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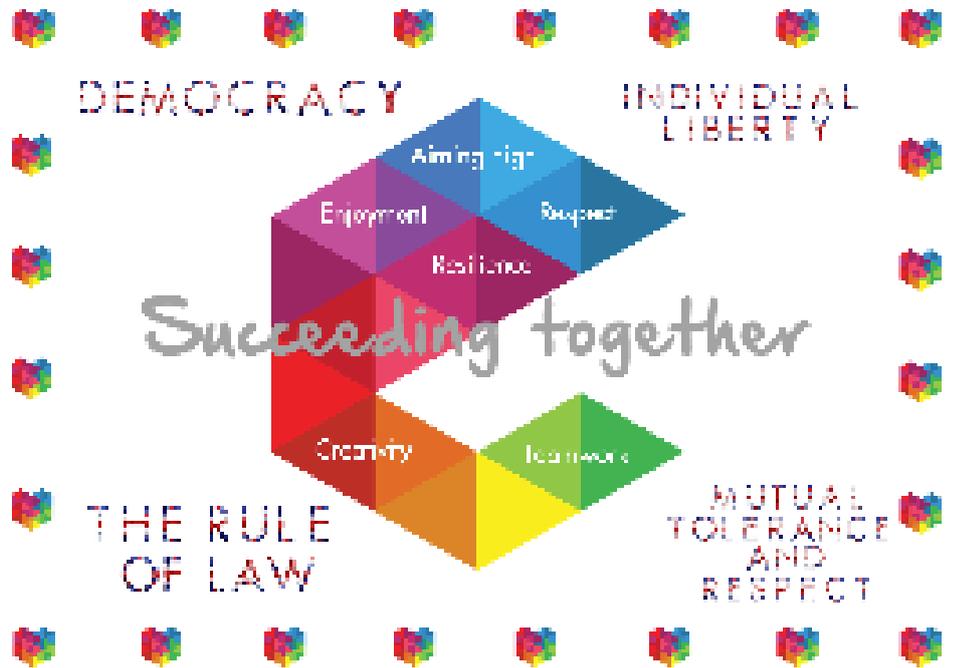
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Eastbury Primary News



A note to parents about healthy packed lunches

Please check what to include in your child's packed lunch every day

We want to ensure that all children have a healthy, well-balanced meal at lunchtimes, whether this is a school dinner or packed lunch. This is very important because it improves children's concentration and learning in the afternoons, as well as providing them with the important nutrients they need to grow and develop, be healthy and active. Recently, however, there have been a few occasions when we have noticed that lunchboxes have contained too many unsuitable foods and not enough fruits and vegetables and essential nutrients. Below is a list of recommendations for your child's packed lunch, based on the Government's advice. No single food contains all the essential nutrients the body needs to be healthy and function effectively so it is important that the content of the packed lunch is varied.

Do include (every day):

- One portion of fruit and one portion of vegetables or salad
 - A source of protein – e.g. meat, fish or a non-dairy protein (lentils, kidney beans, chickpeas, hummus, falafel)
 - A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals
 - A dairy food, such as milk, cheese, yoghurt or fromage frais
 - For drinking: water, fruit juice, milk, yoghurt or milk drinks and smoothies
- Avoid:
- Snacks such as crisps (instead, savoury crackers or breadsticks served with fruit, vegetables or dairy food are a good choice)
 - Chocolate bars, chocolate-coated biscuits and sweets. It is fine to include small cakes and biscuits, but only as part of a balanced meal
- Meat products such as sausage rolls, pies, corned meat and sausages/chipolatas should only be included occasionally
 - Fizzy drinks are not permitted

Our school dinners provide children with a healthy, well-balanced alternative to packed lunches. All children in Reception, Year 1 and Year 2 are entitled to a free school meal, while it is excellent value for money for children in years 3 to 6. You know your child will have a hot meal every day and it saves you the time and energy involved in making a packed lunch every morning. The menu is available to view on our website. If you would like any help or advice on packed lunch or school dinners (including whether your child is entitled to a free school meal), please contact Carole Gale, our Family Liaison Officer.

