



Friday Flyer

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Dear Families,
Welcome to this week's news.

Year One Adventures

It has been a very busy week in Y1! A very mysterious spacecraft landed on the field at the start of the week. There has been much investigation and many rumours about where it came from and who was on it!
Many of the children have helped me interview for a new colleague in the Y1 team. We say a sad goodbye to Mrs Turner today; she leaves us to set up a new business.
Thank you Mrs Turner, good luck, you will be missed.

Head Teacher Award

| | A Good Friend | Behaviour Badge | Teacher's Choice |
|--------|-----------------|-----------------|------------------|
| GREEN | Evie Johnson | | Chester Goodall |
| ORANGE | Martin Denty | Joey Bean | Izabella Halton |
| BLUE | Nyah Tavener | Isaac Whitehead | Bella Wood |
| YELLOW | Alfie Keeler | Luke Richardson | Missy Wilcockson |
| BROWN | Iona Acklam | Evie Young | Ruby Bouttell |
| GREY | Chloe Whitehead | Tilly McDonald | Mollie Mays |
| PURPLE | Zara Angus | Skye Cady | Livia Hardy |
| RED | Reece Francis | Ella Hodgson | Nathan Kennedy |

Missy's Joke Corner



Where does Tarzan buy his clothes?

at the jungle

COME DINE WITH ME

Look out for invitations coming home shortly inviting a parent, a class at a time to attend school to enjoy a school lunch with their child. We are so proud of our healthy and tasty lunches; we would love you to join us.
Adult lunches cost £2.50.
Please look out for your invitation.

Parent Partnership

Please join us at our next meeting on Tuesday 15th October at 3pm in the Y1 communal area.



Please remember that dogs of all sizes are not allowed on site (not including guide dogs.)

SKELTON BAKE OFF

watch this space!

HOUSE TEAM BOTTLE LIDS

It has been suggested that school water bottles have house team coloured lids. We now have available red/ green/ yellow & blue.

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 Bolognaise 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 |

This week's House Champions



Attendance

Our Target - 97%+



Well done to Orange 2 & Brown 3 who achieved 100% this week.



Whole school attendance - 94.7%

Next Week At A Glance

| | |
|-----------|---|
| Monday | Breakfast club 7.45am £1.50, no need to book Come for a cuppa 9am - ALL WELCOME Tag Rugby Y5-Y6 3 - 4.15 442 Multi Sports Club Y1-Y6 3 - 4.15 |
| Tuesday | Breakfast club 7.45am £1.50, no need to book Running Club Y2-Y6 3 - 4.15 Boot Camp (fitness) Y1-Y2 3 - 4.15 |
| Wednesday | Breakfast club 7.45am £1.50, no need to book Film Club Y2-Y6 Finish: 4.30 Film: Adventure Mouse & Rango Science Club Y1-Y2 3 - 4.15 Football Club Y5-Y6 3 - 4.15 |
| Thursday | Breakfast club 7.45am £1.50, no need to book 442 Football Club Y1-Y6 3 - 4.15 Singing for Fun Rec-Y2 3 - 3.45 |
| Friday | Breakfast club 7.45am £1.50, no need to book Choir 8am |

Change 4 life



Breakfast choose from:

- porridge
- wheat biscuits
- no added sugar' muesli
- shredded wholegrain

Fab and fruity

Top lower-sugar cereal or plain natural yoghurt with a handful of favourite fruit. Try sliced bananas, chopped strawberries or a handful of berries – it's super tasty and counts towards 5 A Day!

Swap tip!

Choose cereal that has all greens on the 'traffic light' label.

| | | | | | | |
|---|--------------------|----------------------------|-------------|-------------------|---------------|--------------|
| per 30g cereal: | 16 SERVINGS | ENERGY 460kJ 110kcal | FAT 0.7g | SATURATED 0.1g | SUGAR 5.1g | SALT 0.2g |
| | 8% | LOW | LOW | HIGH | MED | 4% |
| <small>% of an adult's reference intake. Typical values per 100g: Energy 1530kJ/360kcal</small> | | | | | | |

Lunch

Cut sugar with a swap!
Instead of chocolate, cake bars, split yoghurt pots or pudding pots, pick::

- A slice of malt loaf
- A fruited teacake
- Sugar-free jelly
- Fresh fruit or tinned fruit in juice not syrup
- Lower-sugar fromage frais.

Our Family Support Worker

Mrs Joy Smith

is here to help!

01287 650689

Keep them fuller for longer

Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.

Mix your slices

If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.

DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from sandwiches each day.

Freeze your bread

Keep a small selection of bread in the freezer. Make lunches more interesting by using bagels, pittas and wraps, and different types of bread, such as granary, wholemeal and multi-grain.

Less spread

Cut down on the spread and try to avoid using mayonnaise in sandwiches.

Cut back on fat

Pick lower fat sandwiches such as lean meats (including chicken or turkey), fish ((such as tuna and salmon) reduced-fat cream cheese, and reduced-fat hard cheese.



Add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY.

Every green

Add salad to sandwiches- it all counts towards your child's 5 A DAY.

Cut down on crisps

Swap for homemade plain popcorn or plain rice cakes.

Variety is the spice of lunchboxes

Be adventurous and get creative to mix up what goes in their lunchboxes.

Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped to make it.

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>



Skelton Primary School Council Election 2019/20



Have YOU got what it takes to be a successful School Council representative?

Are you keen to make a difference within OUR school?

Would you like to be part of a TEAM who work incredibly hard together to listen to others and make positive changes?



If yes and you are in Years 2-6, then please prepare a short speech to explain why you would be the perfect candidate for your year group. Elections will be held within year groups next week and followed by a vote to ensure candidates are chosen fairly.

Good luck!

BREXIT

I am sure that you are a little weary of this topic but I wanted to reassure you that schools as well as households are being encouraged to consider contingency plans. Two of the three areas below could potentially impact school life.

1. **Data*** (GDPR- what electronic data we have that is stored in EU)
2. **Food*** (what food supply limitations will be in place after Oct 31st)
3. **Medicines** (what supplies might be compromised after October 31st)

We have received the following from our catering suppliers Mellors: "A majority of Mellors nominated suppliers are local operators with local (UK) sourcing and local growers. Buying locally is not foreseen to be impacted by import restrictions potentially caused by a hard Brexit. However, a hard Brexit may impact the supply and demand balance of local UK food suppliers as more of their customers (food companies) move to local purchasing. This may result in price impacts and availability of certain fresh produce. We have contacted and are working with our suppliers to ensure they have their own contingency plans and maintain our supply chain as a priority should this happen. Certain imported fresh products such as melon / grapes / kiwi / bananas / tomatoes etc. may have supply restrictions due to potential delays at customs and an increase in haulage fees. In this case, Mellors will swap these products for other items in our bespoke site based menu planning. Mellors kitchen based menu selector allows and encourages catering managers and Mellors chefs to menu plan with flexibility and will therefore accommodate any short term product restrictions."