



SLIMBRIDGE

primary school

Newsletter 12—21.03.17

Dear Parents/Carers,

Here at Slimbridge Primary School we are working hard to help our children become fitter and healthier with our daily 'Circuit training' and healthy school lunches. For those of you who provide your children with packed lunches, we would really appreciate your support in sending your children to school with a healthy selection of foods. When packing your child's lunch please remember to include something savoury (e.g. a sandwich, a roll, a wrap, a salad), a drink (water or fruit juice is great) and some fruit and/or vegetables. We would like to remind you not to send in sweets or chocolates please, although small chocolate biscuit bars are fine.

It can be very hard to think of varied healthy packed lunches! Here are a few tips to give you some ideas:

- For a sweet treat swap cakes and biscuits for currant buns, fruit bread, tea cakes and malt loaf.
- Cook some extra pasta or potatoes with dinner the night before to make into a salad for lunch the next day.
- Plain popcorn or rice cakes are a tasty and healthy alternative to crisps.
- Using a different type of bread each day can make lunchboxes more interesting. Try granary, wholemeal or whole white bread, pittas, fruit bread, bagels, English muffins, or wraps.
- Dairy products are popular choices - low-fat custard, fromage frais, rice pudding or yoghurt are very good for growing bones!
- Provide fruit in small pots which are easy and quick to eat, e.g. chopped canned pineapple, satsuma pieces, raisins, dried apricots, grapes, kiwi fruit.
- When you are preparing vegetables or salad for dinner, cut up a few extra carrot, cucumber or celery sticks for lunch the next day to reduce the time spent preparing lunch!

For further information and ideas go to:

<https://www.nhs.uk/change4life-beta/healthier-lunchboxes>

Regards
Mrs Mac

IMPORTANT DATES.

Wednesday 22nd March—
Early Years & KS1 Reading workshop.

Friday 24th March— **COMIC RELIEF TALENT SHOW**
Sorry No Share Assembly.

W/B 27th March OPEN
CLASSROOM sessions at
2.30—2.50pm

Friday 7th April—Easter
Celebration. 1.30pm at the
Church

Sunday 2nd April—
**The FoSS Easter Egg Hunt
in Rosie's Wood**
Slimbridge. Tickets available from the School Office.

Monday 24th April—start
of term 5

+ 2017 Reception places
allocated.

+ Redwood visit for Class 1

Monday 1st May—
Reception Dental checks

Given the sad events in London yesterday, it is likely that your children may have been exposed to media coverage about what has happened. You may choose to spend some time to share their thoughts and feeling. I thought it might be useful to share some guidance developed by Winston's Wish:

- Talk to children using words they understand; give information a bit at a time
- Try and **encourage** children to ask questions
- Answer questions **honestly** and simply; **talking about it won't make it worse**
- Accept that some things can't be 'made better'
- Try to talk about bad actions, rather than bad people. Children can be very frightened by the idea of bad people.
- Show willingness to talk about difficult things and use this as an opportunity to reassure them
- If children are asking questions, it is a good thing – it is better than keeping questions and worries to themselves
- Children understand and cope with things differently to adults, role-playing what they might have seen is normal
- Remember that 'super parents' don't exist. Just do and say what you can
- Don't be afraid to show children how you are feeling.

I hope this helps.

Considerate Parking.

Parking at any school is always an issue and actually we have relatively good facilities with the use of both the British Legion and Village Hall car parks.

However, to make sure that St John's Rd is a safe please ensure you **don't park on the white lines** so cars can use them as passing places

My Dad Reads

As parents we have an incredible influence on our own children, and as part of our reading initiative we would like to make a display of male role models reading. This will have particular influence on our boys reading habits.

I am looking for photographs of Dads, brothers, Uncles and Grandads reading to add to a display in the main corridor.

Maybe they could be photographed in their favourite place..... the shed, garden, car!

SHARE OPEN CLASSROOM

Parents are invited to join their children in class next week.

Classrooms are open from 2.30—2.50pm

We would like the children to bring in their favourite book to share.

Monday—Classes 1 & 4
Tuesday—Class 5
Wednesday—Class 2 & 3

FoSS Family Egg Hunt

Our Family Egg Hunt is taking place in Rosie's Wood, Slimbridge on Sunday 2nd April 10.30-12.30. £3 per should which includes a chocolate egg.

Please purchase your tickets ASAP. We need more support for the event to go ahead. You can buy through parent pay, in the school office, or at The Cabin Village shop. This event is open to people outside of school too so bring the family along. Those of you who have purchased tickets already will receive them next week.

The George Inn Cambridge have kindly allowed us to use their car park - from here you can walk through the caravan park and follow the signs through to Rosie's Wood.

There'll also be hook a duck, a coconut shy, guess the name of the bunny plus bacon rolls and other refreshments on sale. Last year the event was a great success and everyone had loads of fun. The weather looks set to be lovely next weekend.

We hope to see you all there!

Friday Assemblies.

Friday 24th March- NO assembly. Comic Relief Talent Show

Friday 31st March- Orchestra

Friday 7th April-Easter Celebration at the Church