

With knowledge we can know, with faith and love we can change the world.

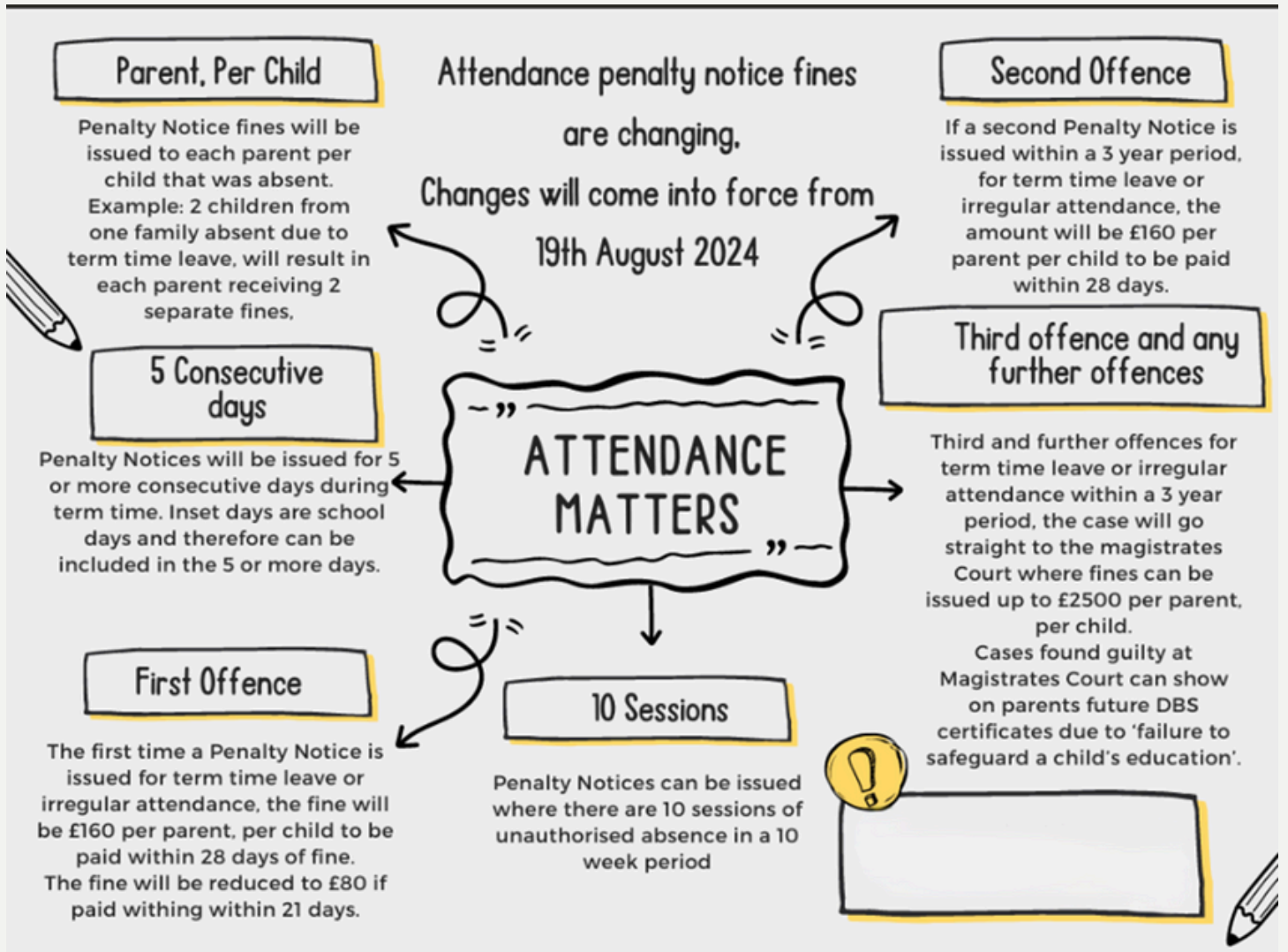
'Go and do likewise' Luke 10:37

As we flourish, others do too.

STAFF CAR PARK: PLEASE NOTE THE CAR PARK IS FOR STAFF USE ONLY. DO NOT USE THIS DURING SCHOOL DROP OFF OR COLLECTION. THANK YOU FOR YOUR CO-OPERATION.

- SCHOOL VALUES:**
- LOVE
 - COMPASSION
 - FORGIVENESS

SCHOOL GATES:
SCHOOL GATES OPEN AT 8.45 AND CLOSE AT 8.55 TO ALLOW FOR A PROMPT START TO THE SCHOOL DAY. ANYONE ARRIVING AFTER THIS TIME WILL NEED TO ENTER THROUGH THE MAIN RECEPTION.



