



PACKED LUNCHES



We would like to remind parents that we are a healthy school and, as such, we ensure school lunches are nutritionally balanced. We also expect packed lunches from home to be healthy and balanced. For example, a healthy lunch box might contain a sandwich or wrap, pasta, sausage roll, crackers, vegetables & humus, fruit, yoghurt, cheese etc. It is perfectly acceptable to include a packet of crisps and a small biscuit treat, however large chocolate bars and packets of sweets have never been allowed. Water is preferred, but children are permitted to bring fruit juice to have with their lunch. Fizzy drinks are not allowed.

We have been shocked recently to discover packed lunches that contained two large chocolate bars and very little else, and also one that consisted of a cold McDonald's meal. In fact, a typical packed lunch serves up more than a six-year-old's entire daily sugar limit!



The result of the National Measurement Programme shows our school to have higher levels of children who are obese or over-weight than other schools nationally:

'The proportion of Reception children who were overweight or obese (33%) is higher than in most other schools across England (22%).'

'The proportion of Year 6 children who were overweight or obese (51%) is higher than in most other schools across England (34%).'

Please support school in trying to encourage children to lead healthy lives and to fight obesity.

MEMOS

Start of the School Day:

- The school day officially begins at 8.55am.
- The gate is opened between 8.40am and 8.45am, when staff are on the playground to greet children. This gives pupils 10 minutes to arrive on the premises and to be in their classrooms ready for registration.
- The gate is locked at 8.55am. We try to be consistent, but occasionally there are unforeseen circumstances!
- Any children arriving after this time must be brought to the main entrance and signed in.

Uniform

May we remind you, once again, that pupils are not allowed to wear trainers to school. Sensible black shoes are required. Pupils may wear summer sandals this term as long as they are black or white, flat and support feet properly.

Dates for your diary



School closed for Local Elections
Thursday 2nd May

Spring Bank Holiday
Monday 6th May

Year 4 Pettypool Residential Visit
Monday 13th May - Tuesday 14th May

Year 6 SATS test week
Monday 13th May - Thursday 16th May

School closed for European Elections
Thursday 23rd May

Sports Day
Wednesday 5th June

Year 6 Residential Visit
Friday 7th June - Sunday 9th June

LANGUAGE ON THE PLAYGROUND

We have had complaints regarding the use of inappropriate language by a very small minority of parents. Please refrain from swearing on the premises, especially when other parents and children are around.



PARENT PAY POLITE REMINDER

Please remember you must be in credit on Parent Pay before your child takes a school lunch.



