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 have a packet of crisps or a chocolate bar as part of a healthy balanced diet but 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.

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 2nd October. There are still some slots available so please do secure an appointment if you would like one. Thank you.
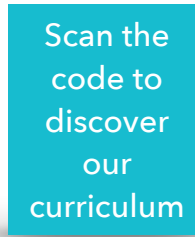
PTFA Autumn Quiz We are looking forward to welcoming you to the 'Wellie' for our Autumn Quiz on Thursday 3rd October from 7pm. Please contact Helen Marriner to book a place!

And finally…It's our PTFA AGM on Wednesday 16th October. This will probably be online from 8pm. Please join us and show your support for our school. Thank you.

Dates for your diary

- 2 Sep - Training day
- 3 Sep - Children return
- 24 Sep - Flu immunisations
- 27 Sep - Swale Class visit to Brimham Rocks
- 1 Oct - Brimham Rocks writer workshop
- 2 Oct - New Starter Parents Evening 4pm
- 9 Oct - LGB Meeting
- 15 Oct - Fire safety Visit
- 25 Oct- Break up for half term

Scan the code to discover our curriculum

MANY HANDS MAKE LIGHT WORK

Our whole school theme this half term is 'Mapping'