

BANDON HILL BULLETIN

ISSUE 37
FRIDAY 28TH FEBRUARY
2025




Assistant Headteacher Update



We hope you all had a restful and enjoyable half-term break! It has been great to welcome everyone back to school, and we are looking forward to an exciting and busy term ahead.

This week, Year 5 continued their swimming lessons, making excellent progress with their technique. It's also wonderful to see the children developing their confidence in the pool.



We were delighted to have a visit from Sutton Sports this week. They worked alongside our teachers to deliver a fantastic session of Real Dance, which is part of our Real PE scheme of work. The children had a brilliant time learning new dance routines and expressing their creativity!

We also had the pleasure of welcoming some of our governors to the school. It was lovely to show them around and share all of the exciting activities happening in our school. We are so proud of our wonderful school community and it's always great to have the chance to highlight all the amazing work our staff and children are doing.

We are excited to announce the arrival of our school book fair next week! The book fair will be available for parents and children to explore and purchase books during parents' evening next week. We encourage you to take a look and support our school in fostering a love of reading.

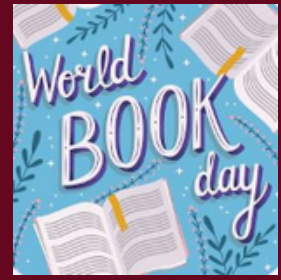
As always, thank you for your continued support, and we look forward to seeing you next week at parents' evening.

WHAT'S
NEW?



Miss Hatchett

NEXT WEEK:

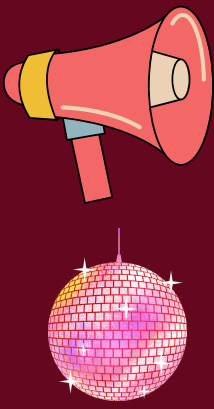


Wed 5th March
World Book Day

Come to school dressed as your
favourite animal book character

Mon 3rd & Thurs 6th March
Parent Consultations





PSA UPDATES



Bandonhillschoolpsa@gmail.com

Friday 14th March Comfy Friday

Muffi Day:

Wear your PJs, onesies or something you are comfortable in £1 on MCAS or bucket at the gate



Friday 28th March Mother's Day Event

The PSA is bringing back the Mother's Day Event - Exciting new gifts are available!

For £5.00, your child can choose two gifts.

200 tickets are available on MCAS

(Until Friday 21st March)



We are fundraising to ...

... enhance the children's learning in topics with workshops and resources.

(Details to follow)



Wednesday 5th March

Our book fair will take place next week after school and during Parents' Evenings.

It's a fantastic opportunity to update your book collection while celebrating World Book Day and the joys of reading!



Miss Warren

Here are some unique and unexpected places where our staff love to read!



Mrs Scarborough



Mr Hopkins

There's no hiding from us now!



Mrs Stirrat

WOULD YOU LIKE TO JOIN OUR

PARENT PARTNERSHIP GROUP?



**If you are in
Reception or Year 6
we would love for your to
join our group!**

Our Parent Partnership Group meets six times a year, to discuss 'all things Bandon Hill'.
This can be in person or virtually.

We discuss actions we can take to improve the school and welcome all parent and carer suggestions.

Our next meeting is on:

Tuesday 11th March – 2.00 pm

CURRICULUM UPDATE - EYFS

M What an exciting first week back we have all had! As part of our new food based topic, we enjoyed a chocolate fountain on Wednesday! The children all enjoyed dipping pieces of fruit in to the melted chocolate and it was all very messy!

Our focus next week is vegetables and we are hoping to make and taste some vegetable soup. Our rhyme of the week will be 'Twinkle, Twinkle, Little Star' and we will be reading the book 'Oliver's Vegetables'. We will also be celebrating Shrove Tuesday by tasting pancakes so we will be having another busy week!

Please remember that we would love you to upload photos and videos of your child to your Tapestry profile. We can then share these during show and tell.

Parents evening is taking place next week (Monday 4th and Thursday 7th March) and I am looking forward to meeting with you all to discuss the fantastic progress that your children are making.



