



Parents as Partners

Newsletter 18

Friday 7th February 2020

SPRING TERM

Dear Families,

This week the children have been celebrating Children's Mental Health Week by thinking about "finding their brave". There have been many interesting discussions in the classes and the children have been excellent at articulating how they are feeling and things they can do to improve their confidence and self-esteem.

As well as promoting healthy minds it is vital, we are also promoting other healthy lifestyle choices. One way in which we can do this is through providing healthy lunches for our children. Whether squeezing it in between getting a school uniform and making sure their shoes fit in the back-to-school rush, or on busy midweek evenings during term time, preparing your child's lunchbox can seem like just another thing on the list. School meals are a great choice, but if you do make a packed lunch for your child then we would urge you to think about using some of the ideas below or find further information at: <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

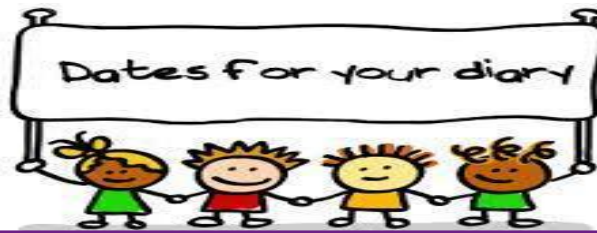
A healthier lunch box should be based on the eat well plate food groups (see www.eatwell.gov.uk), which promote balance and variety in the diet. Parents and pupils should try to include something from each of the eat well food groups in the lunch box.

Foods that a healthy lunch box should include:

- *A good portion of starchy food, for example wholemeal roll or bread, wraps, pitta pocket, pasta or rice salad.*
- *Plenty of fruit and vegetables, for example an apple, satsuma, handful of cherry tomatoes or carrot sticks.*
- *A drink of semi-skimmed milk or a portion of dairy food, for example individual cheese portion or pot of yogurt.*
- *A portion of lean meat, fish, eggs or beans, for example ham, chicken, beef, tuna, egg or hummus.*
- *A drink, for example unsweetened fruit juice, semi-skimmed milk or water.*

Remember, foods high in fat and sugar should be restricted. Treats can be included at lunchtime however plain or lower sugar varieties should be encouraged.

Miss Hayes and Mrs Arrowsmith
Joint Head of School



February

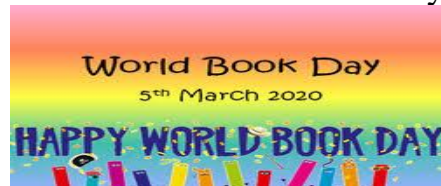
Tues 11th – Friends of School Meeting 2pm
Weds 12th – Film Night – THE QUEENS CORGI
Fri 14th – Break up for half-term



Mon 24th – Back to School

March

Thurs 5th – World Book Day



Mon 9th – Science Week
Weds 11th – Bedtime Reading Café
Fri 20th – Swallows Class Trip
Weds 25th – Film Night – PETER RABBIT

April

Weds 1st – Easter Service & Celebration Assembly
Wed 1st – Break up for the Easter Holidays



Mon 20th – Back to School
Tues 21st – KS1 Swimming
Weds 23rd - School Photo Day

Family Fun and Crafts
Espionage and Intrigue

Thursday 20 February
2-3.30pm



Be inspired by our original documents & create your own spy kit including periscope and decoder.

£3.50 per child, children under 3 free of charge
Children under 8 must be accompanied by an adult
Book your place www.archives.norfolk.gov.uk/events

Norfolk County Council

NORFOLK
children's
UNIVERSITY

Norfolk
Record
Office

The Archive Centre, Martineau Lane, Norwich NR1 2DQ

Get your wellies and woolly hats on this half term and join us for an outdoor trail, craft making activities and family fun!

Pensthorpe Natural Park Fakenham, NR21 0LN
www.pensthorpe.com

Meet the Teacher

CANCELLED

WEDNESDAY 12th FEBRUARY @ 2:30PM

Due to a clash with diary dates this has had to be postponed until after half-term when we will circulate a new date. If in the meantime you have any questions or queries, please come and speak with us.



**THE SPEED LIMIT IS
THERE TO PROTECT
THE CHILDREN AT
OUR SCHOOL,
PLEASE RESPECT THE
20 MPH LIMIT.**

THANK YOU



MERIT CERTIFICATES

CYGNETS – JAYDEN

ROBINS – POPPY

SWALLOWS – MAX

OWLS - CHESTER

West Norfolk SSP Key Steps Gymnastics Competition 2020



NORFOLK
SCHOOL SPORT
PARTNERSHIPS
WEST NORFOLK



WELL DONE – 2ND PLACE

**BETSY, STARLA
HARRY, ARCHIE
MIA & DAISY**

AMAZING!