



# Sheerness West Federation

## Week Ahead

4 October 2021



### Federation Message from Mrs Pattenden, Ms Brewer and Mrs Mackay ...

Dear Parents/Carers

This is a slight change for this week one main focus for us all!

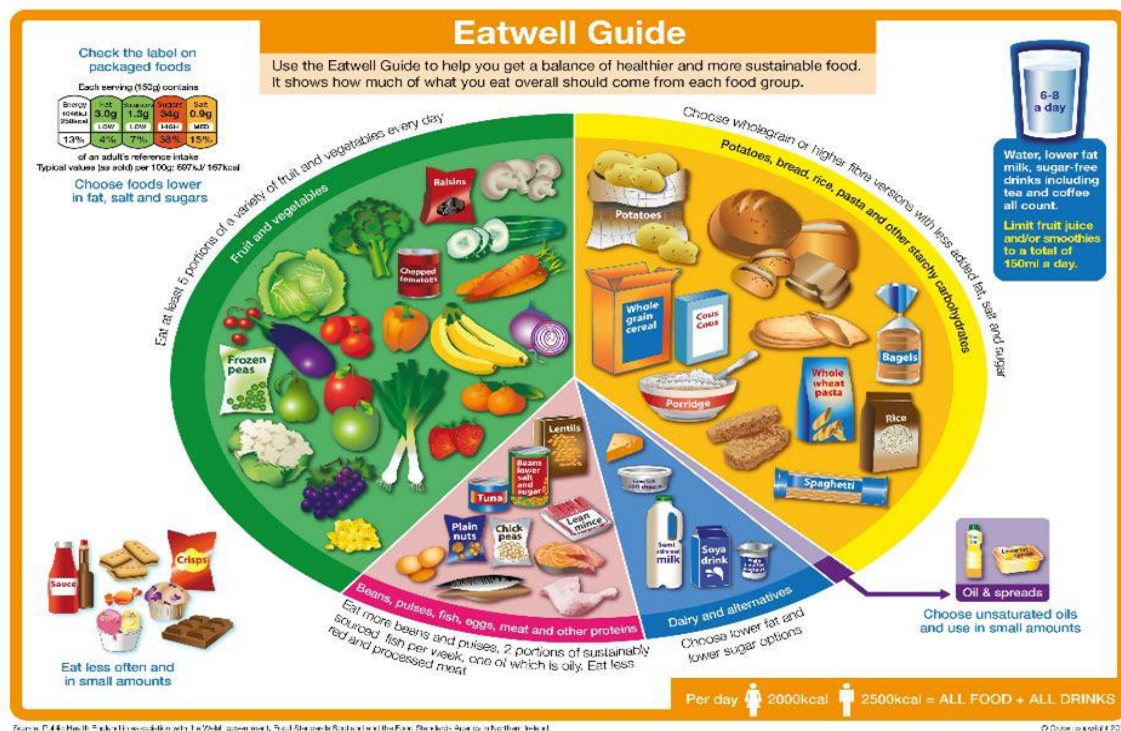
We are looking at Healthier Lifestyles generally. Our PE team obviously planning their lessons and activities with this in mind and will continue to do so. However, we all know that there is a link between healthy bodies and healthy minds all impacting on our overall wellbeing.

As you know, we have garden areas in both schools where we have been growing fruit and vegetables. We feel it is really important to develop this further and forms part of the curriculum (other than in PE lessons). We discuss healthy eating and exercise in a variety of lessons and would appreciate your support/help to extend this further.

Please see below some information we use to form some of our conversations and teaching/learning activities:

A healthy, balanced lunchbox should be based on the principles of the Eatwell Guide, the UK's healthy eating model. The Guide shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet to give the children the energy they need to learn and play at school.

The Eatwell Guide applies to all children from the age of five. Children aged between two and five should gradually begin to eat the same foods as the rest of the family, in the proportions shown in the Eatwell Guide.



### Some great ideas to consider when making a packed lunch!

#### Bite-size fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, quartered grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.

#### Always add veg

Add salad to sandwiches! Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 a day.

#### Cut down on crisps and chocolate

If your child really likes their crisps, try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes. Instead of a large chocolate bar for the occasional treat, add a 'fun sized' version instead!

All of these suggestions, a variety of lunchbox ideas and more ideas can be found at:

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

**Please can we ask you to refrain from including any nuts (including peanut butter) within a packed lunch as we have children with serious nut allergies.**

### WHAT TO DO IF YOUR CHILD TESTS POSITIVE FOR COVID OR IS UNWELL

Please follow the link below if your child is unwell with Covid-19 symptoms or tests positive.

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Just a couple of thoughts for West Minster (from Miss Brewer):

Winter is coming! When it does rain during break and lunch times providing it's not too heavy, the children with coats go out for a run about. However, if they do not have a coat they go under a shelter so they can still have a runabout whilst staying dry.

I know that the school have allowed the year 6 pupils to bring in mobile phones (giving them directly to the teacher on arrival and then they are returned to them at the end of the school day). Please can I remind you that no other year groups should be bringing in mobile phones. Thank you.

**This week's Dates for your diary:**

#### **Future Dates**

- Tuesday 5 October -Individual/sibling photos (WM)
- Wednesday 6 October – Individual/sibling photos (RS)
- Friday 8 October – wear yellow for mental health
- Wednesday 13 October - Year R – Year 6 Flu Vaccinations (WM)
- Tuesday 19<sup>th</sup> October – Year R – Year 6 Flu Vaccinations (RS)
- Friday 22<sup>nd</sup> October – End of Term
- Monday 1<sup>st</sup> November – Staff Development Day
- Tuesday 2<sup>nd</sup> November – Term 2 begins
- Tuesday 2<sup>nd</sup> November – Friday 5<sup>th</sup> November – Hogwarts Week