

Attendance

**Attendance this week :**

Overall school –96.1%

Reception—99%

Year 1—97.7%

Year 2 – 95.6%

Year 3—96.9%

Year 4—97.5%

Year 5—97.9%

Year 6—90.8%

**Well done!**

Is your child's lunchbox healthy?

Like all schools, at Palmer's Cross we encourage healthy eating and believe in the benefits to children of a well balanced diet. 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: A starchy food such as bread, pasta, rice or potato, protein such as meat, fish or eggs, 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
- Yogurts / fromage frais

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

Headteacher

There is no better way to end the week than with an assembly delivered by the children. It was a lovely harvest assembly this morning which the children delivered with confidence. Thank you for your donations and I know they were gratefully received by The Good Shepherd.

Next week our key stage 2 children will be visiting the Grand Theatre to see a production by Michael Rosan, we feel that this will be a real valuable experience for the children and I am sure they will have a fantastic time, please make sure all consent forms have been completed.

It's also our parent evenings next week, if you haven't yet booked an appointment please complete the slip and return it to your child's class teacher. These evenings are important as they allow staff to discuss your child's progress and discuss any issues which may be occurring. We value parents input into their child's education and always welcome your support. We look forward to seeing you all next week.

It's yet more birthday celebrations for us this weekend as I come to terms with having a "16 year old daughter"  
Enjoy your weekends.

Louise Dollery

House point winners

Last term the winner of the house points was "Churchill" Pupils in this team will be having a reward afternoon on Tuesday 10th October. This will be a movie afternoon with snacks in the school hall. It will take place in school time so children will need collecting as normal.

Head Lice

Over the last few weeks there has been an increase in the number of pupils with head lice. Please can you check and treat your child's hair regularly using a 'nit comb' to comb through conditioner as this is an effective way of treating the nits without using the medicated shampoos too frequently.

New events

- The photographer will be in school on Thursday 16th November. We will send out more information nearer to the time.
- NHS Flu vaccinations will take place in school on Tuesday 31st October for Reception, years 1, 2, 3 and 4 please make sure you have completed and returned consent forms.

## **Dates for your diary**

Monday 4th September—INSET

Tuesday 5th September—INSET

Wednesday 6th September—Children return to school

Clubs start Monday 18th September

Tuesday 19th September—Reception parent meeting (reading + writing) 2.30pm

Thursday 28th September—Year 6 SATs meeting 6.00pm

Tuesday 3rd October—Reception parent meeting ( Maths focus)

Tuesday 10th October—House point reward afternoon

Wednesday 11th October—Parents evening 3.15—5.00pm

Thursday 12th October—Parents evening 4.30—6.30pm

Thursday 12th October—Key stage 2 trip to Theatre

Friday 20th October—'dress in own clothes day' to raise money for Wolves for Wolves

Friday 20th October—Break up for half term

School closed—Monday 23rd to Friday 27th October

### **INSET Monday 30th October**

Tuesday 31st October—Children return to school

Tuesday 31st October—NHS Flu vaccinations

Wednesday 1st November—Phonic meeting for Year 1 parents

Thursday 16th November - School photographer

Thursday 7th December -PTA Christmas disco(details to follow)

Monday 18th December—Beauty and the Beast panto (in school)

Wednesday 20th December—Christmas party day

Wednesday 20th December—Break up for Christmas holidays

School closed Monday 25th to January 1st January

### **INSET Tuesday 2nd January**

Wednesday 3rd January—Children return to school

### **Provisional dates for Christmas performances**

Year 2/3 –Tuesday 12th December 9.15am and 2.00pm

Reception/Year 1—Thursday 14th December 9.15am and 2.00pm

Nursery am pupils—11.30am

Nursery pm pupils—2.45pm

