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# EMMANUEL COMMUNITY SCHOOL NEWSLETTER



## Week ending 17 January 2020

### Playground PE Lessons

This term please remember to provide black/grey jogging bottoms or leggings and a black/grey jogging zip up top for playground PE lessons. Thank you

### Clubs

Prayer Space Club has space available on a Wednesday at 8 am . Please contact the school office for registration.

## ECS PTFA Facebook Page

Please remember to LIKE the PTFA's facebook page to receive up to date PTFA news about events, activities, parent classes, clubs, competitions and fundraising.

**Log into Facebook search for: Emmanuel Community School PTFA -**

### FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!



### Healthy Packed Lunches

We wanted to help you to provide a healthy lunchbox for your child so here are some ideas and easy swaps to make packed lunches healthier.

For a healthy lunchbox pick and mix one item from each group:

1. **Fruit** (e.g. fresh, frozen, pureed and canned in natural juice)
2. **Vegetables, legumes and beans** - carrot sticks, radishes, tomatoes, sweetcorn, cucumber, peppers.
3. **Milk, yoghurt, cheese and alternatives**
4. **Lean meats and poultry** - fish, boiled eggs, tofu, seeds, and legumes/beans
5. **Grain (cereal) foods** - wholemeal bread or wraps, lentils, quinoa, cous cous
6. **Plain water** - no fruit juices / squash or fizzy drinks

Midday staff are trying very hard to encourage children to eat healthily and they will do their job better if healthy packed lunches are brought in.

If you would like to discuss this further, please see Mrs. Jackson who is

available before school on a Monday morning.

### Quick Dates for your Diary

**9 January** - 1.15pm ESOL Class

**31 January** – 3.35pm PTFA Secondhand clothes sale

**14 February** – Last day of half term

**24 February** – Back to School

Please check the **school twitter account @EmmanuelCSchool** and the school website <https://www.emmanuelcommunityschool.co.uk/term-dates/> for school term dates and return to school days. We tweet and add a banner to website to remind parents of dates children return to school.

The Government changed the May Bank Holiday since we printed the Term Dates Calendar. **Please make a note that school will be open on Monday 4th May 2020 but closed on Friday 8th May 2020.**



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