

WELCOME

Meet the Teachers

Meet the Teacher

Opportunity to find out what your child will be learning this year, the daily routines and timetable, how you can help them and other useful information.



The importance of Reading

Research shows a strong association between childhood reading, particularly reading for pleasure, and positive adult outcomes, including better job prospects and higher earnings. Children who read more regularly have higher vocabulary, better cognitive performance, and are more likely to achieve managerial or professional positions later in life, with reading ability acting as a key mechanism for educational and career success.



Reading Books

RWI books – Changed every Friday - 2 books

AR books - Changed after finished and a quiz has been completed

There is a parent workshop on Phonics this Friday 19th September after our 9.00am celebration assembly, and a Reading workshop on 17th October at 9.00am

Reading books need to be taken home and brought back to school everyday and children are expected to read at home every day.

We also send home a library book which can stay at home for the week but needs to be returned to be changed the following week.



Healthy Lunch and Snacks

The Main Course (A Starchy Food)

This is the energy source for the meal. Choose from a variety of options to keep things interesting. Wholemeal or wholegrain varieties are best for sustained energy.

- **Sandwiches, Wraps, or Pitta Breads:** Use wholemeal or 50/50 bread with healthy fillings.
- **Pasta Salad:** Cooked pasta (e.g., spirals, macaroni) with vegetables, a little cheese, and a protein source.
- **Couscous or Rice Salad:** Similar to pasta salad, these can be a great base for a variety of ingredients.
- **Mini bagels or crackers with a dip.**

We do not expect to see sweets and chocolate bars in lunch boxes.



Healthy Lunch and Snacks

The Protein Source

This helps build and repair the body and keeps children feeling full.

- **Lean meats:** Sliced chicken, turkey, or lean ham.
- **Fish:** Tinned tuna or salmon (in spring water, not oil or brine).
- **Eggs:** Hard-boiled egg or egg mayonnaise.
- **Vegetarian options:** Hummus, lentils, chickpeas, or a bean salad.
- **Dairy:** Cheese sticks, cubes, or slices.



Healthy Lunch and Snacks



Fruit and Vegetables (The "5-a-Day" Components)

These provide essential vitamins, minerals, and fibre. Make them easy to eat by cutting them into child-friendly shapes.

- **Bite-sized vegetables:** Carrot, cucumber, pepper, or celery sticks. Cherry tomatoes (cut in half lengthwise to prevent choking).
- **Fruit:** Grapes (cut in half lengthwise to prevent choking), sliced apple, peeled satsuma segments, strawberries, blueberries, or melon slices.
- **Tinned fruit:** In juice, not syrup.
- **Dried fruit:** Raisins, sultanas, or dried apricots (best eaten as part of the meal, not as a snack, due to the high sugar content and potential for tooth decay).

Dairy

Crucial for growing bones and teeth.

- **Yogurt or fromage frais:** Choose plain or low-sugar varieties.
- **Cheese:** Cubes, sticks, or grated cheese.



Healthy Lunch and Snacks

The Drink

Water is always the best choice for hydration.

- **Water:** Plain water in a reusable bottle.



Healthy Lunch and Snacks

Snacks and "Treats"

It's best to avoid sweets, chocolate, and crisps. Healthier alternatives can provide a little something extra.

- **Malt loaf or fruited teacakes.**
- **Plain rice cakes or oatcakes.**
- **A plain scone or muffin.**
- **A small pot of custard or rice pudding.**



Important

- **Allergies:** We have a no-nuts policy to protect children with severe allergies.
- **Choking Hazards:** Please ensure all food is cut into appropriate, bite-sized pieces. Grapes and cherry tomatoes should always be cut in half lengthwise.
- **Variety:** Try to offer different foods each day to provide a balanced diet and keep the lunch box exciting.
- **Involve your child:** Let your child help choose and prepare their lunch. They are more likely to eat it if they have been involved in the process.



These slush ice drinks or ‘slushies’ contain glycerol

- Children under 7 should not consume these drinks
- Children under 10 should have a maximum of one 350ml ‘slushie’ per day – that’s about the size of a fizzy drink can.

Glycerol can cause sickness and headaches in young children

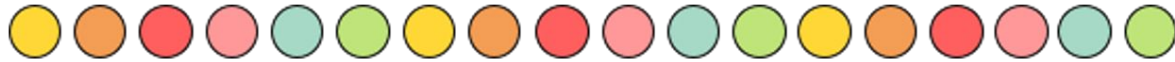


FISA - Parent / School Support Group

All welcome to meetings -You do not need to be a member but can still help. There will be a message tomorrow in assembly from Brighde who runs our FISA - they are really important and raise lots of money for your children.



MEET THE TEACHER!



Nursery - Miss Stanbridge

Pine and Elm - Reception - Mrs Swift and Miss Maxwell

Willow and Maple - Year 1 - Mrs Tarun and Miss Lukin

Oak and Beech – Year 2 - Miss Gibson and Mrs van de merwe