KEY DATES FOR THE DIARY:

- MONDAY 24TH JUNE- Y4 SWIMMING LESSONS START
(MORE INFORMATION TO FOLLOW)
- FRIDAY 5TH JULY- WEAR BLUE TO CELEBRATE NHS
76TH BIRTHDAY
- WEDNESDAY 10TH JULY SPORTS DAY. KS1- AM, KS2-
PM. SEPARATE INFORMATION WILL FOLLOW CLOSER
TO THE TIME.
- TUESDAY 16TH JULY- Y1&2 TRIP TO CLEETHORPES.
- WEDNESDAY 17TH JULY- FRIDAY 19TH JULY- YEAR 6
RESIDENTIAL.
- MONDAY 22ND JULY- FS GRADUATION CEREMONY @
2.45PM
- MONDAY 22ND JULY Y6 LEAVERS MASS IN CHURCH @
9.30AM
- THURSDAY 25TH JULY- YEAR 6 LEAVERS ASSEMBLY.
YEAR 6 PARENTS @ 2PM.
- FRIDAY 26TH JULY- SCHOOL FINISHES FOR SUMMER.

**POLITE NOTICE: IF YOU ARE GOING
TO BE LATE TO COLLECT YOUR
CHILD/REN COULD YOU PLEASE CALL
AHEAD TO THE OFFICE TO INFORM
THEM? THANK YOU!**



PARENT PACKED LUNCH GUIDANCE:

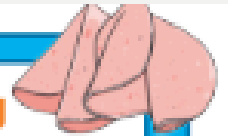
SENDING YOUR CHILD INTO SCHOOL WITH A PACKED LUNCH IS A GREAT WAY TO ENSURE THEY'RE EATING A BALANCED AND HEALTHY DIET THAT WILL KEEP THEIR ENERGY LEVELS UP AND READY FOR LEARNING. YOU CAN PLAN YOUR CHILD'S LUNCH (OR ENCOURAGE THEM TO HELP PLAN THEIR OWN) USING SOME OF THE GUIDANCE BELOW.



Ready, Steady, Go!

Foods that contain carbohydrates are great for giving us long-lasting energy, meaning your child will have plenty of go power throughout the day. You should try to get two portioned sources of carbohydrates in your child's lunch, such as:

- bread
- rice cakes
- crackers
- pitta
- quiche (a slice or child-size)
- rice
- scone or English muffin
- pasta
- plain biscuits
- wraps



Tall and Strong

Foods containing calcium (like dairy products) can help to boost your child's bone growth, while protein-rich foods can help with muscle strength - that's why these foods are in the 'Tall and Strong' group! You should aim for one portion of these foods, which could include:

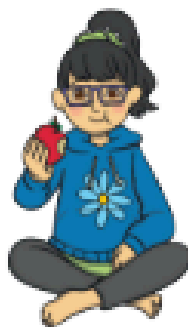
- yoghurt pots or tubes
- eggs (boiled or in a sandwich)
- cheese slices, cubes or sticks
- chicken
- fish (e.g. tuna)
- ham
- salami



Healthy Glow

Fruits and vegetables are fantastic sources of vitamins and minerals that keep your body healthy. They're also a good source of fibre, too. You should try to get two sources of these foods, including:

- fresh fruits like apples, strawberries or oranges
- canned fruits like pineapple or peach slices in juice
- cut vegetables like cucumber, bell peppers and carrot



No, No, No!

There are some foods that aren't appropriate for school lunches, including excessive snacks or fast foods. Many schools are also nut free, so precautions should be taken when considering nut products. The following foods can be enjoyed in moderation at home and should be avoided at school:

- takeaway (leftovers such as pizza)
- large bags of crisps (i.e. sharing packs)
- sugary biscuits
- fizzy drinks
- sweets



PLEASE DO NOT SEND SWEETS OR CHOCOLATE BARS.

HAPPY 76TH BIRTHDAY NHS!

ON FRIDAY 5TH JULY WE ARE GOING TO CELEBRATE THE
76TH BIRTHDAY OF THE NHS

ON THIS DAY WE ASK PUPILS TO WEAR BLUE AND
DONATE £1 TO SUPPORT BARNSLEY HOSPITAL CHARITY
WE WILL ALSO DESIGN THANK YOU CARDS THAT THE
NHS WILL DISTRIBUTE TO STAFF AND VOLUNTEERS.

• WE KNOW WE HAVE A FEW
• WONDERFUL PARENTS
• WORKING FOR THE NHS
AND WE WOULD LIKE TO
SAY THANK YOU FOR
EVERYTHING YOU DO!