



Newsletter

Spring Term

Wednesday 17th January 2018

Healthy Eating

Public Health England are keen to promote their new recommendation of only 2 healthy snacks per day for children. These should not be more than 100 calories. The website www.nhs.uk/change4life gives guidance on this policy for parents. Please bear the recommendations in mind if you are preparing a packed lunch for your child and avoid sweets, biscuits and chocolate. Please ensure that sweet drinks are not provided, children can obtain water from the water cooler in the hall.

Dates for your diary

08.02.18 3.30 – 5.00pm Valentine's Day
Craft and card making event (for Y2 – 6)
09.02.18 2.50pm Y1 Performance for
parents.
School closes for Half Term
19.02.18 School opens
23.02.18 10.15 Musical Coffee Morning



Thank you for reading our Newsletter.
For the link to the school website please [click here](#)