



Northbrook News

13th May

Dear Parents, Carers and Families,

We've had a busy start to the Summer term, with lots of learning taking place as well as some fantastic enrichment opportunities. I would like to take this opportunity to thank you for your support over the course of the school year so far. Northbrook truly is a great place to be!

Film Night

On Wednesday 6th May we had our Film Night. Thank you so much for all of your support! We raised over £250, all of which goes back into supporting your children in school. Please keep an eye on our latest newsletters and posts to see which other events are taking place.



EYFS Creepy Crawly Visit

Last week, we had the Creepy Crawly Roadshow visit our EYFS children. The children had a hands on experience with lots of different animals, including snakes, giant beetles and giant snails. The children were very brave handling the animals and had a fantastic session.



Year 1 Bring Yer Wellies Trip

On Tuesday last week, Year 1 visited Bring Yer Wellies for an interactive and fun day. They learnt all about plants, linked to Science, had a hunt for worms, took part in some team-building activities and finished the day with den building.



On Friday 8th May we celebrated Sir David Attenborough's 100th birthday. We had a lovely picnic on the field and took part in a live lesson all about his life.



Enrichment Contributions

There are lots of exciting, engaging enrichment opportunities taking place over the course of the year. If you have not already, please consider making your £10 voluntary contribution towards this. Payments can be made via Arbor.



Year 6 SATs

This week our Year 6 children are completing their SATs tests. This is a culmination of all the hard work during their time at Northbrook. We are very proud of each and every one of our children, the efforts they have put in and how they have conducted themselves. The children will be getting a special treat on Thursday lunch time, after their final test and will be doing Forest School on Friday with Mrs Spence and Miss Quinn.

Uniform

As we come towards the end of the school year, please ensure your children continue to come to school in the correct uniform, school shoes included. We have a number of items in our pre-loved uniform shop, which are all in good condition and available for free. If you need support with uniform, or would like any items from our pre-loved shop, please contact the office or speak to a member of staff.

Snacks and Lunches

Please see the attached guidance about healthy eating in school.

Birthday Lunch

Our May birthday children celebrated with a special lunch. They got cake, a card and had the rest of the school sing to them as they ate their lunch. As a reminder, when it is your child's birthday, they and a friend of their choice can come in their own clothes for the day to celebrate.



Northbrook Nursery

We have places in our Northbrook Nursery for 3- and 4-year-olds. We offer a range of different sessions and accept both 15- and 30-hours funding. If you are interested, please contact the school office on 01772 421599.



Friday Assembly

Our Friday Celebration Assembly is open to all adults and families of our children. This starts at 2.40pm. If your child receives a 'Star of the Week' award, they (and their siblings) will be able to go home with you after the assembly. If you would like to come please arrive at the main entrance, where you will be shown in once the children are settled in the hall.

Attendance



Thank you to our families that have their children in school on time. **Classes which have the highest punctuality will receive an extra playtime the following week!** It is a legal requirement that children are in school by 8.55am. When a child is late, even if only by a few minutes this can cause considerable disruption, not just to their own learning, but to the learning of the rest of the class and impacts on the rewards your child's class can receive each week for 100% punctuality. 'Lost minutes **EQUAL** Lost Learning' just 5 minutes late each day equates to 3 days of school missed each year.

Team Points



Our children are given team points for good work, behaviour or displaying any of our HEART values. Each week the totals from across the school are added together and announced during our Friday Celebration Assembly by our 'Team Captains'.

Totals so far for Summer 1:

Yellow Lions: 2

Green Turtles: 1

Red Pandas: 0

Blue Whales: 1



May

Monday 11th - Thursday 14th - Y6 SATs week

Tuesday 19th - Fishers Farm in school R/Y1/Y2 and Egyptian Day for Y3

Friday 22nd - Finish for half term 3.10pm/3.15pm

June

Monday 1st - School reopens

Monday 1st - Friday 12th Y4 Multiplication Tables Check

Thursday 4th - Birthday Lunch

Monday 8th - Friday 12th - Y1 Phonics Screening Check

Thursday 18th - Sports Day with UK Military School

Monday 22nd - Father's Day Lunch

Monday 29th - Y6 Bikeability

July

Monday 6th - Y6 Bikeability

Thursday 9th - Birthday Lunch (July and August)

Tuesday 14th - Disco for R-Y5

Wednesday 15th - Y6 Prom

Friday 17th - Finish for Summer 2.10pm/2.15pm

** Other dates for Y6 Leavers TBC

All current and updated communication will be on the school website, your SeeSaw accounts, Arbor and on our Facebook page.

Thank you for your continued support in all aspects of school life.

Mrs G Astbury

Deputy Headteacher



Northbrook Primary Academy's Healthy Lunchbox Guide

Whether squeezing it in before the school run in the morning or before bed on busy midweek evenings, preparing your child's lunchbox can seem like just another thing on the list.

Why are healthy lunchboxes important?

A lunch box provides a valuable contribution towards a child's nutritional requirements for a day. At Northbrook, we aim for all children to eat a healthy, balanced lunch so their bodies and minds are refreshed as they go into their afternoon learning.



What does a healthy lunchbox look like?

A healthier lunch box should be based on the Eatwell plate food groups (see | www.eatwell.gov.uk), which promote balance and variety in the diet.

- A starchy food - to refuel
 - Sandwiches, wraps, crackers, breadsticks, pasta, rice
- A protein source - for growth and repair
 - Meat, fish, eggs or alternative protein source
- Fruit and Vegetables - for vitamins and minerals
 - Whole fruits such as apples or bananas, small pot of fruit, raisins, tinned fruit, vegetable sticks or cherry tomatoes.
- Dairy and alternatives - for healthy teeth and bones
 - Cheese, yoghurt or fromage frais, custard
- Drink - to rehydrate
 - Water, capri sun, sugar free squash.
- One small treat - for fun!
 - A biscuit, a small cake, crisps

Breaktime Snacks

Please only bring
fruit, veg or a
cereal bar

No nuts please!

Whilst we are not a nut-free school, we discourage children from bringing nuts due to allergies.

Top Tips:

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

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

Celebrate when your child makes a healthy food choice at home or in school

Useful websites and resources:

- o <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>
Recipes and lunchbox tips
- o <https://www.foodafactoflife.org.uk/>
Great website with resources on healthy eating in general, the Eatwell Guide and healthy lunchboxes. Includes 'The Amazing Lunchbox' story and resources.
- o <https://www.bright-kids.co.uk/wp-content/uploads/2014/05/parent-guide-to-a-healthy-lunchbox.pdf>
Suggestions of lunch box meal plans
- o <https://www.bbcgoodfood.com/recipes/collection/lunchbox-recipes>
Lunchbox recipes for the whole family that children can get involved in making.



Thank you for your ongoing support in keeping our children healthy and ready to learn!