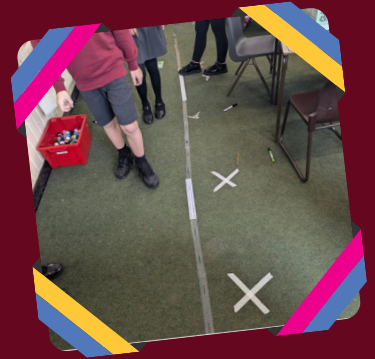
R What a lovely first week back and start to our Spring 2 half term! We have been very excited about our new topic 'Transport' and look forward to learning about different types throughout the half term. This week we started with buses and the children looked at different bus routes around the local area and also read the story 'Naughty Bus'. Next week, our transport focus is trains! If your child has been on a train feel free to send in photos!

In Phonics, both classes are focusing a lot of revisiting phase 2 and 3 graphemes along with recapping our tricky words. We are really impressed with how the children are doing and can see the hard work you put in at home with them!

In maths, the children have been comparing quantities and looking at numbers to 8. Next week, our focus will be composition and really making sure we understand the number 7 and the different ways we can show it.

Parents evening is also next week (**Monday 4th March and Thursday 7th March**). If you did not book a slot please contact the office ASAP and they will be able to book you in.





AROUND OUR SCHOOL THIS WEEK



UPDATE

HOUSE POINTS

**Mason
House**

**Shanahan
House**

**Weir
House**

**Widdowson
House**

5165

4477

4325

3996



CURRICULUM UPDATE KS1

1



In English this week we have been reading the story 'Tuesday' by David Wiesner and we investigated some mysterious lily pads that appeared around our school! Possibly related to the story we were reading?! We became detectives and planned and wrote our own investigation reports! We have also been learning about 'plurals' and if there is more than one we add 's' or 'es' onto the end of the word, for example 'dog' becomes 'dogs' and 'box' becomes 'boxes'. Can you think of anymore?

In maths we have been practising writing numerals to 50 as well as counting in 10s and making groups of ten and counting them. We are continuing with our 'materials' topic in Science over the next few weeks.

PE DAYS

Attenborough - Mondays and Tuesdays
Goodall - Mondays and Thursdays

READING

Please bring back Phonics books by Thursday at the latest.

SPELLINGS AND HOMEWORK

Spellings are practiced and checked during Fridays review lesson in phonics.

Homework will be collected and set again on Fridays.

LIBRARY DAYS

Attenborough- Monday
Goodall - Tuesday

2

This week, the children embarked on their exciting new history topic—Explorers! They began by learning about the Wright Brothers and their groundbreaking 12-second flight in 1903. It was incredible to imagine a time when the only things soaring through the sky were birds and bats!

Building on the theme of flight, their English lessons this week and next are centered around Rosie Revere, Engineer by Andrea Beaty. This inspiring book delivers an important message: failing the first time doesn't mean giving up. The children have been exploring the differences between formal and informal letters, and next week, they will apply their learning by writing an informal letter from Rosie to a family member.

In maths, the focus this week is multiplication—understanding that '3 groups of 4' is the same as '3 × 4'. This is a fantastic opportunity for children to engage with Times Tables Rock Stars, a fun and interactive way to build their confidence with times tables.
(Passwords were sent out a few weeks ago.)

Parents' Consultations
Monday 3rd and Thursday 6th March



World Book Day
Wednesday 5th March



African Drumming Workshop
Thursday 6th March

PE Days	Tuesday and Thursday
Library	Owens – Wednesday/ Ali - Thursday
Changing Reading Books	Thursday
Spellings	Set on Friday and tested the following Friday
Homework	Set on Friday and in the following Friday



**ATTENDANCE FOR
THIS WEEK**



**Jeffers & Attenborough
97%
&
Frank 100%**

**PUNCTUALITY FOR
THIS WEEK**



**Goodall
&
Gandhi**



CURRICULUM UPDATE KS2

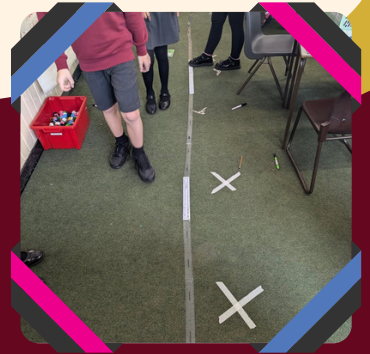
3

Year Three have had a very successful first week back! In their English lessons, the children have been using their imaginations to write a setting description inspired by the magical world of Narnia. The children have been exploring measurement in maths. They practically explored and investigated different lengths of objects in the classroom.

