

Dear Parents/Carers,

As I'm sure many of you may also be considering; I am having a bit of a health kick-start this January. Along with trying to get back to being match fit with my running (it's been a while) I am also keeping an eye on what I eat. Likewise, I am asking that pupils make a real effort to stick to our 'Five Star' lunch.

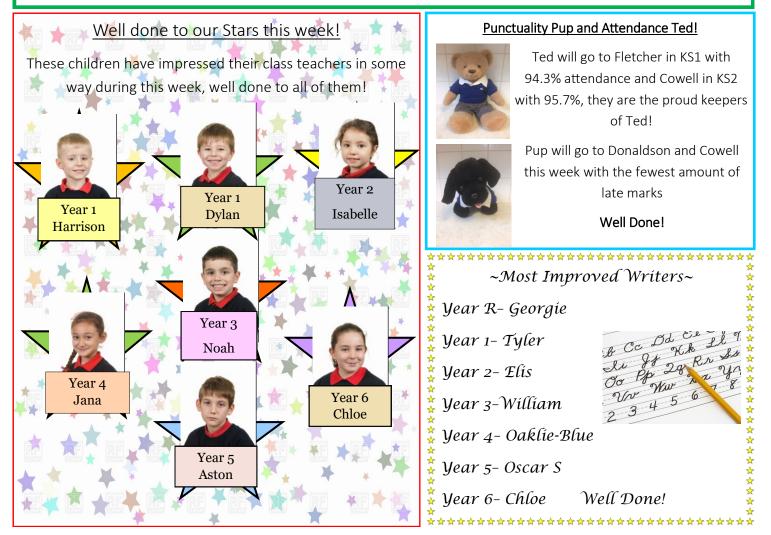
In order to support them the school council has come up with a collector card for Healthy Lunches. Each day, as long as they make an effort with their school dinner or have and eat a five star lunch, pupils will receive a sticker to put on their collector card. The idea is that when a card is complete, or they get a certain number of stickers, they will get a prize/certificate (yet to be decided.

On the whole lunch boxes are pretty good. It is, however, important that we encourage our children to drink water, rather than squash or fruit juice, and keep 'treats' down to just one item. Treats should not be a chocolate bar.

On another note, we have lots of school trips coming up over the next few months. Please could you ensure that letters of consent are signed and returned as soon as possible. It makes it really difficult to ensure that trips go smoothly if we are still chasing up forms at the last minute. In addition, if you feel you are able to support on trips (preferably not your own child's class) please let us know.

Thanks

Mr F.E Westmorland



Year	Good to be Green	Attendance 06/01 to 10/01
		100%
Donaldson	14/17	11/16
Fletcher	28/30	23/30
Kerr	20/29	19/29
Walliams	28/30	25/29
Morpurgo	28/29	20/28
Shakespeare	28/30	24/30
Cowell	25/27	23/28

Educational Visits

At Mundella we have developed a rich and broad curriculum which includes opportunities for learning through educational visits and visitors. The bulk of the cost for these activities is covered by the school however, without voluntary contributions (when requested) some of these activities may have to be cancelled and alternative options considered.

SHEPWAY AUTISM SUPPORT GROUP

MONTHLY COFFEE MORNINGS

For parents and carers of children / young people on the autism spectrum. Come along for a coffee and a chat with other parents. All welcome, whether you have a child with a diagnosis, are waiting for a diagnosis or just want to learn more about autistic spectrum condition.

Monday 3 February 2020: Morag Hards, Inclusion Team, The Beacon

10.00 -12.00

Conference room, The Beacon, Park Farm Road, Folkestone CT19 5DN Any questions? Please ring us on 07773 708321

To Note:

- Year 2 will be visiting a Synagogue on Wednesday 22nd January. Please ensure you pay the £3 to cover the train ticket cost and return your consent trip to the office. If you are able to help on the trip then please indicate so on the slip or let the class teacher know.
- Years 3, 4 and 6 will be walking to the Life Church on Wednesday 22nd January to see the Watoto children's choir. They will be leaving school at 10:10 and returning to school by 11:45. If you would be able to volunteer as a parent helper then please let the class teacher or the office know.
- If you wish for your child to take part in an after school club then please return the consent slip as soon as possible. Reading

club on Tuesdays and Netball on Wednesdays have a few spaces left, all other clubs are now full.

