



MOON ROCK

Moon Rock

We would like to thank Mrs Hannick for all the work she has done in bringing the Space Project to our school, also for the Top Secret works she did behind the scenes to get the Moon Rock safely secured in school so that the children could see it!

Nursery Places

To find out if you are eligible for 30 hours free childcare check here:

www.childcarechoices.gov.uk

Please enquire in the office for any further information.

Packed Lunches

On average, children bringing packed lunches consume more processed foods, sugary drinks and snacks high in fat and salt at lunchtime than pupils having school meals. Governors visited the school last week to look at what children had in their lunch boxes. There were a lot of crisps and chocolate-covered biscuits.

Please remember that we are a healthy school. We encourage you to send a healthy packed lunch. This could include:

Starchy food such as bread, pasta, cous cous or potato

Fruit and veg such as sticks of cucumber, carrot, pepper, celery, cherry tomatoes, baby corn, sugar snap peas, apple, gatsuma, strawberries, blueberries, grapes, raisins, sultanas and dried apricots.

Beans, pulses, fish, eggs, meat: Try tuna, or salmon, quorn, egg, chicken, beef or ham.

Dairy foods: cheese, yoghurt or fromage frais, (check label for sugar content and choose lower sugar items)

Drinks: plain milk or water are the best choices for your children's teeth. We would discourage sugary drinks.

Don't forget: instead of crisps, try plain rice cakes, or popcorn. Children enjoy dipping, so try breadsticks, veg sticks and a pot of houmous.

Social Media

We would like to remind parents to be vigilant about their child's use of social media apps and websites. A letter was recently sent out alerting parents to the dangers of an app called musical.ly. We have had a number of issues with children using WhatsApp groups, and writing some very inappropriate things. Although these things happen outside of school, we are concerned because of the impact that it can have on a class. We regularly talk to the children about on-line safety, and we would ask that you talk to your children, and remind them to report anything they see that might be upsetting to them. Staff are more than happy to speak to you about on-line safety. The school website has information about online safety.

Holidays in School time

I am sure you will have followed the Supreme Court judgement about holidays in term time. The school is not permitted to authorise any holiday during school time.

Newsletter



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www.orchardprimary.co.uk

Please be aware of this and book your holidays during the school holidays.

SATS

Year 6 will take their SATS next week. We know that they have been working very hard, and that they will all do their very best work.

Medicine at school

If your child needs to take medicine (four times daily prescribed by a doctor), you will be asked to complete a form. The office staff are very busy during the day, so we will ask you to phone at the appropriate time to remind the staff to administer the medicine. Please be aware that the school staff are **not obliged** to administer medication.

Reminders:

- ❖ Please continue to check your child's hair regularly for head lice
- ❖ Dogs are not permitted on the school site at any time
- ❖ Please put your mobile phone away when you come into school
- ❖ Smoking and e-cigarettes are not allowed on the school site
- ❖ We are a nut-free school: please do not send nuts or any nut products in with your child
- ❖ Please remember to push scooters and bikes in the school grounds.