



Healthy food, healthy bodies At the beginning of the school year I thought it might be useful to share with you a couple of websites that offer suggestions for healthy packed lunches and snacks. I remember only too well the monotony of nine years worth of packed lunch making when my children were at primary school, so hopefully the links below might provide some inspiration to make the challenge of producing tasty, healthy packed lunches easier to overcome. I would have thought that once or twice a week at lunchtime, children can have a packet of crisps or a chocolate bar as part of a healthy balanced diet but they should certainly not be part of a daily diet. Please can I also remind parents that we do not permit any nut based product in school and also dried fruit like raisins/sultanas are also a 'no-no', as despite appearing to be perfect little snacks, they are also perfect choking hazards. And last but not least, please make sure that the children only have water in their water bottles and not juice as this causes all manner of upset. Thank you.



- 27 Sep - Oak Class visit to Brimham Rocks
- 30 Sep - New Starter Parents Evening 4pm
- 9 Oct - LGB Meeting
- 22 Oct - Curriculum night
- 25 Oct- Break



<https://healthyschoolsnorthyorks.org/wp-content/uploads/2023/01/Healthy-Packed-Lunch-leaflet.pdf>

https://assets.publishing.service.gov.uk/media/62b1e93f8fa8f5356c35bbd3/School_Food_Standards_140911-V2.pdf

Parents' Evening Thank you to all those parents who have signed up for Parent's Evening on the 30th September. There are still some slots available so please do secure an appointment if you would like one. Thank you.



And finally...It's our PTFA AGM on Thursday 26th September, 7.30pm, at the Royal Oak in Dacre Banks. Please come along and show your support for our school. Thank you.

Scan the code to discover our curriculum

Our whole school theme this half term is 'Mapping'