



Trawden Forest Primary School

Newsletter: Issue 20 – 07.06.24



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Headteacher's Message

Welcome back everyone! I hope you all had a wonderful half term break. All the children (and staff!) looked refreshed, focused and happy on their return to school this week.

Our EYFS children enjoyed a trip our to Thornton Hall Farm Park on Wednesday. The children had a fantastic time on the farm and we were lucky with the weather too. Please have a look at Facebook to see pictures of the children taking part in lots of activities - I have been told many stories about a very hungry donkey on the day, who tried to nibble a coat!

Well done to Anna in Year 6 who represented Pendle in the regional Cross Country competition at Witton Park, Blackburn on Thursday. We are very proud of you.

We had some lovely visitors from Park Primary School today. A selection of children came to talk to us about the religion of Islam and how it affects their lives and what it means to be a Muslim. Thank you very much for the taking the time to visit us we learnt so much!

Thank you for your continued support and have a lovely weekend.

Kind regards
Mrs L Stinchon

Thank you, reminders and requests . . .



THANK YOU

- A massive thank you to Mr. Shaw, Tobias and Tilly's Dad for the generous donation of flagstones to pave our seating and growing area outside the school poly-tunnel. They are fabulous and greatly appreciated, thank you so much!
- Thank you very much to Mrs Shannon Oakley who kindly donated her lottery winnings back to school



REMEMBER:- *"You have to be in it to win it"*



REMINDER

- We have been advised that due to the rising cost of food prices, we are required to increase the price of school meals. Lancashire County Council do try to keep the costs as low as possible for parents, but unfortunately, they cannot be sustained at the current price. We have decided not to pass on this increase until September. **The new price will be £2.70 per meal.**



REQUEST

- If you are having a clear out we accept books for our library, spares of black PE shorts, white t-shirts and pumps. Just drop them in the school office.
- We are looking for some crates - plastic and wooden - If you are able to donate some to school (or know someone who will) please drop them off at the school office.



School Lottery



One of the best ways to grow our PTFA School Lottery is to ask as many friends and family as you know to lend a hand.

By Referring a Friend, not only will you be helping us to gain a new supporter, but you'll be in with a chance to win £200 in our monthly bonus draw too!

REMEMBER:

“You have to be in it to win it!”

Healthy Packed Lunch

- We are a Healthy School and we encourage healthy snacks ie fruit or sugar free cereal bars etc for playtime BUT the children only need a small one as they are very busy playing!
The children must keep their snack in their coat pocket or their school bag not in their packed lunch bag please as these are kept in a different place for lunchtime.
- We only allow water in their water bottles – please make sure they don't leak.
- We are a Healthy School and we encourage healthy packed lunches too – ideas ...

What to pack in a healthy packed lunch...

A portion of starchy food
Base the packed lunch on starchy foods such as bread, bagels, pitta, cheques, crackers, potatoes, pasta, rice, couscous and noodles. Choosing wholegrain varieties (eg. wholemeal bread) wherever possible will provide more fibre for a healthy digestive system.

At least one portion of fruit and vegetables
Fresh, frozen, canned or dried fruit and vegetables can all count towards your child's 5 a day and provide vitamins and minerals. Try adding salad to sandwiches, making fruit kebabs, chopping up vegetable sticks, adding frozen or canned vegetables to pasta dishes or frozen fruit to yogurt.

A portion of dairy or alternatives
Include foods such as cheese, yogurt or milk in your child's packed lunch for a source of calcium, important for the development and maintenance of strong and healthy bones and teeth. Choose lower fat and lower sugar options, and make sure dairy alternatives such as soy are fortified with calcium.

A drink
Make sure your child has a drink at lunchtime to help keep them hydrated - water and milk are good choices.

Top tips for lunchboxes!

- Use one slice of whole bread and one slice of wholemeal bread to make chickenboard sandwiches.
- Make colourful fruit kebabs
- Use a sandwich cutter to make fun sandwich shapes
- Vary the types of bread used (eg. bagels, wraps, pitta)
- DIY lunchboxes - lunch can be more exciting if they can put their own together (eg. components of wraps)
- Children love dipping - why not try vegetable sticks or pitta bread as dippers and hummus, mackerel pate, tzatziki or salsa garden as dips
- Use leftovers to save on prep time (eg. leftover pasta, noodles, cooked meats!) - make sure they are cooled and stored properly
- Get children involved in choosing and preparing what goes into their lunchbox to help encourage them to eat it.

The healthy lunchbox guide

Leaflet developed by Manchester Healthy Schools (www.manchesterhealthychools.co.uk). For further information on packed lunches, please contact your School Nurse.

Keeping lunches safe

- Wash your hands before handling food
- Wash fruit and vegetables before preparing or eating them
- Wash cream, prepare cucumber, cheese, low fat mayonnaise)
- Keep chopped fruit and veg or grated cheese fresh in a small box with a lid
- Keep sandwiches moist in sandwich bag or tin foil
- Add an ice pack or a frozen drink/yogurt and use an insulated lunchbox to keep the lunch cool
- Store the lunch in the fridge until it is time to go to school
- Throw away any perishable items at the end of the day
- Wash and dry reusable water bottles, lids and lunchboxes in warm, soapy water every day.

Ideas for choosing a balanced packed lunch!

Lunch box ideas...