Additionally, Year Three children have begun studying geography, with a focus on rivers. They've started learning about the key features of a river, including the source, mouth, tributaries, and the course of the river. As part of this learning, the students are likely labelling these features on maps and diagrams.

Just a reminder that we have parents evening on Monday and Thursday next week.
We look forward to seeing you then.

Please can the reply slips be returned for our trip to Bough Beech. The payment for this trip must be made by the 7th of March. If you are able to help, please write a note in your child's contact book.



After our half term break, Year 4 have started the new term with energy and enthusiasm! We've been looking at fractions in maths and in English we've been sharing ideas and writing a character description of the main character from our new focus text 'The Girl Who Stole an Elephant' by Nizrana Farook. We've already read a few chapters of the book and are enjoying hearing about the bold and daring exploits of the main character Chaya.

Our history topic this half term is 'How Did the Maya Civilisation Compare to the Anglo-Saxons?'. This will be a great opportunity for us to refresh our knowledge of the Anglo-Saxons, learn about the Maya and compare and contrast the two.

In science we will be learning about States of Matter and in music we will be learning about the origin and features of rock and roll music.

Just a reminder that we have parents evening on Monday and Thursday next week.
We look forward to seeing you then.

PE Days :

Keller: Tuesday and Thursday.

Frank: Monday and Wednesday.



4

CURRICULUM

UPDATE KS2

5

This week, Year 5 have started learning about space!

Do all planets move the same? Does the Earth move around the Sun?

This week we learnt how celestial bodies in the Solar System move and looked at the scientists who discovered more about them.

In English, we researched the life of British astronaut Tim Peake, in preparation for writing a biography on his adventures in space. We began by looking at the features of a biography, including formal writing and use of commas.

Our new reading book, *Survival in Space* by David Long explores the Apollo 13 mission and their difficult journey back to Earth. The children have enjoyed learning its mission and the Race to Space!

In maths, we began our new unit on fractions and decimals. The children have practised how to convert fractions into decimals using vocabulary such as tenths, hundredths and thousandths.

Well done again to the Year 5 children on their showcase assembly at the end of last term! We look forward to showcasing our art work very soon.

PE Days update:

Curie Class: Thursdays

Hawking Class: Fridays

Swimming: Tuesdays (last session: 18th March)

6

Welcome back! We hope you all had a restful half-term.

This week, Year 6 has been full of exciting learning and creativity. The children have completed their DT project from last half-term, designing and making their own moving space animals. Their teamwork was fantastic, and they produced beautiful, purposeful creations that met their design criteria.

In maths, we have started our new topic on units of measure, exploring both metric and imperial forms.

Our new book, *The Nowhere Emporium*, has sparked incredible imagination, and the children are already writing their own narratives inspired by the story.

In science, we have begun our focus on living things and their habitats, currently exploring classification systems.

A huge well done to all the children who bravely auditioned for our end-of-Year 6 production this week –we are so proud of them! Roles will be announced soon.

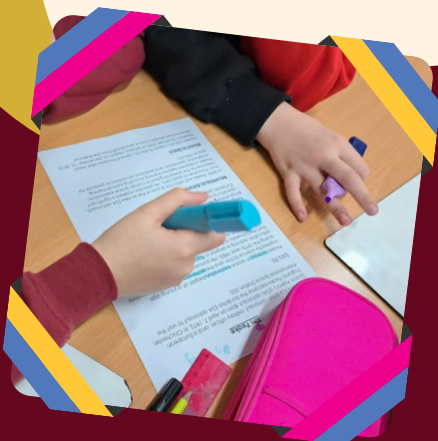
A quick reminder: if you would like to order a second leavers' hoodie, please place your order by Friday 28th February, with payment due by Monday 3rd March.

