

Angel Road Junior Newsletter



26th January 2018

NEWS

Attendance Summaries

As you will know from our previous letter regarding attendance (03.11.17), we will be sending home a summary of your child's attendance every half term. The letters will be colour coded into the following four categories:

Excellent (Yellow) - for attendances of 99% and above

Good (Green) - for attendances of between 96% and 98%

Needs improvement (Orange) - for attendances of between 95% and 91%

Cause for concern (Red) - for attendances of 90% and below

Please see Miss Karen Long for any further clarification.

Farewell Linda

We are sorry to inform you that Linda will not be returning to her role as school secretary at the Infant School. Linda feels that the time is right for her to retire and I am sure you join us in wishing her well for the future.

Linda has worked at Angel Road for nearly thirty years and we would like to thank her for her contribution to the Infant School. She has asked us to convey her thanks to all the children and families that she has enjoyed meeting and watching them move through the schools.

We will be holding a collection for a leaving gift for Linda, and so if you would like to contribute, please send donations to either school office.

School Meal Tasting

Following previous successful tasting sessions, we are happy to invite families from both schools to a tasting session at the Infant School on 7th March at 2:30pm. The new lunchtime menus start after half term, and so this will be a chance to see and taste what is on offer for the children. A booking letter will be sent out nearer the time.



OPEN Youth Trust

The February Half Term Youth Trust has some fan-

period. Activities include rock climbing, multi-skills, making your own movie, dancing and a Pokemon Party. The activity days are diverse and run from 10.00am - 3.00pm for children aged 4-6 years and 7-12 years. Please ask the office for more information.

Holiday Programme at OPEN
tastic fun planned for the holiday

Every penny of income made through the above activities goes directly to the benefit of young people. (Bursaries may be available for low income families)

HEALTHY LUNCHES

Eating habits are developed during childhood. If encouraged to enjoy healthier food and drink when they are young, it is more likely that these positive behaviours will remain with children and young people throughout their lives.

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 (no fizzy drinks),

If you do include a chocolate treat, please make it no bigger than the size of a two finger KitKat or a Penguin bar.

Please also consider the size of the lunch you are packing. Children's stomachs are a lot smaller than adults. Whilst it is a good idea for children to refuel ready for the afternoon's learning, a lunch that is too big will have the opposite effect and leave them feeling lethargic.

Healthier Break-Time Snacks

Children often like food they can eat with their fingers. Try these ideas:

- **Chop up raw veggies** – such as carrots, celery or peppers, and give them hummus or cottage cheese to dip the veggies in.
- **Chop up fruit** – such as apple, satsuma segments, strawberries, blueberries, halved grapes or melon slices. Add a squeeze of lemon juice to stop them from going brown.
- **Breadsticks and wholemeal crackers** –make great finger foods. Try spreading low-fat soft cheese on them.
- **Choose malt loaf, tea cakes, fruit breads or fruit** – instead of cake, chocolate, cereal bars and biscuits. Fruit can be fresh or canned (in juice, not syrup).

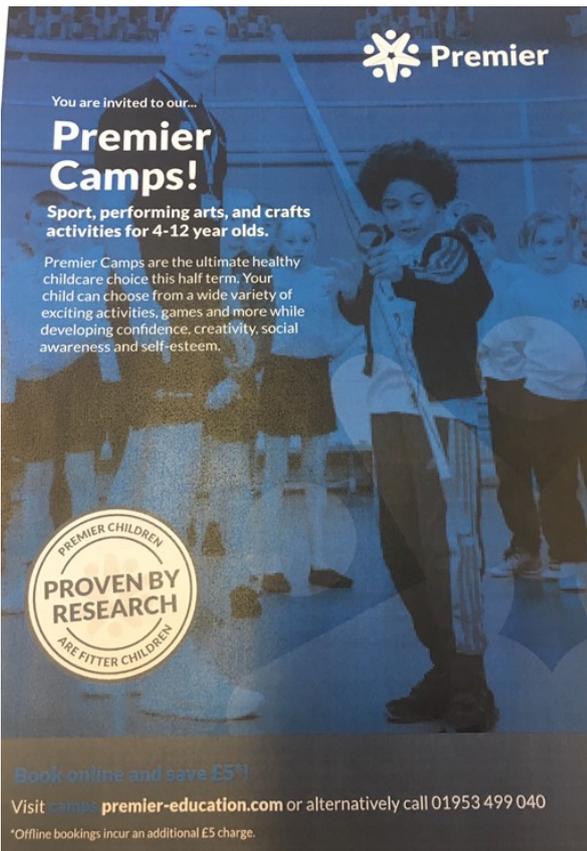
Dried fruit is not recommended as a snack between meals as it is high in sugar and can be bad for teeth. But it's OK when eaten as part of a meal.



