



Newsletter

9th November 2017



Sir William Petty visits St Augustine's



On the last day of the half term, all the children from Year 1 and Year 2 in our federation schools came together at St Augustine's for an exciting day revolving around their latest History topic. The children were amazed to be visited by the time travelling nobleman Sir William Petty from 1666. He had travelled through time to come and tell the children all about the Great Fire of London.

The children were intrigued by the way he dressed and the way he talked. He spoke about what London was like in 1666 and the origins of the Great Fire.

The children were involved in a re-enactment of the Great Fire (without the fire!) to see how and why the fire spread. They explored the ways of fighting the fire with much dramatic involvement and lots of buckets!

The children also learnt about the changes made after the Great Fire to ensure that it never happened again.

It was also an occasion for the children to meet and make new friends from the other two schools.

Inter-Faith Week



Next week is inter-faith week so we've arranged a Diwali Dance Day on Thursday and a Sikhism Workshop on Friday morning! All children will be involved!



Children in Need—Friday 17th November

On Friday 17th November please come to school dressed in your spots/yellow to support Children in Need. Please bring in £1 to donate to the charity. Mrs Walker will also be selling homemade spotty cakes for 50p each if children would like to bring in an extra 50p!

Reminders:

- **Poppies** are still on sale in the school office
- Please could permission slips for Eland Lodge be returned by **FRIDAY**

Healthy Lunches

As a Healthy School we promote healthy eating at all times. We've noticed over the past few months that some children's lunch boxes contain sweets, full size chocolate bars and high sugar drinks. Please could we advise that sweets, fizzy and high sugar drinks are not sent in lunch boxes as research shows that they can have a detrimental affect on learning and behaviour at school.

Parents may find the following advice useful when packing a healthy lunch:

Government packed lunch advice

The UK government produced packed lunch guidance to support the implementation of new school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

The guidelines are:

- One portion of fruit and one portion of vegetable or salad every day
- Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel
- An oily fish, such as salmon, should be included at least once every three weeks
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day
- Include only water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies
- Snacks such as crisps should not be included. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal
- Meat products such as sausage rolls, individual pies corned meat and sausages / chipolatas should be included only occasionally

On a similar topic, Chartwells are running their parent survey regarding school meals from 13th to 26th November. If you'd like to have your say about school dinners, here's the link: www.loveschoolmeals.co.uk/entrustnsmw

