

Reception and Nursery Reminders

- Please ensure your child has a full PE kit in school. Black shorts, white t-shirt and black plimsolls. All the kit must be labelled with your child's full name.
- Please label all your children's clothes, coats jumpers, trousers, skirts. These items are expensive to replace and can easily go missing if they are not labelled.
- Please regularly check your child's hair for head lice. It is important that if you find the eggs or the lice that you treat your child's hair immediately.
- There are a number of products available to buy at the supermarket. It is common for children to pass lice on to each other. Children with long hair should tie it up in a ponytail to prevent spreading.



Healthy Eating

It is very important your child gets into the habit of bringing a healthy packed lunch to school.



What Should Be in a Packed Lunch?

Packed lunches should be based on the Eat Well Plate and should include the following every day:

- ✓ Fruit and Vegetables - at least one portion of fruit and one portion of vegetables or salad.
- ✓ Non-dairy source of protein - meat, fish, egg, beans or pulses such as lentils, kidney beans, hummus and falafel.
- ✓ A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals.
- ✓ Dairy foods such as milk, cheese, yoghurt
- ✓ Water, 100% pure fruit, milk, yoghurt drinks or smoothies.

Dates For Your Diary

- ❖ Thursday 4th October: Open Afternoon - Come and join in the learning in your child's classroom - 2.00-3.00pm.
- ❖ Friday 5th October : School Nurse
- ❖ Monday 8th October Year 2 SATS Meeting @ 9am.
- ❖ Friday 19th October: School closes for half term.
- ❖ 22nd October - 26th October: Half Term Holiday.
- ❖ Monday 29th October: School opens 8.45am.

❖ **Tuesday 6th November 9am**

❖ Wednesday 7th November: see below

❖ EYFS Coffee Morning

❖ Friday 16th November:
Children In Need –
Dress Up Day.



Winter Fayre

This year the primary is planning to hold a Winter Fayre. We need your help and ideas. If you are interested in volunteering, contributing, running a stall, etc. please leave your contact details in the main office with your area of interest.



Let's create a fun and engaging event for all.

Celebrating Harvest

The children will be celebrating Harvest this term. We would like the children to think about our global community, as well as our local community. As part of our Harvest work, we will be doing a collection for the Falconer Children's Home and Orphanage in Kabulamema, Zambia. Miss Falconer was a nurse who established an orphanage in Kabulamema in 1949. See the website: www.thefalconertrust.org



We will be collecting:

- **Tinned:** meats, fish, fruit, vegetables, beans and pulses, baked beans.
- **Dry foods:** Breakfast cereals, biscuits, rice, lentils and pulses, hot chocolate powder and tea bags
- **Baby products:** Nappies, powdered milk, nappy rash cream/vaseline, baby shampoo, babies feeding bottles, cotton wool /buds, toothpaste and tooth brushes.

We would be grateful if you would bring your contributions to school by the 15/10/18 and hand them to the classroom staff. The items will be displayed in the school hall and celebrated with a special assembly with a member of the Falcon Trust.

