

St Alban's Catholic Primary School

Newsletter to Parents

March 12th 2019

Dear Parents,

We will have Stay and Pray on all of the remaining Thursdays in Lent – March 14th, March 21st and March 28th so we hope you will be able to join us for one of these. Our fundraising for Lent will focus on supporting Caritas (previously known as The Catholic Children's Society) and in particular, their "Baby Bank" appeal. This is raising money to provide baby supplies for people who need this support through the food bank. Further details on this will follow.

With best wishes,

Mrs C. L. Frost
Headteacher



SPRING BINGO!

Tuesday March 26th in the Parish Centre
Doors open 1.30pm – eyes down at 1.45pm
Entertainment provided by F2 and Y1
***Donations of Easter eggs, wine etc for prizes
would be most welcome! Please send in asap!***

PARENTS EVENINGS

Parents evenings are March 21st or 25th and parents should have received an appointment time. We spread the appointments out over two nights and ensure that siblings have appointments on the same date with an appropriate gap. This takes quite a bit of organising so we would really appreciate it if parents can make the appointments given if possible. I will be available on both evenings if anyone wishes to see me, or alternatively, any parent is welcome to make an appointment to see me at another time if they wish to discuss anything.

Please ensure that arrangements are made for childcare as supervision is not available.

We try to remember where separate appointments are required for any divorced or separated parents but if we have inadvertently missed anyone off our list, please contact the school office and it can be arranged.

SAFETY OUTSIDE SCHOOL

Please can I urge parents to take great care when parking and to be conscious of the safety of other children. It is better to park a little further away and walk rather than take risks. PLEASE PUT SAFETY AND OUR CHILDREN FIRST and park with care and consideration.

Thank you for the fabulous effort from everyone for World Book Day. I was at a Diocesan Headteacher Day but loved seeing all the photos that were sent through! I hope the children enjoyed it!

PACKED LUNCHES

Many of our children have packed lunch every day and it is often very clear the effort many parents make to ensure the children are having varied and healthy packed lunches. We are a little concerned however, that some children are sent in with large amounts of chocolate and/or crisps and that some parents are even putting sweets in the lunch box.

It is our responsibility to encourage parents to send the children in with a sensible and healthy lunch so please can I request the following:

- All children should have one main element that we will encourage them to eat first. This could be a sandwich, wrap or filled pitta, cold pasta/rice/ couscous salad, crackers and cheese etc,
- Please include if you can a vegetable and/or fruit item such as a banana, apple, some grapes or a little tub of salad, cherry tomatoes, carrot or cucumber sticks with humous etc
- Children can have a snack item such as a yoghurt or rice pot or other items that are handy for lunchboxes such as breadsticks, dried fruit, rice cakes or pretzels.
- Some parents may choose to include a packet of crisps or small bar **BUT PLEASE** limit this. Bars should only be one small one - the ones sold in multi-packs for snacks and absolutely NOT full size chocolate bars. Also please **DO NOT include sweets** in lunch boxes.
- The best option for drinks is water or “no sugar added” squash or fruit juice. Please do not send in fizzy drinks or large bottles of sugary drinks.

I have no desire to be the lunchbox police but when a child arrives with 3 packets of crisps (in one box!) or a huge chocolate bar it does make things difficult. Children may well comment – that’s not very healthy – and they would be right! There is loads of advice and lots of ideas available – just google healthy packed lunch.

I know most parents make great efforts with this and I’m often amazed at the delicious healthy options that are included so thank you for that.

FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP **1-6!**

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p>FRESH FRUIT</p> <ul style="list-style-type: none"> • Apple • Banana • Mandarin • Orange quarters • Passionfruit halves (with spoon) • Watermelon, honeydew, rockmelon chunks • Pineapple chunks • Grapes • Plums • Nectarines, peaches, Apricots • Strawberries • Cherries • Kiwifruit halves (with spoon) • Pear <p>MIXED FRUIT</p> <ul style="list-style-type: none"> • Fruit salad • Fruit kebabs <p>DRIED FRUIT</p> <ul style="list-style-type: none"> • Dried fruit, nut, popcorn mixes* <p>TINNED FRUIT/SNACK PACKS/CUPS</p> <ul style="list-style-type: none"> • In natural juice (not syrup) 	<p>FRESH CRUNCHY VEGIES</p> <ul style="list-style-type: none"> • Corn cobs • Carrot sticks • Capsicum sticks • Green beans • Cucumber sticks • Celery sticks • Snow peas • Tomatoes (e.g. cherry and Roma tomatoes) • Mushroom pieces <p>Can serve with either:</p> <ul style="list-style-type: none"> • Hummus • Tomato salsa • Tatziki • Beetroot dip • Natural yoghurt <p>SALADS</p> <ul style="list-style-type: none"> • Colelaw and potato salad (reduced fat dressing) • Mexican bean, tomato, lettuce and cheese salad • Pesto pasta salad* <p>BAKED ITEMS</p> <ul style="list-style-type: none"> • Grilled or roasted vegetables • Wholemeal vegetable muffins or scones • Vegetable slice (with grated zucchini and carrot) • Popcorn <p>SOUP (In small thermos)</p> <ul style="list-style-type: none"> • Pumpkin soup • Potato and leek soup • Chicken and corn soup 	<ul style="list-style-type: none"> • Milk • Calcium-enriched soy and other plant-based milks • Yoghurt (frozen overnight) • Custard <p>Tip:</p> <ul style="list-style-type: none"> • Freeze the night before to keep cool during the day <p>Can serve with either:</p> <ul style="list-style-type: none"> • Fruit • Wholegrain cereal, low in sugar • Vegetable sticks • Rice and corn cakes • Wholegrain wheat crackers 	<ul style="list-style-type: none"> • Tinned tuna or salmon in springwater • Lean roast or grilled meats (e.g. beef, chicken, kangaroo) • Falafel balls • Lean meat or chicken patties • Tinned tuna or salmon patties • Lentil patties • Lean deli meats (e.g. ham, silveride, chicken) • Boiled eggs • Baked beans (canned) • Tofu cubes • Hummus dip • Lean meat or chicken kebab sticks • Peanut butter* <p>Can serve with:</p> <ul style="list-style-type: none"> • Wholegrain sandwich, roll, pita or wrap bread with salad • Rice and corn cakes • Wholegrain wheat crackers • Side salad <p>Can serve with:</p> <ul style="list-style-type: none"> • Vegetable frittata • Skinless chicken drumsticks • Savoury muffins or scones (e.g. lean ham, cheese and shallots) • Homemade pizzas with lean roast or deli meats and vegetables <p>Can serve with:</p> <ul style="list-style-type: none"> • Side salad • Steamed or roasted vegetables 	<p>MAINS</p> <ul style="list-style-type: none"> • Wraps • Sandwiches • Rolls • Toasted sandwiches <p>Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, focaccias, fruit bread and English muffins.</p> <ul style="list-style-type: none"> • Pasta dishes • Rice, quinoa or couscous dishes • Noodle dishes • Sushi <p>SAVORY BAKED ITEMS</p> <ul style="list-style-type: none"> - Homemade pizzas - Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins) - Vegetable based muffins - Pasta or noodle bake <p>SWEET BAKED ITEMS</p> <ul style="list-style-type: none"> • Fruit loaf • Wholemeal fruit based muffins <p>SNACKS</p> <ul style="list-style-type: none"> • High fibre, low sugar cereal (e.g. muesli) • English muffins • Crackers • Crisps/spreads • Rice cakes • Corn thins • Wholemeal scones • Pikelets • Crumpets • Hot cross buns (no icing) 	<ul style="list-style-type: none"> • Take a water bottle (for refilling throughout the day) <p>Tip:</p> <ul style="list-style-type: none"> • Freeze overnight to keep foods cool in lunchboxes <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>

