

# School Newsletter Spring 2019 No. 8

**28th January 2019**

## Next Week:

28.1.19	9am, Celebration Assembly (invite only)
28.1.19	Clubs Start this week
29.1.19	Music Tuition with Mr White
30.1.19	Year 5 (Group 2) Swimming (Colchester Academy)
1.2.19	New Times Table Celebration Assembly

## Year 3 Trip to Colchester Castle

On Thursday 24th January our Year 3 pupils visited Colchester Castle to support their learning about the Romans.

They worked collaboratively to build a Roman Villa and a Celtic Roundhouse. They acted out being Romans and Celts and laughed a lot when the castle storyteller made them all jump!

The children displayed a superb understanding of their learning so far in the topic and the tour guide was very impressed that they could name Caludius and his successor Nero when retelling the battle of Colchester and the story of Queen Boudicca.

The children also had a go at racing a chariot on an interactive screen and although many children drove it off of a cliff, a few managed to complete the arena circuit—it was a lot harder than it looked!

A big thank you to all of our parent helpers and staff who made sure the day ran well. Also a big thank you to the friendly bus drivers who drove the children to the castle.

I look forward to seeing some of the children's learning following this visit.



Birthday greetings go to:



All of our pupils who have celebrated their birthdays this week.

**Happy Birthday to you all.**

## Healthy Packed Lunches

School meals are a great choice, but if you make a packed lunch for your child then make sure you get their needs covered.

### Try to Include:

- **Starchy foods for energy** e.g. bread, wraps, bagels, pasta, couscous or rice
- **Fruit and vegetables for vitamins e.g.** fun sized apples, bananas, smaller oranges or grapes. Or vegetables sticks like cucumber, peppers, carrots or small florets of broccoli
- **Protein for growth** e.g. chicken, tuna, salmon, hummus
- **Dairy for bones** e.g. yoghurt, cheese or milkshake

### Try and avoid:

Foods high in salt, sugar and fat. Not only are these bad for our children's health, if we eat them, they also distract our children and reduce the likelihood that other foods are eaten in the lunchbox.



## School Coats

Please ensure your child's school coat is named. Our Lost Property Box is bursting with lovely winter coats—all of which we are unable to return to their owners since they are not named.

The children always start off their lunch times wearing their coats, but after 30 minutes of running around they soon come off and are placed on benches, tables and walls—and then the children forget to pick them up and bring them inside. Names would really help the mid-day staff who try their hardest to return coats to their rightful owners. Good luck!