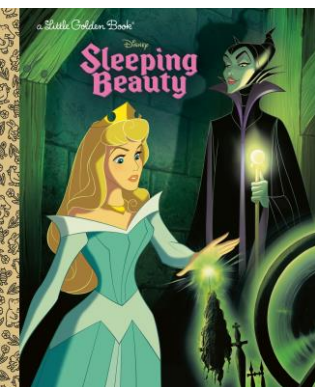
The SUGARWISE catering mark on our school menu means that we provide options that are low in "free sugars". These are sugars and sweeteners that need to be limited in the diet and are contributors to childhood obesity and tooth decay.

If you bring packed lunches, we ask that you consider the sugar and sweetener when you are buying the ingredients.

After Christmas we will not be allowing crisps, or chocolate bars in packed lunches. We will also be discouraging high-fat and high-sugar snacks.

How about some of the following suggestions?

- A good portion of starchy food, for example wholemeal roll or bread, wraps, pitta pocket, pasta or rice salad.
- Plenty of fruit and vegetables, for example an apple, satsuma, handful of cherry tomatoes, carrot sticks, mini-can of fruit chunks in natural juice or a small box of raisins.
- A drink of semi-skimmed milk or a portion of dairy food, for example individual cheese portion or pot of yogurt.
- A portion of lean meat, fish, eggs or beans, for example ham, chicken, beef, tuna, egg or hummus.
- A drink, for example unsweetened fruit juice, semi-skimmed milk or water.



Looking forward to the, online, panto of Sleeping Beauty next week – *Oh no it isn't!* Thank you to the Friends of Haskayne School who have arranged this for the children.

Christmas Raffle

Please support the school and buy some raffle tickets.

Prizes include:

£20 Kelly's Electrical Voucher

Beau Nails Manicure

Body Shop Voucher

Harrods Teddy

Phonics Books



NO SMOKING

We have been advised by Lancashire County Council to update our no smoking policy to include vaping. This policy prohibits smoking or vaping on the school premises.

Smoking and secondhand (Passive smoking) causes many diseases and is one of the biggest causes of death and illness in the UK.

A child who's exposed to passive smoke is at increased risk of developing chest infections, meningitis, a persistent cough and if they have asthma their symptoms will get worse.

School will close at 1.15pm, after a normal school dinner, on Friday 18th December for the Christmas Holidays. There will be no after school care (ARC) on this day.
Back to school on Monday 4th January 2021.

Have a lovely weekend,
Mrs Hains & all the staff