



We would like to pass on the news that Mrs Alice Brooks, our preschool leader, will sadly be leaving us at the end of next week. She has been with us since January and has worked tirelessly in Robins with our 2, 3 and 4 year olds. We wish her the very best in the future. We will be recruiting a new member of staff to lead preschool in the next week. We are also recruiting for a new cleaner as Miss Amy Monger (who cleans three days a week) will be leaving; we would also like to thank her for her time at the school.

Our lunchtime staff have been noticing that some packed lunches are not looking particularly healthy since we returned from the summer break, with a lot of chocolate products and children sometimes having more than one bag of crisps. Please see the following from the Trust policy on packed lunches:

Government guidelines recommend that packed lunches should include:

- *At least one portion of fruit and one portion of vegetables every day e.g. apple or carrot sticks*
- *One portion of meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, and falafel) every day*
- *Oily fish such as tuna or salmon at least once every three weeks*
- *A starchy food such as whole meal bread/wraps/roll, pasta, rice, couscous, noodles, every day*
- *Dairy food such as milk, cheese, yoghurt or fromage frais everyday*
- *Only water, sugar free squash, semi-skimmed milk, or smoothies*

Government guidelines recommend that packed lunches should not include:

- *Snacks such as crisps on a regular basis*
- *Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and fizzy drinks.*
- *'Processed' fruit i.e. fruit 'Winders' or sugar/yoghurt coated fruit*
- *Processed cheese products i.e. cheese strings/Dairylea snack corners*
- *Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.*

Thank you for your cooperation in supporting us to ensure our children eat a healthy lunch at school.

This week there will be an opportunity after school for a 'Meet the Teacher' session for parents. These meetings will be held on the following days;

Kingfishers: Tuesday (this will be for parents of year 1 children)

Starlings: Tuesday

Goldfinches: Thursday

Swallows: Wednesday

Mr Turull and Mrs Phillips

Diary Dates for the Autumn Term

Each Week

Monday	<u>pm</u> - Violin lesson for Goldfinch Class. <u>after school</u> Dance Club
Tuesday	<u>7.45 am</u> Breakfast Club PE for all children with Mr Groves <u>after school</u> Sports Club with Mr Groves
Wednesday	<u>after school</u> - Sunflower Club
Thursday	<u>7.45 am</u> Breakfast Club <u>after school</u> - Sign Language Club



News from the Classrooms



This week we have enjoyed talking about the way we look. We noticed different colour hair and eyes and even height of each other. We have made self portraits using paper plates and mirrors. We have also enjoyed listening walks around the school and had a visit to the church.



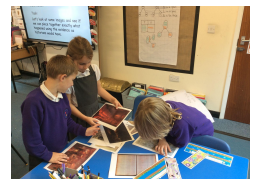
What a great second week for reception, we have had our first guided reading sessions, learnt 4 new sounds i, n, m and d. We have practised matching and sorting in maths.



The whole class enjoyed listening to the book Little Rabbit Foo Foo, designed our own goonie and also wrote alternative stories!



This week we have been historians looking at what types of evidence we have that help us to piece together what happened during The Great Fire of London in 1666. The children were very keen to explore the evidence and give their opinions, linking it back to their knowledge of our previous history topic communication over time.



This week, Goldfinches started their violin lessons. They all did really well and had a great first lesson.



Swallows have continued their journey as scientists this week by investigating parachutes and considering how to slow down their descent. We have also enjoyed furthering our thinking in our Monarchy topic in History by considering the legacy of HM Queen Elizabeth II and we have been very excited to find out details of our residential visit in May!