Fantasy Football League

If you would like to take part in Mr Newnes' Fantasy Football League, you only have one more week to hand your form in to the office.

Community News



Premier

You are invited to our...

Premier Camps!

Sport, performing arts, and crafts activities for 4-12 year olds.

Premier Camps are the ultimate healthy childcare choice this half term. Your child can choose from a wide variety of exciting activities, games and more while developing confidence, creativity, social awareness and self-esteem.

PREMIER CHILDREN ARE FITTER CHILDREN

PROVEN BY RESEARCH

Book online and save £5*!

Visit www.premier-education.com or alternatively call 01953 499 040

*Offline bookings incur an additional £5 charge.

What's on near you?

NORWICH

Firside Junior School
Middletons Lane, Hellesdon,
NR6 5NF
Sport, Arts & More
Thursday 15th & Friday 16th Feb

Just £14.95 Per day!

Courses run daily 09.30 - 15.30

- * New Multi Activity Camps set to include arts and crafts, laser tag and team building activities
- * Sibling discount available online

You will need...

- * A packed lunch
- * A change of footwear
- * Suitable clothing for the weather
- * Lots of non-fizzy drink
- * Shin pads, for contact sports
- * ... and loads of energy!

Don't worry!

All our Activity Professionals are fully insured and DBS checked with Child Protection and Emergency Aid certification.

Limited availability, so please book early to avoid disappointment!

Book online and save £5*!

Visit www.premier-education.com or alternatively call 01953 499 040

*Offline bookings incur an additional £5 charge.

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Dates for your Diary

Mon 29th Jan - 5W Activity Café from 2:00pm - parents and carers welcome
 Tues 30th Jan - 5N Activity Café from 2:00pm - parents and carers welcome
 Wed 31st Jan - 5T Activity Café from 2:00pm - parents and carers welcome
 Thurs 1st Feb - 5B Activity Café from 2:00pm - parents and carers welcome
 Fri 2nd Feb - Y6 Reading Café from 9:10 to 9:55am - parents and carers welcome

Mon 5th Feb - 5T Anglo Saxon walking tour of Norwich
 Y4 Roman Day at Castle Museum
 Tues 6th Feb - 5B Anglo Saxon walking tour of Norwich
 Y4 Sharing Café from 2:15pm - parents and carers welcome

Wed 7th Feb - 5N Anglo Saxon walking tour of Norwich
 Thurs 8th Feb - 5W Anglo Saxon walking tour of Norwich
 Safer Internet Day

Fri 9th Feb - Friends Bake Sale
Fri 9th Feb - School closes for Half -Term holiday

Mon 19th Feb - School opens
 Fri 23rd Feb - School Class Photographs
 Thurs 1st March - World Book Day

Dress up for World Book Day
 Fri 2nd March - 3H Survival Day at Holt Hall
 Mon 5th March - 3B Survival Day at Holt Hall
 Wed 7th March - 3D Survival Day at Holt Hall
 Thurs 13th March - 3PK Survival Day at Holt Hall

Parents Evening
 Tues 13th March - Parents Evening
 Thurs 22nd March - Parents Evening
Wed 28th March - School closes for Easter Holidays

