Dear Parents

Please can you ensure that children are collected by a suitable person at the end of the school day. It is school policy that an EYFS child must be collected by a person who is at least 18 years old. To pick up children in other year groups, they must be at least 16 years old. People under these ages will not be allowed to collect children. We apologise for any inconvenience that this may cause.

Healthy lunchboxes at dinnertimes are important for a child’s growth and concentration. Lunch should supply approximately one third of the daily energy requirements your child needs, as well as a third of protein, carbohydrate, fats, fibre, vitamins and minerals.

Try to include the following:

- One protein rich food such as fish, meat, eggs, poultry, tofu, pulses/beans or humous;
- One carbohydrate food such as wholemeal or granary bread, pasta, oatcakes or rice. Try wholemeal/brown ‘complex’ carbohydrates as they release sugar much more slowly to help give children sustained energy;
- One, but preferably two, portions of fresh fruit or dried fruit;
- One dairy food or calcium rich food such as cheese, yogurt, milk;
- One portion of salad or vegetables such as carrot sticks, celery, cherry tomatoes, cucumber, or a good amount of salad in a sandwich;
- 200-300ml of water or unsweetened fruit juice.

Further advice is available at www.parkfield.bham.sch.uk/healthy-lunchboxes

Mr Williams
Headteacher

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Start with zero.
Find a route from ‘Start’ to ‘End’ that totals 100 exactly.

Start + 6 + 9 × 7 ÷ 3 + 5 × 3 + 5 ÷ 3 × 7 - 8 End

Which route has the highest total? Which has the lowest total?

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Well done to those pupils who solved last week’s puzzle:

- Hamza 5C
- Saqibur 5B
- Aisha 6E
- Hasnain 3T
- Hashim 4M
- Amirah 2J
- Iqra 3ST
- Rumaysa 4O
- Mahib 3W
- Abdul 3ST

Have a go at this one and if you think you’ve solved it, bring it to Mr Lewis!

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Dates for your Diary in November

Tues 5th Dec – Fri 7th Dec Yr 3 Swimming next week - 3DM

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Parent News

The school office are now taking bookings for next term’s breakfast club.
This is charged at £2.50 per week and must be pre-booked.
Places are allocated on a first come, first served basis.
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Thank you for all your donations. We have collected £561.26 for Children in Need and £600 for the Burma (Rohingya Emergency Appeal).

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Please turn over
## Parkfield Community School
### Lunch-Munch Week-1

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomato &amp; Vegetable Soup</td>
<td>Tomato, Carrot, Coriander Soup</td>
<td>Tomato &amp; Roasted Pepper Soup</td>
<td>Tomato, Herb, Orzo Soup</td>
<td>Tomato Soup</td>
</tr>
<tr>
<td>Tuna, Mayo, S.corn Sandwich</td>
<td>Cheese Sandwich</td>
<td>Cheese Baguette</td>
<td>Cheese Sandwich</td>
<td>Cheese Sandwich</td>
</tr>
<tr>
<td>Cheese &amp; Pepper Baguette</td>
<td>Hummus &amp; Salad Wrap</td>
<td>Fish Patties</td>
<td>Tuna, Mayo, Lettuce Wrap</td>
<td>Lamb Burger &amp; Red Salsa</td>
</tr>
<tr>
<td>Pasta Courgette Bolognese</td>
<td>Fish Fingers</td>
<td>Roast Chicken &amp; Gravy</td>
<td>Chicken Pie</td>
<td>Cheese &amp; Tomato Pizza</td>
</tr>
<tr>
<td>Lentil Cottage Pie</td>
<td>Baked Macaroni Cheese</td>
<td>Quorn Sausages &amp; Onion Gravy</td>
<td>Tomato Pasta</td>
<td>Hand Battered Fish Goujons</td>
</tr>
<tr>
<td>Roasted New Potatoes</td>
<td>Seasoned Potato Wedges</td>
<td>Mashed Potato</td>
<td>Herby Diced Potatoes</td>
<td>Chips</td>
</tr>
<tr>
<td>Pilaf Rice</td>
<td>Plain Rice</td>
<td>Vegetable Rice</td>
<td>Savoury Rice</td>
<td>Baked Beans</td>
</tr>
<tr>
<td>Sweetcorn &amp; Broccoli</td>
<td>Carrot, Peas, Sweetcorn</td>
<td>Sweetcorn &amp; Carrot</td>
<td>Sweetcorn &amp; Peas</td>
<td>Sweetcorn</td>
</tr>
<tr>
<td>Cheese &amp; Crackers</td>
<td>Fruit Salad</td>
<td>Apple Cake</td>
<td>Mixed Berry Yoghurt</td>
<td>Chocolate Mosaic</td>
</tr>
</tbody>
</table>

### Other available alternative items to the daily menu:
- Jacket Potatoes with hot or cold fillings / Salad selection from cart
- Fresh fruit / Fresh bread / Fruit yoghurts / Milk

All our meat is halal. Non halal is available on advance request.