



Lunchtimes is an important part of the day. It is key that all children get something healthy to eat at this time. The meals cooked at school must fit strict guidelines about the amount of fat, salt and sugar allowed. It seems sometimes the packed lunches are not so healthy. The website **Change for Life** contains lots of information to keep you and your family healthy. This week I found this information about school lunches. I thought it may be useful. For more information, please look at the website <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

**Lunchbox tips:**

**Keep them fuller for longer** - Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.

**Mix your slices** - If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.

**DIY lunches** - Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.

**Always add veg** - Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.

**Ever green** - Always add salad to sandwiches – it all counts towards your child's 5 A DAY.

**Swap the sweets** - Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).

**Add bite-size fruit** - Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.

**Get them involved** - Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.

CAN I REMIND ALL PARENTS THAT WE DO NOT ALLOW ANYTHING WITH **NUTS** IN THE SCHOOL AT ANY TIME. PLEASE DO NOT SEND CHILDREN WITH ANY FOOD THAT CONTAINS NUTS.

*Have a lovely weekend!*

Mr. Brown

## **MACMILLAN COFFEE MORNING – FRIDAY 28<sup>th</sup> SEPTEMBER - REMINDER**

On September 28th our new PTA will be holding a Macmillan Coffee morning to raise vital funds for the Macmillan cancer support team. This is an amazing charity that helps to support cancer patients and their families during the most difficult of times which unfortunately affects millions of people.

This will also double up as an information session to allow you all to meet our new PTA team and hear of all the exciting new things they have planned to help our school.

So come along for a cake and a cuppa after the school run, we look forward to seeing you all there.

## **PARENT PAY - REMINDER**

Old Oak Primary is moving to a cashless system. School meals are paid for via Parentpay which came into operation last September. This payment method will now be extended to include school trips. In order to register, all parents who do not already pay for school meals via Parentpay will need an activation code. Please look out for these letters. They are important and should make it much easier for you to pay for things in the school.

### MULTI-SPORTS CLUBS AFTER SCHOOL

These clubs began this week. They were very popular and we shall run them again after half term for those children who missed out this time.

### HARVEST FESTIVAL

PLEASE BRING CANS AND PACKETS OF FOOD TO SCHOOL BEFORE OCTOBER 18<sup>TH</sup>.  
We will distribute the food across the estate on 20<sup>th</sup> October.

### TRANSITION CLUB – REMINDER

Beverley will be contacting parents about payment for the Transition Club at school.

### LEARNING THIS WEEK IN CLASSES -

Each week we will let you know about some of the learning in class so you can talk about this with your child. All of your children will have begun a new class reading book this week. Ask them about this and what has happened so far.

Class	Learning
Nursery	We have been settling into the nursery and getting used to the routines.
Peach and Rowan	We have been practising the satpin sounds and writing them.
Olive	We have been reading the Blue Penguin and comparing numbers of objects (equal to, more than, less than (fewer), most, least)
Maple	We have been reading The Lonely beast and counting in 2, 5, and 10s
Hazel	We have been describing how our robots feels using exciting words
Laurel	We have been estimating work out and write numbers on a numberline and investigating about wolves
Magnolia	We have been learning the place value of each digit in a 3/4 digit number and creating a Wanted poster about a wolf
Sycamore	We have been ordering and comparing numbers beyond 1000 and creating a story map and retell a story
Plum and Elm	We have been learning about how to multiply and divide by 10 and 100 and writing a narrative account.
Hawthorn and Plum	We have been comparing and ordering numbers to 1,000,000 and written a poem based on our class book

### DATES FOR THE DIARY

**Friday 21<sup>st</sup> September** – the boys' and girls' football teams are playing this first match

**Monday 24<sup>th</sup> September** – Imperial College students come in to work with Laurel class

**Wednesday 26<sup>th</sup> September** – Plum class assembly at 10.15am in the lower hall

**Wednesday 26<sup>th</sup> September** – Curriculum and Achievement committee meeting after school for governors

**Friday 28<sup>th</sup> September** – Macmillan Coffee Morning in the old nursery in the morning

