

Tull-egrapp



Term 1 Week 3

September 2021

Dear Parents/Carers,
What a busy week we have had at Mundella!

Increasingly, we are trying to bring as much of our normal routines back to school whilst enjoying some of the new ones. This week we have served over 250 breakfasts and seen an average of 6 pupils per evening in our after school provision (still awaiting a catchy name).

I am really pleased that so many of you have started making the most of our early openings and free breakfasts but I would love to see even more children taking advantage of this service. Although it is free to you there is a cost to the school therefore, the more of you that use it the better I feel about spending the money.

A good healthy breakfast helps to start the day off well and similarly a healthy lunch can sustain our children throughout the afternoon. We are trying to be tighter over what should be in a healthy lunchbox and it is important that we support you to ensure children get into good habits early on in their life; particularly before they get to the freedom of secondary school. Please talk to them about the importance of a healthy diet and also the need for being well hydrated.

Adults, as well as children, struggle to ensure that they get the recommended daily amount of water so it is important that getting into the habit of having plain old water is achieved as early in our lives as possible (but it is never too late). Thank you to all of those parents that shared their concerns about pupils not drinking water because they don't like it. We will ensure that we do our bit to encourage an appreciation and understanding of the importance of water and I know that I can rely on your support.

All too often, what we do to our bodies in the first twenty years of our lives can have a significant positive and negative impact on what our bodies do for us when we are older.

Have a great weekend

Mr F. E. Westmorland

Notes

-We will be taking whole class photos on Monday 20th September for our display, please ensure your child is wearing full uniform.

-We are still awaiting the set-up of our payment system, we will let all parents know when the app is set up. Thank you for your patience.

-A reminder that children will be marked as late from 8:50am. Any **late arrivals must come via the office** rather than straight to the classroom. This is important so we can ensure the correct registration and meal is booked with the kitchen.



Year 6 Folkestone Academy Olympics

On Thursday 23rd September Year 6 will be visiting Folkestone Academy to take part in a fun sports event day. They will be leaving school at 9:15am and leaving at 3:00pm. They should arrive back to school just after 3:15pm.

Children need to bring with them:

- PE Kit with Trainers
- Packed Lunch
- Reusable Bottle of Water (we will provide water refills during the day)
 - Sun Cream
 - Raincoat / Hat

Mundella Primary School				
☆Five☆Star☆Lunch☆Box☆				
CARBOHYDRATE	DAIRY	FRUIT / VEGETABLES	SNACK / TREAT	DRINK
Pasta Bread Potato Rice <small>(Flavoured or filled to taste of child, consider removal of crusts or skins)</small>	Plain Milk Yoghurt Cheese <small>(Preferably not toy foods like strings, strips etc.)</small>	Prepared pots Whole fruits Veg Sticks <small>(Preferably not toy foods like winders etc.)</small>	Crisps Plain Popcorn Cereal Bar Biscuit <small>(Please avoid high sugar and high salt snacks)</small>	Water <small>(Plain old corporation Pop. No Flavours, no squash, just water.)</small>

A healthy lunch should have each of these items within it. Slow burning carbohydrates for long lasting energy, dairy for bones and good fats, fruit and veg for vitamins and minerals, healthy treats for happy lunches and plain water for ideal hydration.