

THE



BELL

Working together -Together things work

Week Commencing: 7 October 2013

Lunch Menu Week 2

Dear Parents,

Thank-you to those parents who attended our Friends AGM last night. It was a productive meeting but in order to fill all the positions we are having another meeting on Monday 14 October at 7.00pm.

I hope the Year 6 children enjoyed their week at Condoover and get a good night's sleep tonight! Thank-you to the staff who gave up their own time to accompany the children. Have a good weekend.

Sean Sibley



SCHOOL PHOTOGRAPHS

Monday 4 November

Tempest will be coming in to school to photograph the children individually and with siblings. Pre-school siblings can also be photographed from 8.30-9.00am.

Just turn up! Photos will be ready in time for Christmas.



SCHOOL LIBRARY

Our library is open on

Tuesdays

12.00—12.30pm for children
and

3.15-3.30pm for children and parents

We look forward to seeing you!



POLITE REQUEST

We would really appreciate it if parents using Breakfast Club could park at the far end of the car park to enable staff to occupy the spaces closest to the gates. Staff often have bags and trolleys to bring into school and may need to leave during the school day and want to avoid being blocked in. *Thank you!*



Rotary Club

Shoe box Appeal

If you would like to fill a shoe box with Christmas gifts for children in Eastern Europe, please let the office staff know by Friday 11 October so we have enough time to order the boxes.
Thank you

IMPORTANT

Does your child have asthma?

If you have not completed and returned an asthma healthcare plan for this school year, please pick up a copy from the rack in Reception. Please fill it in and return it to the school office as soon as possible.
Thank you.



AUTUMN BRUNCH MENU

WEDNESDAY 9 OCTOBER 2013

Enjoy a breakfast for lunch - sausage, baked beans, scrambled eggs, hash browns, crusty bread followed by pancakes and syrup or a jam muffin.

Great value at just £2.10



DIARY DATES

- The Week Ahead

Monday 7 October

- 8.35am DEXYS IS ON ALL WEEK .
PM No Muddy Mondays (yet!) for children in Reception Class
3.15—4.30pm Multisports Club with Mr Walker for children in Years 3 and 4.

Tuesday 8 October **Last day for Governor votes**

- 12.30—1.00pm I-pod Club for children in Year 6.
PM Violins for children in years 4 and 5
3.15—3.30pm Library open
3.15—4.15pm Fencing Club for children in years 4-6. FULL
3.15—4.30pm Football Match vs Oswestry School at home

Wednesday 9 October

- 10.30am Children in Years 3 and 5 going swimming at Oswestry Leisure Centre.
LUNCH Special Menu- Autumn Brunch Menu- enjoy a Breakfast for Lunch
PM Sports Coaching for children in years 1 and 2
3.15—4.30pm J H Coaching—Football Club for all year groups. £20 for this half term



Thursday 10 October

- 9.30—11.30am Marches Open Event
12.00—12.30pm Cross Country with Miss Mansfield for years 3—6
3.15—4.15pm Art & Craft Club for children in Years 1 and 2 . FULL
3.15—4.15pm Multisports Club for children in years 1 + 2 with Mr Walker
4.00—8.00pm Marches Open Event

Friday 11 October **SCHOOL TRIP DAY for Years 1,2,3 and 4**

Last day for ordering a shoebox

- 9.00am Children in Years 1 and 2 going to Blists Hill.
Back before the end of the school day
9.30am Children in Years 3 and 4 going to Dewa Experience, Chester.
Back before the end of the school day
3.15—4.15pm Gymnastics for children in Years 3-6. £15 for the whole term. FULL
3.15—4.30pm Football Club for children in Years 3 and 4.

DIARY DATES

OCTOBER

- Monday 14 SENCO Surgery with Mrs Watkins 3.15—4.00pm. Please make an appointment at the school office
- Tuesday 15 E Safety Meeting in the school hall. 3.30—5.00pm
- Tuesday 22 9.30am Vision Screening for certain children in Reception
- Wednesday 23 Parents Evening
- Thursday 24 1.30pm Education Welfare Officer coming in to check registers
Break up for Half Term
- Friday 25 PD Day. Children do not attend school
- Thursday 31 Closing date for year 6 applications to secondary school

NOVEMBER

- Monday 4 Children return to school
School Photographer in school- individuals and siblings
Please let the office know if you DO NOT WANT YOUR CHILD TO HAVE THEIR PHOTOGRAPH TAKEN
- Wednesday 6 9.15am Church Service
- Thursday 7 Jeans for Jean Day in memory of Jean Rowson whose birthday would be today.
Children can come to school in jeans and pay £1 towards SDCS,
Shropshire Deaf Children's Society
- Thursday 14 3.45pm Cross Country at Moreton Hall
- Friday 22 6.00pm Christmas Fair