Lastly, we look forward to seeing you all at parents' evening next week!

PE Days Update:

Gandhi: Tuesday and Friday.

Luther King: Monday and Friday.





SPELLINGS

YEAR 1

because, who, whole, eye, people, thought, half, father, have



YEAR 2

Group 1: nicer, writer, baker, loser, safer, simpler, hoped, loved, largest, closest

Group 2: safer, baker, loved, hoped, largest



YEAR 3

Group 1: arrival, burial, comical, magical, emotional, national, personal, optional, survival, tropical

Group 2: nicer, writer, baker, loser, safer, simpler, hoped, loved, largest, closest



YEAR 4

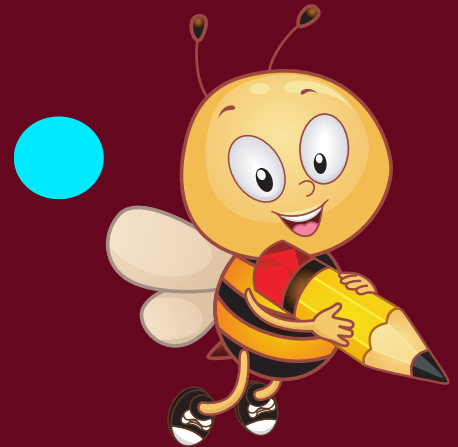
Group 1 Step 20 : Words ending in 'tion'
invention, injection, action, hesitation, completion, stagnation, nomination, migration, communication, selection

Group 2:
girl, shirt, third, bird, first, turn, hurt, burst, church, Thursday



YEAR 5

afterthought, bought, brought, fought, nought, ought, sought, thought, thoughtfulness, wrought.



YEAR 6

Group 1: ballet, blizzard, bungalow, easel, gymkhana, hoist, origin, pyjamas, restaurant, veranda

Group 2: nicer, writer, baker, loser, safer, simpler, hoped, loved, largest, closest



NURTURE UPDATE



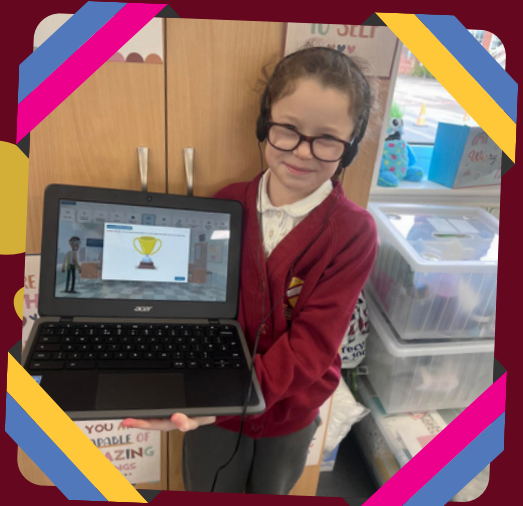
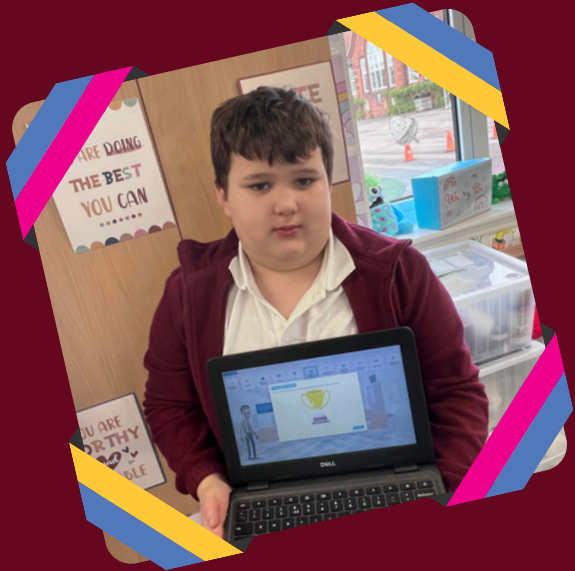
It has been wonderful to see and catch up with the children this week! It sounds like they all had a fantastic half-term break.

