



**Skelton Primary School**

# Friday Flyer

Friday 20<sup>th</sup> May 2016

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### Dear Parents,

Another week flies by and we have just 5 school days until half term.

Our school library is being decorated with story wellies this week; each class received a welly for WORLD BOOK DAY and have decorated it to reflect a favourite book. The results so far are amazing! Please look out for them next time you are in. I will enclose a few photos for you next week. In the meantime, please have a look at the packed lunch sugar and salt statistics overleaf... **SHOCKING!**

### Our target for the year is 96%+

Well done to Red 3 who achieved 100%



Whole school attendance

96%

### Lunchtime Arrangements. A gentle reminder...

Please can we ask that you make the school office aware of any changes regarding lunches. Recently, we have had many children swapping from school dinner to packed lunch and vice versa, with no warning. In order to make our numbers correct, we please ask that you make us aware in advance. Thank you. ☺

Have you checked out our Pobble page and Pobble blog?

[www.pobble.com](http://www.pobble.com)

[http://skeltonprimaryschool.co.uk/blog/?page\\_id=1595](http://skeltonprimaryschool.co.uk/blog/?page_id=1595)



### Head Teacher Award

For: Healthy Living & Sport



<b>FS1</b>	<b>Mrs Bateman</b> Izaak Savage Noah Graham	Halle Thornton Jayda Hamilton	<b>Miss English</b> Maverick Lamb Sophia Jackson	Freddie Bowstead
<b>FS2</b>	<b>Mrs Chapman</b> Ruby Donaghy	<b>Mrs Bonas</b> Freddie Dolden	<b>Mrs Douglas</b> Angel King	
<b>Y1</b>	<b>Mrs Sayer</b> Rosie Gibson	<b>Miss Smith</b> Louie Peacock	<b>Mrs Duck</b> Finlay Turner	
<b>Y2</b>	<b>Mrs Pollitt</b> Lexie Robinson	<b>Miss Shields</b> Riley Lax	<b>Miss Bentley</b> Ruby Breckon	
<b>Y3</b>	<b>Mr Woolf</b> Alfie Moorhouse	<b>Mr Railton</b> Tamlin Bean	<b>Mrs Cox</b> Star Marie Benson	
<b>Y4</b>	<b>Mrs Allington</b> Lewie Wnek	<b>Miss Evans</b> Aliesha Prout	<b>Miss Higgs</b> Lily Raw	
<b>Y5</b>	<b>Mrs Norris</b> Nathan Marshall	<b>Mrs Berriman</b> Thomas Dalby	<b>Mr Campbell</b> Eve Stancer	
<b>Y6</b>	<b>Miss Theakston</b> Kasey Bint	<b>Mr Asquith</b> Ty Robinson	<b>Mrs Rowe</b> Stephen Hawksby	

### Eco Warriors Open Ringrose Orchard.

After months of hard work the Community Orchard was officially opened by Mr Wharton and our Eco Team. It looks amazing!! Thanks to Joyce and Stuart for inviting us and to Steve from Tees Valley Wildlife Trust and the fantastic gang of Community volunteers for all your help.



### What's for Lunch Next Week?

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
'CHEF'S HOT FAYRE'	Spaghetti Bolognese with Garlic Bread	Mild Chicken Curry with 50/50 Rice	Pepperoni Pizza V Cheese & Tomato	Roast Turkey with sage & Onion Stuffing and Roast Potatoes	Oven Baked Fish in Batter Fish Fingers
'CHEF'S HOT FAYRE'	Ham & Cheese Baguette Melt Fish Cakes	V Tomato Pasta Bake with Garlic Bread	Ham Salad	V Veggie Mince Shepherd's Pie	Sausage Roll
'VEGETABLES'	Sweet corn Green Salad	Sliced Carrots Spring Cabbage	Baked Beans Seasoned Wedges	Diced Swede Broccoli Florets	Garden Peas Chipped Potatoes
'DESSERT'	Lemon Demon Sponge Fresh Fruit Salad	Jelly & Ice Cream Fruit Yoghurt Fresh Fruit Salad	Home-made Flap Jack Fruit Crumble & Custard Fresh Fruit Salad	Apple & Mixed Fruit Cobbler & Custard Angel Delight Fresh Fruit Salad	Cherry Shortbread Ice Cream Fruit Yoghurt Fresh Fruit Salad



### After School Club (May 23<sup>rd</sup> onwards)

Please can we ask parents and carers to wait outside of the front doors when collecting from after school clubs to allow staff to release children safely. This will allow children to remain in the front entrance whilst the club leader can release the children from the foyer.