DECEMBER

- Tuesday 3 Reception Class Nativity 2.00pm in the School Hall
- Wednesday 4 Christmas Dinner—£2.10. Please ensure you have money on your Allpay account
- Thursday 5 1.30pm Christmas Service in the church—please choose either one
- Friday 6 1.30pm Christmas Service in the church
- Wednesday 11 Goldilocks Pantomime coming to school
- Friday 20 Break up for Christmas holidays

CHILDREN RETURN TO SCHOOL ON MONDAY 6 JANUARY 2014



*Would you like to know more about
E-Safety and ways to keep your child
safe online?*

**Come along to our meeting on
Tuesday 15th October
3:30pm—5:00pm
In the hall**



Children's Centre activities in Whittington

Children's Centre sessions are open to all families with children under 5 and provide opportunities for families to make new friends and enjoy a range of activities such as messy play, outdoor fun, and song and rhyme time to support their children's learning, development and transition into nursery and school in line with the Early Years Foundation Stage.

All our staff are trained to provide support in a range of subjects such as breastfeeding, children's development and parenting skills.

Stay and Play takes place on **Thursdays 9.15-11.15am.**

*All our sessions are **FREE** of charge and run all year round.*

Children's Centres also offer a range of Family Learning courses and workshops in your local area with childcare where available.

For further information please contact 01691 656513 or visit our webpages:

www.shropshire.gov.uk/childrenscentres.nsf



Thanks to Jamie Oliver, school dinners have had a radical overhaul. But what about the lunchboxes we pack for our children?

It's just as important to make sure the lunchbox your child takes to school provide a healthy, balanced lunch as when they eat at home. This means plenty of foods that contain the nutrients that children need, and fewer foods that are high in sugar and saturated fat.

You can learn the healthy foods basics in [Good food and diet](http://www.nhs.uk/Livewell/Goodfood/Pages/Goodfoodhome.aspx). (www.nhs.uk/Livewell/Goodfood/Pages/Goodfoodhome.aspx)

Packing the lunchbox

A balanced packed lunch should contain:

- Starchy foods. These are bread, rice, potatoes and pasta, and others.
- Protein foods. These are meat, fish, eggs, beans and others.
- A dairy item. This could be cheese or yoghurt.
- Vegetables or salad, and a portion of fruit.

Starchy foods are a good source of energy, and should make up a third of the lunchbox. But don't let things get boring. Instead of sandwiches give children bagels, pitta bread, wraps and baguettes. Use brown, wholemeal or seeded bread, not white bread.

Get ideas for healthy [starchy foods](http://www.nhs.uk/Livewell/Goodfood/Pages/starchy-foods.aspx). (www.nhs.uk/Livewell/Goodfood/Pages/starchy-foods.aspx)

Children often like food they can eat with their fingers, so chop up raw veggies such as carrots or peppers, and give them houmous or cottage cheese to dip the veggies in. Breadsticks and wholemeal crackers are great finger foods and they can be spread with low-fat soft cheese or eaten with reduced-fat cheddar and pickles.

Replace chocolate bars and cakes with fresh fruit, dried fruit or unsalted nuts. Vary the fruit each day and get them to try new things, like kiwi or melon.

Here are more ideas for [healthy food swaps](http://www.nhs.uk/Livewell/loseweight/Pages/Healthyfoodswaps.aspx). (www.nhs.uk/Livewell/loseweight/Pages/Healthyfoodswaps.aspx)

You could also make up a tasty fruit salad. Be inventive and encourage your children when they try something new.

Making healthier food

It may take a while for your children to get used to a healthier lunchbox. But it will be worth it for their health, so keep trying.

You can help by eating a wider range of foods at home, as a family. For ideas on how to introduce more fruit and vegetables into your family's diet, read [5 A DAY and your family](http://www.nhs.uk/Livewell/5ADAY/Pages/Family.aspx). (www.nhs.uk/Livewell/5ADAY/Pages/Family.aspx)

Reading supermarket food labels can help you to buy healthier foods for your child's lunch, and for family meal times. Learn more in [Buy healthier food](http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx). (www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx)

Save chocolate and cakes for occasional treats. Remember to praise your child when they've tried something new, to show your encouragement.

Please try and make your child's lunch box healthy but enjoyable! As a school we try to promote healthy eating and we will confiscate any excessive unhealthy food in children's lunch boxes. Obviously little treats are acceptable!



Thank you for your cooperation with this .

Sean Sibley