Packed lunch 1

- Tuna, sweetcorn and pepper pasta
- Banana
- Handful of raisins
- Carton of semi-skimmed milk

Packed lunch 4

- Frittata (eggs, cheese, peas, peppers, sweetcorn)
- Slice of crusty brown bread with low fat spread
- Small tub of seeds, sultanas and chopped dried apricots
- Bottle of water

Packed lunch 2

- Egg, cheese and cucumber steamed roll
- Rice pudding
- Sultanas
- Bottle of water

packed lunch 5

- Pitta bread, falafel, tzatziki (yogurt and cucumber) dip, lettuce and tomato
- Small pear
- Handful of plain popcorn
- Bottle of water

Packed lunch 3

- Mackerel and potato salad (spiced) mackerel, new potatoes, watercress, prepared cucumber, cheese, low fat mayonnaise)
- Favourite fruits
- Bagettes
- Bottle of water

Packed lunch 6

- Wholemeal bagel with ham and soft cheese
- Pot of cherry tomatoes
- Frozen cherries mixed with Favourite fruits
- Bottle of water

Packed lunch 7

- Ham and carrot and pepper sticks
- Wholemeal pitta bread
- Strawberries
- Yogurt
- Bottle of water

Packed lunch 8

- Chicken, cream cheese and grated carrot wrap
- Fruit kebabs
- Sugar free jelly
- Carton of semi-skimmed milk

Packed lunch 9

- Vegetable and lentil pasta (chopped tomatoes, carrots, celery, onion, mince, lentils, pasta)
- Small tub of grated cheese
- Canned peaches in natural juice
- Low fat custard
- Bottle of water

Packed lunch 10

- Vegetable omelette (canned courgettes, peppers, onions, chickpeas, cubed cheese)
- Canned pineapple in juice
- Soy yogurt
- Bottle of water

preparing a packed lunch can often be time consuming and expensive, so why not try your child's school meals?

• Since September 2014 every infant (aged 5-7) is entitled to a free, healthy and nutritious school lunch, which could save you approximately £400 per year.

• Free school meals are also provided to families who receive qualifying incomes such as income support, universal credit. More information is available from the Manchester City Council website or from your school.

• Schools are required to meet School Food Standards which ensure the school meals provided are healthy, balanced and meet your child's nutritional needs.

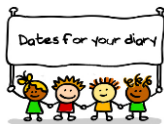
FACT Research by the University of Leeds has shown that **only 1.6%** of primary school children's packed lunches met the nutritional standards set for school meals.



Trawden Sports Week - wb 24th June

We are holding a fun packed Sports Week again this year. We are holding so many different activities including Sports Day!

- Monday 24th - visiting Olympian
- Tuesday 25th - Kin Ball day
- Tuesday 25th - EYFS sports day 9.15-10.30am
- Tuesday 25th - Y1 and Y2 sports day 10.30-11.45am
- Tuesday 25th – Y5 and Y6 sports day 1.15 – 2.45pm
- Tuesday 25th - a group of Y4 chn will represent Trawden in the Pennine Lancashire School Games
- PARTY IN THE PARK !
- Wednesday 26th - Zumba day by Jess
- Wednesday 26th – Y3 and Y4 sports day 9.15-10.30am
- Thursday 27th – Creative Builders Lego Workshop day – The Olympics
- Friday 28th June - Orienteering and problem solving day y3-6 with Branching Out
- Friday 28th June – Dodgeball Day with Mrs Clarke



Dates for your Diary

- **Wednesday 5th June** – EYFS trip to Thornton Hall Farm
- **w.b. Monday 10th June** – Y1 Phonics screening week and Y4 Times table check week
- **Tuesday 11th June** – Fathers Day Pop Up Shop KS1 – each item £3
- **Wednesday 12th June** – Fathers Day Pop Up Shop KS2 – each item £3
- **w.b. 17th June** – Art week including a visiting artist!
- **Tuesday 18th June** – Year 4 trip to Blackpool Zoo
- **Thursday 20th June** – Year 3 class assembly 9 – 9.30am (Y3 parents/family members invited) please note date change!
- **w.b. 24th June** – Sports week – see details below!
- **Thursday 27th June** – Y6 transition day to high school
- **Wednesday 3rd July** – Y1 trip to KWVR (Keighley & Worth Valley Railway)
- **Friday 5th July** – Non uniform day for PTFA Summer Fair
- **Monday 8th July** – Y2 trip to Blackpool Sea Life Centre
- **Wednesday 10th July** – Y6 Play 2pm and 6pm
- **Thursday 11th July** – PTFS Summer Fair from 3.30pm
- **Monday 15th July** – Moving up day
- **Wednesday 17th July** – Y6 Leavers Assembly 2.30pm and Y6 Leavers Party 5.00-7.30pm
- **Friday 19th July** – Finish school 3.30pm – NO AFTER SCHOOL CLUB

PLEASE BE AWARE:-some dates may be subject to change (and some are weather dependant!) but we will let you know



After School Activities



- **Monday** – Karate with Sensei Simon :- weekly 3.30pm – 5.00pm (Years 1-6) *Places available - please contact; enquiries@budokaimartialarts.org for more information



- **Monday** – Rounders (Years 4, 5 and 6) after half term with Mrs Beetham and Mrs Clarke 3:30pm-4:30pm – letter sent home today (places on a first come basis)



- **Tuesday** – Netball for (Years 4, 5 and 6) with Miss Gallagher and Mrs Ross 3.30pm – 4.30pm *Places available – this club will continue next half term – letter sent today

- **Wednesday** – Gardening Club with Mrs Nelson and Mr Lomax 3.30pm – 4.45pm * FULL no places



- **Thursday** – Crafting club (Year 1 and 2) with Mrs Alcock 3.30pm – 4..30pm *FULL no places