In wet conditions, parents will be able to come into the front entrance and the children will remain in the corridors to be released as parents are identified. Thank you

This week's House Champs



Huge well done to the Year 5 and Year 6 boys who played football against Lockwood on Wednesday – winning 2-0  
Man of the match was Cameron Lindsey.

### Ice Creams! Get your ice creams!

As part of the enterprise project, Fs2 children will be selling ice creams for 50p at break times next week (23<sup>rd</sup>-27<sup>th</sup> May)

### Next Week At A Glance

<b>Monday</b>	Breakfast club 8am £1.20, no need to book Lunchtime running club Y1 - Y6 SCSS Multisports Rec-Y6 3 - 4.15 Drama Club Y1-Y6 3 - 4.15 £1 Cookery Club Y1-Y6 3.15 - 4.45
<b>Tuesday</b>	Breakfast club 8am £1.20, no need to book SCSS Y3/4 Football 3 - 4.15 Dance Club Y1-Y6 3 - 4.15 £1 Crochet Club Y5 3 - 4
<b>Wednesday</b>	Breakfast club 8am £1.20, no need to book 442 Multisports Rec-Y2 3 - 4.15 NO FILM CLUB
<b>Thursday</b>	Breakfast club 8am £1.20, no need to book Lunchtime hockey club Y3 - Y6 442 Multisports Y3-Y6 3 - 4.15 Drama Club Y1-Y6 3 - 4.15 £1
<b>Friday</b>	Breakfast club 8am £1.20, no need to book Choir 8am Parent Drop In 1.30 - 2.30 Running club 3 - 4.10 SCSS Y5/6 football 3 - 4.15 SCSS Dance club Rec-Y6 3 - 4.15

# Packed Lunches & Picnics

Please have a look at the picnics opposite. They have been prepared for children up to the age of 6.

Which one would you choose?

Please remember that:

**Children in Lower school should have a maximum of**

- 3 grams of salt
- 19 grams of sugar a day

**Children in Upper school should have a maximum of**

- 5 grams of salt
- 24 grams of sugar a day

The statistics are scary!



Lunchbox 12 housed a packet of Skips, a Blue Riband chocolate bar and a Pain au Chocolate. This meal equals 436 calories and added up to over 20g of sugar - the equivalent of five cubes

LUNCHBOX 12							
Lunch box contents	Calories	Fat	carb	Sugar	Sugar cubes	Fibre	Protein
Skips 14.4g	78	4.6	8.4	1.1	Less than a cube	-	0.7
Blue Riband Chocolate 154g	99	4.7	12.8	8.9	2.2	0.4	1.1
Pain au Chocolate 154g	259	26	26	10	2.5	1.9	4.4
TOTAL	436	24.1	47.2	20	5	2.3	6.2



Lunchbox Nine contained a raisins, a ham roll, Mini Cheddars and a Wildlife Choc. This meal calculates to 650 calories and added up to over 35g of sugar - the equivalent of more than 18 cubes

LUNCHBOX 9							
Lunchbox Contents	Calories	Fat	Carb	Sugar	Sugar cubes	Fibre	Protein
Apple	53	0.1	11.8	-	-	1.8	0.4
Mini Cheddars 25g	128	7.3	12.5	1.3	Less than a cube	0.6	2.7
Bread Roll x 2 55g	274	1.2	54.6	3.6	0.9	2.8	10.2
Ham 48g	59	1.2	10	0.6	Less than a cube	0.8	10
Raisins 14g	41	-	9.7	-	-	0.3	0.3
Wildlife Choc 40g	98	2.8	14.1	12.8	3.2	-	3.3
TOTAL	650	12.6	103.7	18.3	4.1	6.3	20.9



Lunchbox two had a strawberry and banana Happy Monkey Smoothie, half a Pitta filled with jam and a Petit Filous yogurt which contained 286 calories and over 41.5g of sugar - the equivalent of more than 19 cubes

LUNCHBOX 2							
Lunchbox Contents	Calories	Fat	Carb	Sugar	Sugar cubes	Fibre	Protein
Happy Monkey Smoothie 180ml	97	-	23.7	22.8	5.7	0.5	0.4
Jam 10g	28	0.01	0.3	5.8	1.45	0.09	0.05
Petit Filous Yoghurt 100g	93	2.8	12.6	12.2	3.05	0.2	3.4
1/2 Pitta 29g	70	0.3	12.9	0.7	Less than a cube	1.8	2.7
TOTAL	288	3.1	55.5	41.5	10.4	2.6	6.5



Lunchbox Nine contained a sliced pepper and carrot, a cheese sandwich, yoghurt and raisins. This meal calculates to 440 calories and added up to over 35g of sugar - the equivalent of more than 15 cubes

