

OTTERBURN PRIMARY SCHOOL



Weekly Newsletter – Friday 13th November 2020

Otterburn Primary School & Nursery

Attendance

Week ending: 06.11.2020

Reception: 100%

Year 1: 95%

Year 2: 100%

Year 3: 100%

Year 4: 100%

Year 5: 95%

Year 6: 100%

Please make every effort to ensure that your child is in school every day and not missing valuable learning time.

Upcoming Events:-

11th December – Christmas Jumper Day

15th December – Flu Immunisations

18th December – Last day of Autumn Term

4th January – Teacher Training Day

5th January – First Day of Spring Term



Stars of the Week - Friday 13th November 2020

This week's winners are:-

Mrs Bush's Stars of the week are Samm Corbett & Erin Kellie

Mrs Tincombe's Star of the week is Henry Airey

Mrs Spiller's Star of the week is Molly Renton

A big well done to everyone!



Google Classroom

In the event that your child needs to isolate due to COVID-19, work will be set via Google classroom each day. Parents will need to get children to login and complete any tasks set. Logins and passwords have been put in the front of reading records. Thank you for your support with this.

Poppy Appeal

Thank you to everyone who donated money towards the Poppy Appeal. We raised **£89.00.**



Children in Need

Thank you to everyone who donated money towards Children in Need. We raised **£53.00.**



OTTERBURN PRIMARY SCHOOL



Drop off at school

Please can we ask parents to arrive in the car park no earlier than 8.55am to drop off children at school on a morning. This will help ease the congestion when school buses are scheduled to drop off.

8.45am School Buses drop off

9.00am Walkers/Car drop off

After School Clubs W/C – 16th November 2020

Monday – Craft Club (Nur-Y2) Yoga/Dance Club (Y3-6) – 3.15pm – 4.30pm

Tuesday – PE Club (Nur-Y2) Fun Club (Y3-6) - 3.15pm – 4.30pm

Thursday – Sports Game Club (Y3-6)

Allotment Club (Nur-Y2) - 3.15pm-4.30pm

Breakfast Club available Mon-Fri. 7.45am – 8.45am

Packed Lunch Tips/Guidance

NHS guidelines suggest that a balanced lunchbox will contain something from each of the following groups:

- A starchy food such as bread, pasta or rice
- A protein source such as meat, fish, eggs or beans
- A source of calcium such as a yoghurt, cheese or milk
- Fresh vegetables or salad
- Fruit (including fresh fruit juice and dried fruit)

Try not to include foods high in fat and sugar on a daily basis. Make healthy swaps, such a carrot sticks instead of crisps, or a fruity yoghurt instead of cake.

Swap a sandwich for a colourful pasta or rice salad or send them with a dip and a handful of breadsticks and veggie sticks.

For more information, tips including recipe ideas please visit

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

A Guide to Building...

Healthy Snacks & Lunchbox

P2iP

Bring
WATER
everyday!

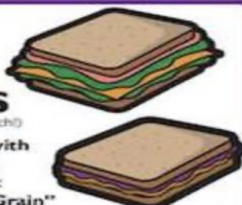
Putting tap water
in a reusable
bottle is FREE and
will help keep
your child
hydrated all day!



Whole Grains

(Great for Snack or Lunch!)

Make sandwiches with whole grain bread. Look for labels that say "100% Whole Grain"



Pack healthy snacks each day. Add a healthy sweet or savory treat. Try whole grain crackers and pretzels for savory snacks or dried fruits for sweet treats.

Snacks



Fruit

(Great for Snack or Lunch!)

Pack fresh fruit each day for snack and lunch. These are easy, convenient ways to add fruits to your day



Add veggies in your child's lunch. They add a healthy crunch instead of chips.

Veggies

(Great for Snack or Lunch!)