



ELSTON HALL
Primary School

AUTUMN TERM 2017

Issue 2 - Friday 22nd September 2017

Elston Hall News



Is your child's lunchbox healthy?

Like all schools, at Elston Hall we encourage healthy eating and believe in the benefits to children of a well balanced diet. We have noticed a lot of children with packed lunches that sometimes have too many unhealthy items in, such as crisps, chocolate, sausage rolls etc. We understand that it can be difficult to plan healthy lunches, and also of course, you want to be sure you send your children in with something that they are actually going to eat and enjoy.

According to NHS Choices, a balanced lunchbox should contain:

- ◇ Starchy foods like bread, pasta, rice or potatoes
- ◇ Protein such as meat, fish, eggs or beans
- ◇ A dairy item like cheese or yoghurt
- ◇ Vegetables or salad and a portion of fruit

Might we suggest a few healthy options that you could include in addition to sandwiches that aren't too time consuming and won't break the bank:

- Chunks of cucumber / cherry tomatoes
- Raisins or other dried fruit
- Rice cakes / crackers
- Cereal bars
- Fruit
- Yoghurts / fromage frais

The BBC good food website has some great ideas, have a look www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration

Harvest

Harvest donations can still be brought into school! This year we will be donating food to the Little Brothers of the Good Shepherd. If you are donating perishable items please do not bring these in until 4th or 5th October at the earliest. Thank you!

Winter Weather

The weather is sadly getting colder - Although we may not need scarves, hats and gloves, please make sure your child comes to school with a coat!

What's Coming Up...

2nd & 3rd October - Year 5 to Moseley Old Hall
Tuesday 3rd & Wednesday 4th October - Book Fair
Thursday 5th October - Harvest Festival Assembly - Years 2 & 6 at 9.15 am

Tuesday 10th October - Cross Country competition at Aldersley Stadium

Wednesday 11th and Thursday 12th October - Parents Consultation evenings (details to follow)

Term Dates

School breaks up for October half term on Friday 20th October, with Monday 30th being an INSET day, children return on Tuesday 31st October 2017.

A full list of dates as ever is included on the reverse of this newsletter - Christmas productions etc. have now been added, please have a look!

Procedures for bringing/collecting your children

We reminded you in the last newsletter about procedures for collecting children. May we also remind you that when dropping children off, it would be helpful if parents and carers do not walk children right to the doors in Key Stage 2.

We must stress again that dogs are not permitted anywhere on the school grounds, with the exception of guide dogs. Also we notice children riding scooters and bikes on school grounds and even the car park! Whilst we encourage children to use bikes and scooters to get to and from school, they must not be ridden once on the school grounds. Thank you for working with us on this.

Parking at the front of school

For the past few weeks our barrier has been out of order and it appears parents and carers have been using the staff carpark for dropping off and collecting children. The barrier is now working again - please can we remind you that this car park is for staff and visitors only and we will not lift the barrier for parents to use it.

Attendance

Last week's attendance figure was 97% - Great!