LUNCHBOX 5							
Lunchbox Contents	Calories	Fat	Carb	Sugar	Sugar Cubes	Fibre	Protein
Red Pepper 50g	18	0.2	3.2	-	-	0.8	0.5
Carrot 50g	21	1.5	3.9	-	-	1.2	0.3
Fruit Yoghurt 120g	107	3.8	13.2	12.9	3.2	-	4.8
Brown Bread 2 slices x 30g	198	1.8	28	2.4	0.6	5	7
Butter 5g	37	4.1	-	-	-	-	0.5
Cheese Slice 40g	50	3.3	2.8	-	-	-	2.4
Raisins 14g	41	-	9.7	-	-	0.3	0.3
TOTAL	440	14.7	60.6	15.3	3.8	7.3	15.8



Lunchbox Seven contained a jam sandwich on white bread, a fruit yoghurt and a fruit shoot drink. This meal calculates to 268 calories and added up to over 21g of sugar - the equivalent of more than 21 cubes

LUNCHBOX 7							
Lunchbox Contents	Calories	Fat	Carb	Sugar	Sugar Cubes	Fibre	Protein
White Bread 1 slice x 30g	88	0.7	16.7	0.7	Less than a cube	1	3.1
Jam 10g	28	0.01	0.3	5.8	1.4	0.09	0.05
Butter 5g	37	4.1	-	-	-	-	0.5
Fruit Shoot 200ml	10	-	1.8	1.6	0.4	-	-
Fruit yoghurt 120g	107	3.8	13.2	12.9	3.2	-	4.8
TOTAL	268	8.8	37.8	21	5	1.9	8.4



Lunchbox 11 contained a chocolate brioche, a Frube, a Capri Sun, a Kit Kat, a Go Ahead Fruit Bake Bar and a Petit Filous yogurt which contained 286 calories and nearly 50g of sugar - the equivalent of more than 12 cubes

LUNCHBOX 11							
Lunch box contents	Calories	Fat	Carb	Sugar	Sugar cubes	Fibre	Protein
Chocolate Brioche 35g	133	4.9	18.9	0.7	1.7	1.4	2.7
Frube 40g	47	1.1	8.4	5.2	1.3	-	1.9
Go Ahead Fruit Bake Bar 35g	139.25	2.8	29	8.8	2.5	0.5	-
Kit Kat 2 finger	101	5.1	13.9	10.8	2.7	0.4	1.2
Blackcurrant Capri Sun 200ml	78.8	-	17	16.2	4	-	-
White Bread 1 slice x 30g	88	0.7	16.7	0.7	Less than a cube	1	-
TOTAL	673.6	14.6	97.6	49.5	12.4	3.3	9.9



Lunchbox Four contained a yoghurt, a packet of Pom Bears, a Chewee bar, grapes, melon and a ham sandwich. This meal calculates to 617 calories and added up to over 36g of sugar - the equivalent of more than 15 cubes

LUNCHBOX 4							
Lunchbox Contents	Calories	Fat	Carb	Sugar	Sugar Cubes	Fibre	Protein
Petit Filous yoghurt x 2	80	2.2	11.7	11.2	2.8	0.2	5
Pom Bear crisps 15g	80	2.2	9.6	0.6	Less than a cube	0.5	0.5
Chewee Bar 22g	90	3.2	15.1	5.6	1.4	0.7	1.3
Grapes 80g	65	-	12.3	-	-	0.6	0.3
Melon 80g	21	-	4.3	-	-	0.8	0.5
White Bread 2 slices x 30g	178	1.4	33.4	1.4	Less than a cube	2	6.2
Butter 5g	37	4.1	-	-	-	-	0.5
Ham 50g	56	1.2	1	0.6	Less than a cube	0.8	10
TOTAL	617	14.3	87.4	19.6	4.2	5.8	24.3



Lunchbox Ten contained a Babybel, grapes, sliced carrot, a ham roll, Frube, strawberries and Mini Cheddars. This meal calculates to 520 calories and added up to over 27g of sugar - the equivalent of more than 8 cubes

LUNCHBOX 10							
Lunchbox Contents	Calories	Fat	Carb	Sugar	Sugar Cubes	Fibre	Protein
Babybel 20g	61	4.8	-	-	-	-	4.5
Grapes 80g	65	-	12.3	-	-	0.8	0.3
Carrot 50g	21	1.5	3.9	-	-	1.2	0.3
Bread Roll 55g	137	0.6	27.3	1.8	0.4	1.4	5.1
Butter 5g	37	4.1	-	-	-	-	0.5
Ham 24g	28	0.6	0.5	0.3	Less than a cube	0.4	5
Mini Cheddars 25g	128	7.3	12.5	1.3	0.3	0.6	2.7
Frube 40g	41	1.1	8.4	5.2	1.3	-	1.9
Strawberries 50g	16	-	3	-	-	0.6	0.4
TOTAL	521	20	64.6	8.8	2	6.0	20.7