*In English, we have started reading *The Magic Finger* by Roald Dahl and have been making predictions about what might happen next. The children have explored how they would feel if they had a magic finger and what they might do with it. We have also been practicing summarising texts and understanding different characters' points of view.*

In Maths, we have continued working on adding and subtracting lengths in millimeters, centimeters and meters, as well as calculating the perimeter of different areas. The children enjoyed using their practical skills by measuring items around the classroom and estimating perimeters.

*For Wellbeing, we have been reading the beautiful story *The Boy, the Mole, the Fox, and the Horse*. The children recognised how the characters supported and empowered one another, just as we do in Nurture. The story also highlighted resilience, and the children reflected on things they once found challenging but have overcome through perseverance.*

*A reminder that our cinema trip is coming up on **Wednesday, 12th March**. If you haven't yet returned the permission slip, please do so by **Friday 7th March**. Thank you for your support!*



Sports Day

Wallington Sports Club

Thursday 3rd July:

Years 1, 2 & 3: 9:30 - 11:00am

Years 4, 5 & 6: 12:45 - 2:15pm

Friday 4th July (at school):

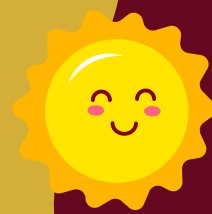
Reception 9:15am

July

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Safeguarding Update



Eating Disorders Awareness Week

This week is the national Eating Disorders Awareness Week. Eating disorders affect 1.25 million people in the UK. They are of all ages, genders, and backgrounds – eating disorders do not discriminate. Eating Disorders include bulimia, binge eating disorder, avoidant/restrictive food intake disorder (ARFID), other specified feeding or eating disorder (OSFED), and anorexia, which tragically has the highest mortality rate of any mental illness, though all eating disorders can be deadly.

It can be difficult to identify that a friend or loved one has an eating disorder. Warning signs include:

- Dramatic weight loss
- Lying about how much they've eaten, when they've eaten, or their weight.
- Eating a lot of food very fast
- Going to the bathroom a lot after eating
- Exercising a lot
- Avoiding eating with others
- Cutting food into small pieces or eating very slowly
- Wearing loose or baggy clothes to hide weight loss

Please see the links below for further information...

<https://www.beateatingdisorders.org.uk/Beat> - Provides Helplines offering support and information about eating disorders no matter where you are in your journey.

<https://www.youngminds.org.uk/> - The UK's leading charity fighting for children and young people's mental health.

<https://stem4.org.uk/> - Provide APPs to support mental health

Please remember if you have any worries about your child, please talk to a school DSL (Mr Haddock, Miss Hatchett or Mrs Newsome).

Bandon Hill School

Council Spring



Our School Council are elected by their peers to represent their views and help improve our school community. Our council meets every month to discuss issues that matter to children, such as school rules, fundraising events, and ways to enhance learning and well-being. They work closely with teachers and school leaders to share ideas, provide feedback, and contribute to decision-making. Through their role, school council members develop leadership skills, confidence, and a sense of responsibility, ensuring that pupils have a voice in shaping their school environment.



What we have discussed

What is happening as a result

Lunch choices - the lemon chicken burger is not as nice as the previous chicken burgers. Sometimes the chips are 'overdone' on a Friday

The lemon chicken burger is being replaced by a new chicken burger in the Spring Term. The ladies in the kitchen are also going to take the chips out of the oven slightly earlier!

Some children would like an alternative to the playground during some lunchtimes, if they are feeling overwhelmed

Mrs Newsome will be running a lunch club based in our wrap around building. If children can then have a break from the playground if they need to

Too many leaves on the ball court during the Autumn Term. Sometimes this happens in the Spring too.