EASTBURY IS GOING CASHLESS!

You need to pay for all trips, school lunches through our Cash less Parent Pay System on your phone or device.

If your account has not been activated please contact the school office for a activation letter.

Term Dates:September

Friday 28th 9am MacMillian Coffee morning - school cafe
Friday 28th: Deadline for flu vaccination consent forms

October

Tuesday 2nd 9am Volunteer coffee morning - Studio hall
Friday 12th - Vaccination day
Friday 12th 9am Friends of Eastbury Annual General meeting - school cafe
Monday 22 - Friday 26th: October Half Term
Friday 19th and Monday 29th: Additional school closures
Tuesday 30th October: Return to school

November

Wednesday 14th and Thursday 15th: Parents consultation evening

December

Thursday 20th: Last day finishing at 3:15pm

Breakfast & Eagles Clubs

The school runs a before and after school club (called Breakfast and Eagles Club) for children from Reception to year 6. The clubs offer a range of activities for the children, as well as providing food.

Breakfast club starts at 7.45am and costs £2 per child, while Eagles Club finishes at 6.00pm and costs £10 per child. All parents wishing their child(ren) to attend either Breakfast or Eagles Clubs should book and pay on ParentPay before they attend. There is a link to ParentPay on the school website.

It is only possible for the school to provide these clubs by charging. Checks will therefore be made during the day that all payments have been made for children attending. If no payment has been made, your child will not be admitted to the club and you will be contacted to collect your child.

If you have any difficulty using ParentPay please contact the main office.

Votes for Schools

All children in years 1 to 6 now take part in an exciting new project called Votes for Schools.

Votes for Schools was created to give all young people a better knowledge of current affairs and get them voting! Each week the school is given an issue to discuss and vote on. They can then see how their class's vote compares to the rest of the school and to the rest of the country. This is a fantastic opportunity to develop children's speaking skills as well as for them to learn about democracy.

We will also give parents the opportunity to join that discussion at home. Every week children will be given the current topic to discuss as part of their homework. We encourage you to hold a family discussion about the issue and for your child to complete the homework summary sheet. This will help develop your child's communication skills at the same time as boosting their understanding of current affairs.

Welcome meetings

It was wonderful to see so many parents attending last week's welcome meetings for each year group. We strongly believe in working in partnership with our parents and would like to thank you so much for your support.

If you didn't have a chance to attend the welcome meeting, but would like to find out more about what your child is learning this year and how you can support them, please speak to your class teacher and arrange an appointment.

Macmillan Coffee Morning

On Friday 28th September people all over the UK will be hosting coffee mornings as part of Macmillan's biggest fundraising event for people facing cancer. At Eastbury, the café will be open at 9.00am to raise money for this worthwhile cause. Together we can make this another successful year. If you wish to donate cakes please take them to the school office.

STEM Club

STEM kids club has started at Eastbury (STEM stands for Science Technology Engineering and Maths). At the first session, children had a great time making

balloon-powered cars. Over the next few weeks, children will be using different materials to create vibrating bugs, electronic pocket torches and helicopters. To register and join contact Lucy Fawcitt administrator at STEMKIDS 01513456201. Register and pay online at www.stemkids.co.uk

Volunteers

At Eastbury, we are lucky to have some fantastic parent volunteers to help the children in their learning. If you are interested in volunteering, please find out about it at our volunteer coffee morning on Tuesday 2nd October at 9.00am. Your support can really help our children!

Flu Vaccination

NHS England offers all children in Barking and Dagenham from Reception to year 5 a flu vaccination at their school. The flu vaccine is given as a simple squirt up the nose and is designed to protect your child against flu, an illness which can cause serious complications.

You should have already received a letter and parental consent form about the flu vaccination. If you would like your child to have a vaccination, these forms need to be returned to the school office by Friday 28 September.

We apologise that these letters were also sent by mistake to year 6 parents. If you have a child in year 6 who you would like to receive a flu vaccination, please contact your GP.