



TOWER VIEW NEWSLETTER

Website: www.towerviewprimaryschool.co.uk



Dates for your diary

Mon 18th Sept—Buddy Workout event
 Fri 29th Sept—Harvest festival
 Fri 13th Oct—School photos
 Mon 23rd—Fri 27th Oct—half term holiday
 Tues 19th Dec—last day of term
 Thurs 4th Jan 2018—pupils return to school



Head Teacher
Mr A Ridout

Vancouver Drive
Winhill
DE15 0EZ
Phone: 01283 247455

Dear Parents

As part of our provision we try to ensure all children have a healthy and supportive lunch and this is available free of charge to any year R, 1 or 2 pupils, as well as any child who can claim free school meals in Key Stage 2 or pays for them. However we also have a duty to promote healthy packed lunches for all pupils and I'd remind you that fizzy drinks are not permitted. The NHS advice for a healthy packed lunch includes the following each day and is based on a balanced diet.

What to include in your child's lunchbox

A healthier lunchbox should:

- be based on **starchy carbohydrates** (bread, potatoes, rice, pasta)
- include fresh fruit and vegetables/salad
- include a source of protein such as **beans and pulses**, eggs, fish, meat, cheese (or dairy alternative)
- include a side dish such as a low-fat and lower-sugar yoghurt (or dairy alternative), tea cake, fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar-free jelly
- include a drink such as water, skimmed or semi-skimmed milk, sugar-free or no-added-sugar drinks

The following link can be used to get some ideas or look on the school website for the link.

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Lighterlunchboxes>

So please talk to your child about what they will eat, involve them in the choices and try to give them a good balance of food.

Andrew Ridout

Don't Forget

On Monday 18th September the school is holding the fundraiser Buddy Workout sponsor event. Pupils may come to school in PE/sports wear on this day—don't forget your sponsor forms and money. Please note our reception pupils are not involved in this event. Thank you for your support.

Clubs

Running club will start again next Thursday 21st September.
 Burton Albion multi skills for years 1 and 2 starts on Mon 18th—this club is now full up.
 Imagine for year 5 starts on Mon 18th - 3 spaces are still available



The next Awards Assembly is
Thurs 28th Sept
9am KS2

Word of the Week

Learning

Chosen by
by Mr Ridout

Head lice

Here is our usual reminder to check your child for head lice and treat them whenever necessary to help us keep this problem at bay. Thank you.