



## November / December 2022 Newsletter

### New for this month: Information to help - lunchbox tips for pack-ups!

#### Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.

#### DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.

#### Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.

#### Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



#### Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.

**Pick lower-fat fillings** – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

#### Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.

#### Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.

#### Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).

#### Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage fraise and add your own fruit.

#### Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.

#### Cut back on fat

**Pick lower-fat fillings** – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

#### Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.



#### Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!

#### Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.

#### Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.

These tips and ideas for recipes can be found on the nhs website:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/#tips>

### Diary Date Reminders – watch out for information!

Mon 21 Nov	Open Day for 2023 starters 1.30 - 3pm
Tues 22 Nov	Open Day for 2023 starters 9.30 - 11am
Fri 2 Dec	Non-uniform Day for Raffle Prizes
Tues 6 Dec	Robin Class concert – 2pm
Wed 7 Dec	Chaffinch Class concert – 2pm
Thurs 8 Dec	Parent Well-Being Session
Thurs 15 Dec	Christmas Parties
Fri 16 Dec	Christmas Jumper Day /
	Close at 2.15pm for Christmas
Wed 4 Jan	Children return to school

### Christmas Concerts 2022

**Robin Class - Tues 6 Dec 2pm**

**Chaffinch Class - Wed 7 Dec 2pm**



Ticket details to follow

### Learning Showcases

Previously named 'Topic Show and Tell', we are re-introducing these sessions as 'Learning Showcases' where parents are invited into classes to celebrate the children's amazing learning journeys.

These sessions take place at 2.45 – 3.15pm Mon 12, Tues 13 and Wed 14 December: please look out for your class invitations on ClassDojo for more details – coming soon!

### PE Kits

We have been made aware that there is some confusion amongst parents about PE kit. I would like to clarify the present situation and enable parents to have a voice, where we are able to.

**Robin Class** – all children leave PE kit in school and take it home at half-term breaks. This is working well.

**Chaffinch Class** – due to a shortage of cloakroom space – children are sent home after each lesson with their winter kit on. We are unable to change this at present.

**Kingfisher, Owl, Kestrel and Eagle Classes** – some children are leaving kit at school and others are taking kit home. We would like to ask parents for your opinions about what you would prefer – please complete a short questionnaire (hopefully on the MCAS App) next week to have your say. Decisions will be based on the majority vote for each class.

If any parents are struggling to provide appropriate PE kit (with or without logos) please contact Mrs Scott for advice – we are hoping to establish a second-hand uniform swap system in the future, with the help of our PTA.

Please note: the message about PE socks on ClassDojo is aimed at children wearing tights – we do not have an expectation for children to swap socks!

Cheap trainers, rather than plimsolls, are the preferred choice of footwear for PE and Golden Mile. They support children's feet and ankles better and are less slippery, when wet.

Any questions? Please contact Mrs Scott – 01472 321434.

### Harvest Donations

Many thanks for your generous donations to a local food bank – every item was very much appreciated.