



Friday Flyer

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Dear Families,

Welcome to this week's news. What a wet one! But despite the rain, Y2 have had a lovely trip to the Captain Cook museum at Stewart Park and Year 6 are on their way back from skiing and zoo visiting in Chester.

INTERESTING FACT OF THE WEEK

family in Edinburgh have discovered that an old chess piece they kept in a drawer for 55 years is a long lost part of a medieval chess set. It was bought by their Grandpa for £5 from an antique shop in 1964. It is estimated to sell at auction for £1 million..... GET CHECKING YOUR DRAWERS!

From Tommy & Ellis your roving reporters



This week's House Champions



Attendance

Our Target - 97%+



Well done to Yellow 3 & Grey 1 who achieved 100% this week.



Whole school attendance - 97.2%

Head Teacher Award

| | Homework | Behaviour Badge | Teacher's Choice |
|--------|-------------------|-------------------|------------------|
| GREEN | Eliza Pearson | Maia Carr-Knowles | Kailem Smith |
| ORANGE | Olivia Matthews | Mia Shaw | Grayson Smith |
| BLUE | Betsy Bowman | | George Davies |
| YELLOW | Phoebe Beckwith | Ruby-May Bouttell | Nathan Dewing |
| BROWN | Joshua Richardson | | Jonathon Green |
| GREY | Jon Adams | Daisy Simpson | Olivia Robinson |
| PURPLE | Isabelle Hedges | Macy Jackson | Isaac MacDonald |
| RED | Amy Hurst | Kayley Maxwell | Brandon Matthews |

SAFETY

Please remember that some of our children suffer from life threatening allergic reaction. Packed lunches must be nut free.



Y5 Art talent! WOW!

What's for Lunch Next Week?

| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------------|---------------------------------|-------------------------------|-----------------------------------|---------------------------------------|---|
| MEAT MAIN DISH | Chicken Casserole with Dumpling | Sausages | Roast Beef with Yorkshire Pudding | Spaghetti Bolognese with Crusty Bread | Salmon Fishcake / Fish Fingers with Chips |
| VEGETARIAN MAIN DISH | Tomato Pasta | Vegetarian Chili | Cheese Roll | Margarita Pizza | Vegetarian Sausage |
| ACCOMPANIMENTS | Seasonal Vegetables Salad Bar | Seasonal Vegetables Salad Bar | Seasonal Vegetables Salad Bar | Seasonal Vegetables Salad Bar | Seasonal Vegetables Salad Bar |
| DESSERTS | Chocolate and Banana Slice | Sticky Toffee Muffins | Shortbread and Mandarins | Fruit Crumble and Custard | Homemade Cookie |
| FRESH FRUIT & YOGHURT | Fresh fruit and yoghurt | Fresh fruit and yoghurt | Fresh fruit and yoghurt | Fresh fruit and yoghurt | Fresh fruit and yoghurt |
| JACKET POTATO & SANDWICH SELECTION | Jacket Potato | Sandwich Selection | Jacket Potato | Sandwich Selection | Jacket Potato |

Leeroy's Joke Corner



Where does Tarzan buy his clothes?

at the jungle

SHOUT OUT FOR TOMMY!

Good luck to our own Tommy Dixon in Y6 who is tackling the Cleveland Way this weekend. He is doing a 21 mile (WOW!) sponsored walk from Whitby to Saltburn raising money for the Hope Animal Sanctuary in Loftus. Tommy has already raised over £700. If you would like to make a donation for Tommy please send in via the school office. GOOD LUCK TOMMY!

Next Week At A Glance

| | |
|-----------|--|
| Monday | Breakfast club 7.45am £1.20, no need to book Come for a cuppa 9am - ALL WELCOME 442 Multisports Rec-Y6 3 - 4.15 Football Club Y5-Y6 3 - 4.15 |
| Tuesday | Breakfast club 7.45am £1.20, no need to book Football Club Y3-Y4 3 - 4.15 Boot Camp Y1-Y2 3 - 4.15 Performing Arts Club Y2-Y6 3 - 4.15 Martial Arts Rec-Y6 |
| Wednesday | Breakfast club 7.45am £1.20, no need to book Year 4 Residential Running Club Y2-Y6 3 - 4.15 Film Club Y2-Y6 Finish: 4.30 Film: TBC |
| Thursday | Breakfast club 7.45am £1.20, no need to book Year 4 Residential 442 Football Club Rec-Y6 3 - 4.15 Singing for Fun Rec-Y2 3 - 3.45 |
| Friday | Breakfast club 7.45am £1.20, no need to book Choir 8am |



HEALTHY MEALS AT LUNCH TIME



We have recently updated our packed lunch policy.

We encourage all children to have a school lunch. If this is not possible, we ask that parents & carers provide meals in line with our policy:

| PACKED LUNCHES should include | PACKED LUNCHES might sometimes include | PACKED LUNCHES should not include |
|---|--|--|
| <p>Daily</p> <ul style="list-style-type: none"> • 1 portion of fruit • 1 portion of veg • Meat/ fish/ eggs/ non dairy protein (eg humus, falafel) • Starchy food eg bread/ pitta/ pasta/ rice/ couscous, noodles, potatoes • Dairy food like milk, cheese, yogurt, custard • Drink of water or milk <p>Once every few weeks oily fish eg salmon</p> | <ul style="list-style-type: none"> • Salty snacks like crisps • Meat products like pies, pasties, sausage rolls, corned meat or sausages • Cakes and biscuits | <ul style="list-style-type: none"> • Nuts or nut based products • Sweets or chocolate • Chocolate biscuits or cereal bars • Chocolate sandwich spread • Sugary drinks |

* Nut based products, sweets and chocolate bars will be removed and returned at the end of the day. School will offer items of fruit as a substitute.*

Top tips from our Rights Respecting Team Angelina, Dana, Baxter, Harley, Holly, Ellie & Millie

Swap cakes, chocolate & biscuits for malt loaf, fruit tea cake or scone.

Pick low fat yoghurt or fromage frais.

Plain popcorn is a great alternative for crisps.

Cherry tomatoes, carrot sticks, cucumber, sliced pepper all help for 5 a day.

Base the box on bread, rice, pasta and potatoes.

Try a pot of low sugar jelly or fruit (in juice).

Swap cereal bars for sultanas, raisins or dried apricots.

Chopped apple, strawberries, blueberries, grape halves & melon. Add lemon for freshness.

Try and use less spread and sauces like mayo.