

# St Alban's Catholic Primary School

Newsletter to Parents

October 10<sup>th</sup> 2019

Dear Parents,

Thank you so much for your wonderful support for our CAFOD collection last Friday. We have sent a cheque for £417 off to help with the important work they do to support those in great need across the world.

It was wonderful to see so many grandparents with us this week for our Grandparent's mornings. We hope they enjoyed everything and the children certainly loved seeing them in their classrooms. We have had a lovely and busy week in school. In addition to our Grandparent's mornings, POP UK worked with Y5 and Y6 on a special music day and recorded songs with them, Y4 enjoyed being creative on their Art day with Mr Fennelly and Y3 are off to Claremont farm tomorrow for a Stone Age day! Next week we look forward to a Parish Welcome event for our F2 children – see below for details.

Today is World Mental Health Day and the focus for this year is encouraging our children to seek help when they need it – JUST ASK! I hope you will have seen our banner on the fence today and we have been talking to the children about all the people there are around them to support them. They know but it is important that we keep reminding them; if you need help – just ask! The same goes for all of us adults too!

With best wishes,

Mrs C. L. Frost  
Headteacher



Welcome to the Family!  
Father Ramesh will be joining us on  
Monday October 14<sup>th</sup> at 2.30pm  
to welcome our new F2 classes of 2019 to our  
Parish family. Please join us for this special  
service to ask for the Lord's blessing on your  
children at the start of their school life.

Tea and Coffee will be served afterwards to allow parents time to chat with  
Father Ramesh, members of the Parish and each other.



**St. Alban's Parish  
Children's Mass  
Sunday October 13<sup>th</sup>  
at 9.30am**



**Please come along and join us if you can.**

## First Forgiveness and Communion

Plans for the sacramental programme for the year ahead have been discussed with our parish priests Father Devan and Father Ramesh. The programme will be open to all children (Y3 or above) who have not yet made their First Communion. Father Devan will be writing to parents in the Spring term to invite them to enrol children in this programme of preparation. It is essential however, that your child is already baptised. **If children are not baptised they are not able to start the Holy Communion programme.** If you wish your child to be baptised into the Catholic faith, you need to attend one of the pre-baptism talks which are held in the Parish each month. For the date of the next available meeting, please contact the Parish office. **After you have attended this meeting,** you can then contact the Parish office to arrange a date for Baptism. If your child has been baptised Catholic but not at St. Alban's or St. Joseph's church, please be aware you will need to produce their Baptismal Certificate prior to starting the First Forgiveness and First Communion Programme.

## **REMINDERS – REMINDERS – REMINDERS**

### PARENTS EVENING

Tuesday October 22<sup>nd</sup>  
and Thursday October 24<sup>th</sup>.  
Appointments letters are out today –  
check the bags!

### Half-term Holiday

We break up on Friday October 25<sup>th</sup> -  
usual hometime (no early finish) and  
we return on Monday November 4<sup>th</sup>.

### New Starters – September 2020

Please tell friends, relations, neighbours the  
time to register for  
school next September is NOW.

These need to be done on-line via the Wirral LA  
website. We would be pleased to make  
appointments for anyone who would like to look  
around the school before completing forms. Please  
book via the school office.

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

