



Friday NewsFlash

Friday 25th January 2019

Latest News...

Love your Lunchbox...

Following on from the 'Sugar Smart' information that was sent home last week, we thought it might be helpful to follow up with a few reminders regarding lunchboxes and snacks in school.

- Morning snack should be a piece of fruit or vegetable only please, as per our healthy schools policy. Children in reception, year 1 and year 2 are provided with a snack free of charge every day, so do **not** need to bring a snack from home.
- If you would like your child to have milk after their 5th birthday, you need to register and pay for their milk directly on the 'Cool Milk' website. Details can be found on the school website.
- Please can we discourage you from sending in nut based products (such as peanut butter) in packed lunches.
- A healthy lunchbox should contain a balance of carbohydrates (for example a sandwich, wrap, pitta bread or crackers), protein



(e.g. cheese, tuna, ham, chicken), plenty of fruit and vegetables and only a small amount of fatty and sugary food. Children need healthy, nutritious food to help their brains function and to keep their energy levels up for afternoon

school, so it might be worth thinking about making some 'smart swaps' if your child's lunchbox is not looking very balanced. There are some great ideas on the NHS 'Change4Life' website:

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

LUNCHTIME SUPERVISOR VACANCY:

If you or anyone you know would like to work with our lovely children at lunchtimes we have a vacancy for a lunchtime supervisor, Monday – Friday 11.45am-1.15pm. We would consider a job share so even if you can only commit to a couple of days a week please get in touch with the school office.



Reading idea of the week:

Read the super lunchbox ideas on the Change4life website and have a go at one of the recipes to go in your lunchbox next week!

Mrs Sida likes the sound of Crunchy Salad Pittas and Carrot and Courgette Muffins. Yummy! 😊

Dates for your diary...

5th February

Safer Internet day
YEAR 6 SATs MEETING 3.30pm

13th February

Wagtails visit to New Walk Museum

15th February

TERM 3 ENDS

26th February

School opens to pupils TERM 4

14th March

Year 5 and 6 BIG SING – more info to follow.

1st April

Drama club performance

3rd April

Wagtails' class assembly

Clubs

You will have received a slip notifying you if your child has a place at their chosen clubs. Due to high demand, unfortunately some pupils have had to go on a waiting list. You will be informed if a place becomes available.

Video Games

It has come to our attention that an increasing number of children are playing games on X-Box and Playstation that have an 18 age rating. Whilst it is for you as parents to decide what is acceptable in your home, we have had incidents of pupils coming in to school re-enacting these games, asking what inappropriate words mean and using the bad language that they have heard. Please can we urge you to keep an eye on your child's online activity and remind them that playground activities based on violent video games are not allowed in school.