



4th May 2018

Summer 1 Week 3

Special Points of Interest

- PE Kit
- Healthy Eating

Dates for your diary

Monday 7th May
BANK HOLIDAY
School Closed

Wed 9th May
Coffee Morning
Entrance via side of
reception

Tuesday 8th May
Board Games
3.15pm

Healthy eating - Lunchboxes & snacks

Our aim is to ensure that all children have a meal that is healthy, balanced and will sustain them through their afternoon learning.

Our school meals are designed to do just that and are DELICIOUS!

We have reviewed our packed lunch policy with the children and a focus group of parents. Today we are sharing it with you all. This policy will be in place from Monday 7th May.

We will be offering education for the children, information for parents and workshops to help get our message across. Please take time to read the policy and help us to help ALL children at Sandbrook experience a healthy lunchtime.

Further information can be found at <https://www.nhs.uk/change4life>.

Healthy snacks



Sign up to <https://registration.change4life.co.uk/Change4Life>

to get a FREE healthy snacking pack and get money-off vouchers and stickers for children.

Lunchtime games

The children voted for tennis as this half-term's lunchtime activity. Year 3 had lots of fun practising their co-ordination skills.



Football ambassadors

Football ambassadors in Year 5 have been coaching FS2, Year 1 and 2. They have developed key football skills such as: passing, shooting and dribbling. The older children were kind, caring and great teachers!



Advice Line for Children set up

The NHS trust for Cheshire and Wirral has launched a new advice line for children and young people. The advice line can be accessed by calling 01244 397 644 and is open from 5pm—10pm Monday to Friday and 12pm to 8pm Saturday and Sunday.

Sallie Taylor, head of clinical services for Wirral CAMHS, said “This new out of hours advice line is an exciting step forward ”

PE Kit.

We would like all pupils at Sandbrook to be wearing the same PE kit so when it is your child's PE Day, we are asking that children come to school dressed wearing their PE kits consisting of:

black tracksuit or jogging bottoms,

white or red school t-shirt,

red jumper, hoodie or cardigan.

Not only does this enable children to be suitably dressed for their physical activity, it also saves time getting the class changed.