Lunchbox Three contained a sliced pear and cucumber, a ham wrap, chicken nuggets and a cheese string. This meal calculates to 498 calories and added up to over 16g of sugar - the equivalent of more than 2 cubes

LUNCHBOX 3							
Lunchbox Contents	Calories	Fat	Carb	Sugar	Sugar Cubes	Fibre	Protein
Pear	62	0.1	13.3	-	-	2.9	0.4
Cucumber 50g	8	-	0.8	-	-	0.3	0.3
Ham 24g	28	0.6	0.5	0.3	Less than a cube	0.4	5
Tortilla Wrap 64g	182	3.2	31.8	1.4	0.3	2.4	5.2
Chicken Nuggets 65g	159	8.5	11.11	0.7	Less than a cube	0.7	9.2
Cheese String 20g	41	4.5	0.5	-	-	-	4.8
TOTAL	498	16.9	58	2.4	0.3	6.7	24.7



Lunchbox one contained a Wildlife Choc, a Kit Kat, a Go Ahead Fruit Bake Bar, a packet of Walkers Smoky Bacon crisps and a sandwich which contained more than 610 calories and 49g of sugar

LUNCHBOX 1							
Lunch Box Contents	Calories	Fat	Carb	Sugar	Sugar cubes	Fibre	Protein
Butter 5g	37	4.1	-	-	-	-	0.5
Brown Bread 1 slice x 30g	83	0.9	14	1.2	0.3	2.5	3.6
Carrot 50g	21	1.5	3.9	-	-	1.2	0.3
Cucumber 50g	6	-	0.8	-	-	0.3	0.3
Kit Kat 2 finger	107	5.1	13.6	10.8	2.7	0.4	1.2
Ham 24g	28	0.6	0.5	0.3	Less than a cube	0.4	5
Walkers Smoky Bacon 25g	130	7.8	13.4	1.1	Less than a cube	1	1.5
Go Ahead Fruit Bake Bar 35g	100	0.8	21.7	12.9	3.2	0.5	1.2
Wildlife Choc 40g	98	2.8	14.1	12.8	3.2	-	3.3
TOTAL	610	23.4	82	36.1	6.4	5.9	16.8



Lunchbox Six contained a fruit yoghurt, a cheese sandwich, raspberries, grapes, crisps and sliced cucumber. This meal calculates to 440 calories and added up to over 16g of sugar - the equivalent of more than 13 cubes

LUNCHBOX 6							
Lunchbox Contents	Calories	Fat	Carb	Sugar	Sugar Cubes	Fibre	Protein
Fruit yoghurt 120g	107	3.8	13.2	12.9	3.2	-	4.8
White Bread 2 slices x 30g	88	0.7	16.7	0.7	Less than a cube	1	3.1
Butter 5g	37	4.1	-	-	-	-	0.5
Cheese slice 40ml	50	3.3	2.8	-	-	-	2.4
Cucumber 50g	6	-	0.8	-	-	0.3	0.3
Raspberries 50g	16	0.1	2.3	-	-	1.2	0.7
Ready salted crisps 25g	136	8.3	13.6	0.1	Less than a cube	0.5	1.3
TOTAL	440	20.3	49.5	13.7	3.2	3	13.1



Lunchbox Eight contained a Go Ahead Bake Bar, a King Island coconut water, a yoghurt, choc brioche, salt and vinegar crisps and a cheese sandwich. This meal calculates to 745 calories and added up to over 46g of sugar - the equivalent of more than 17 cubes

LUNCHBOX 8							
Lunchbox Contents	Calories	Fat	Carb	Sugar	Sugar Cubes	Fibre	Protein
Go Ahead Bake Bar 35g	129	2.8	26	9.9	2.4	0.5	1
King Island Coconut Water 250ml	79	-	18	-	-	-	-
Mitlana Probiotic Natural Yoghurt 150g	118	5.2	11.8	-	-	-	6
Choc Brioche 35g	133	4.9	18.9	0.7	1.6	1.4	2.7
SnackBac Salt & Vinegar Crisps 125g	126	5	17	-	-	-	6
White Bread 1 slice x 30g	88	0.7	16.7	0.7	Less than a cube	1	3.1
Butter 5g	37	4.1	-	-	-	-	0.5
Cheese slice 40g	50	3.3	2.8	-	-	-	2.4
TOTAL	745	28	111	17.3	4	2.9	15.7