



Welcome Back

Friday 11th September 2020

It has been a fabulous week back together. School has been vibrant and full of energy again and there has been a lovely buzz in the air. It has been so great to see you all again this week. It certainly makes all the risk assessments and guidance documents worth it to see the children busy learning and having fun together again!

On behalf of everyone at All Saints', I would like to thank you for putting your trust in us and supporting our efforts to fully re-open.

A Welcome to New staff

We have welcomed 3 new members of staff to All Saints', Mr Hardcastle (Year 4), Miss Holt (Year 3) and Mrs Savile (Support assistant Year 2) who have all received a warm welcome from the children and staff alike.

Next week we welcome back our peripatetic teachers for music and computing. You may see the familiar face of Mrs Durrans who will join us through the Calderdale Music Service each Monday.

Celebration assembly

Celebration assembly will start again next week. Children will join one another through a virtual assembly to celebrate their achievements. You can then access SeeSaw to view a photo of your child with their certificate if they have received an award that week.

Entering and Exiting School

Thank you again to all our families for supporting the staggered start and finish times, following social distancing guidelines, and helping a smooth transfer into school.

Jumpers and Coats

As our classroom windows and doors are open for increased ventilation in line with the DfE guidance for schools, it can make rooms a bit cooler! Please can you make sure children have their school jumper or cardigan with them every day. They also need their coats every day.

Packed lunches

We have more children who are bringing packed lunches at the moment, partly due to COVID 19. With this in mind, and with it being the start of the school year as well, it is a good time for us to send out some information about nutritious packed lunches and the guidelines for what they should contain. We appreciate your support with this.

There is lots of useful information on what to include in a balanced packed lunch on the Change 4 Life website, including new ideas and recipes to try:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

The aim is to follow the NHS Eat Well Guide .



Preparing the lunchbox



1 Start with starchy foods and carbohydrates

Starchy foods are a good source of energy and should make up around one third of your child's lunchbox. You should try to include starchy foods like bread, pasta or potatoes, and any other choices of starchy products.

Top tips

To offer something different to the traditional sandwich, you could give your child a bagel, pizza/bread, a wrap or a bap/bun. Use brown, wholemeal or seeded varieties where possible and only use a small amount of vegetable based spread, such as sunflower spread, or reduced fat spread.

Breadsticks, pretzels and wholemeal crackers are handy additions to a lunchbox and can be eaten with low-fat soft cheese or small cubes of reduced-fat hard cheese.

2 Add protein

Add a portion of food rich in protein, either on its own or as a sandwich filling. Foods rich in protein include the following:

- Chicken
- Lean meat
- Fish
- Eggs
- Cheese
- Beans, pulses and renal alternatives

3 Add a couple of portions of fruit and vegetables to contribute towards your child's '5 a day'

There are many ways you can add fresh fruit and vegetables to your child's lunchbox:

- Children are drawn to brightly coloured fruit and vegetables and are more likely to eat them if they are ready to eat, for example already peeled or cut into bite-sized pieces.
- Small fruits and vegetables, such as grapes and cherry tomatoes, should be cut into quarters for young children to reduce the risk of choking. You could also include some low-fat hummus or soft cheese for dipping.

- You could put salad in their lunchbox.
- You could make them a tasty fruit salad or include some canned fruit in natural fruit juice.
- The lunch could include a handful of nuts or a few small portions, to reduce the risk of food-borne illness, it is best eaten at mealtimes.

4 Dairy and alternatives

You could also include one of the following. Choose lower fat and lower sugar products where possible.

- Plain yoghurt
- Processed fish
- Low fat soft cheese

5 Drinks

Remember to include a drink. Good choices include the following:

- Water (although this will be available at school)
- Milk (pasteurised or sterilised for children aged over five)
- Fresh unsweetened fruit juice (no more than 150ml)