

Weekly Newsletter

21st OCTOBER 2022 ATTENDANCE



Attendance is **OK at 92%** for the whole school.
Well done **Year 2 with 97%**

HALLOWEEN



On Monday 31st October children can come to school dressed in Halloween costumes if they wish.

We will be holding two Halloween discos, in school, on Monday 31st October. The first will be for Nursery, Reception, Year 1 and 2 from 3.15pm until 4.45pm. The second will be for junior children from 5pm until 6.15pm. Tickets cost £3 via Lunchshop and will include a hotdog and a drink.

A HEALTHY LUNCH



Over the next half-term, we will be working closely with our partners at Phunky Foods to showcase their Healthy Lunch message to the children. This message highlights the importance of choosing a healthy, well balanced school lunch; whether that's a hot school meal or a packed lunch brought in from home.

Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables. School lunches can contribute to almost a third of a child's weekly food intake and therefore they need to be balanced and nutritious to make a positive contribution to a child's health. A healthier lunch will also encourage children to be calmer and more on-task and focused during the afternoon at school.

We will be doing some work in school with the children around healthy eating. This will include our Phunky Food Ambassadors delivering a whole school assembly to their peers on what a healthy lunch might look like. We will also be delivering practical food preparation sessions, led by Amanda Graham from Phunky Foods, where our children will be learning how to make a healthy snack.

You can find out more about the Phunky Foods Healthy Lunch message, as well as their other healthy eating messages, at <https://www.phunkyfoods.co.uk/parent/a-healthy-lunch-parents-information/>

Please do take the time to look at the website as the information is there to help you to support your child at home.

For healthy packed lunch ideas and recipes you can also visit:

https://www.phunkyfoods.co.uk/recipes/?fwp_courses=packed-lunches

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