Mr Reader will be clearing the ball court more regularly. He also now has a group of 'helpers' who have been shown how to use the equipment to help him out!

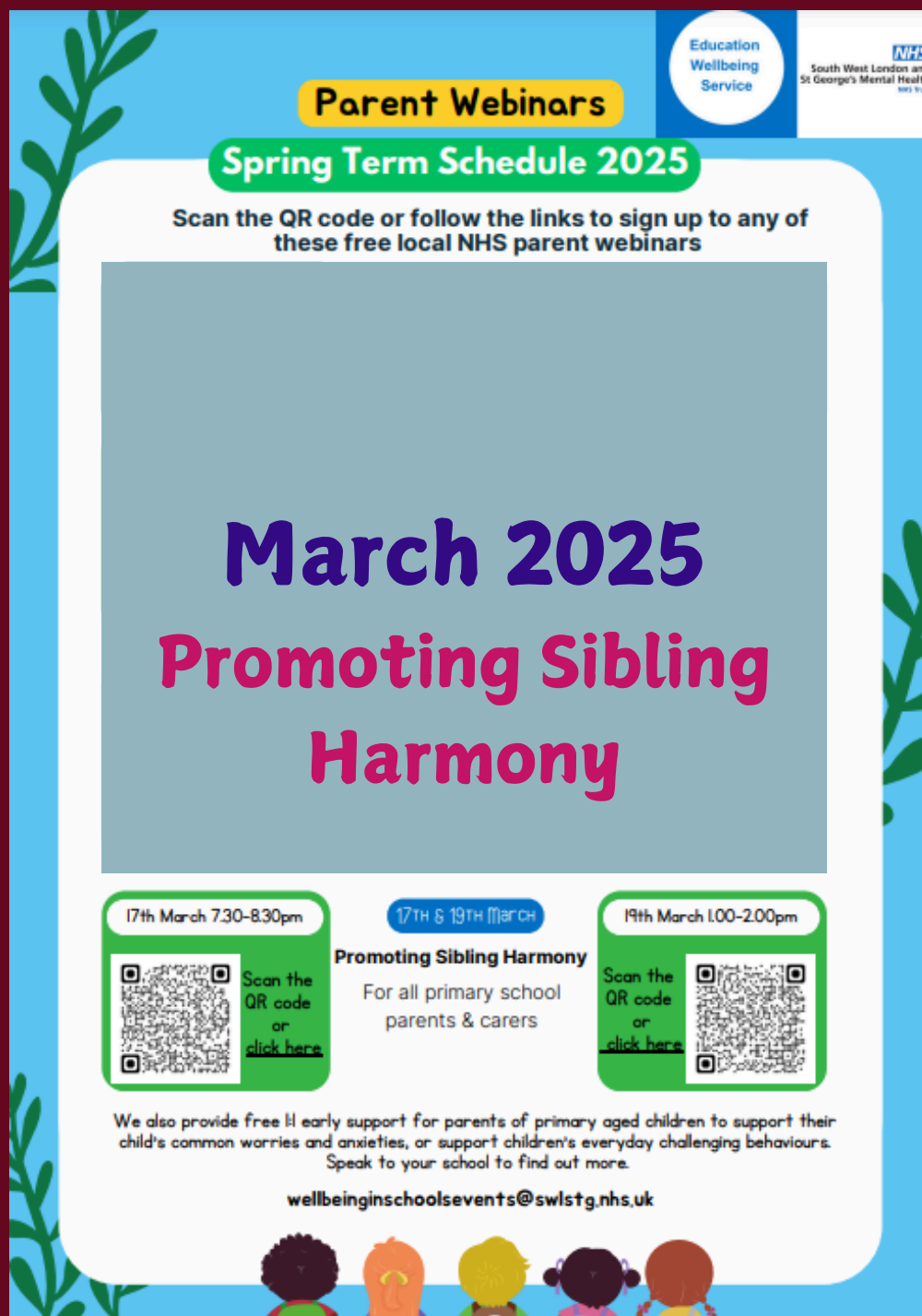
Year 5 and Year 6 would like to extend their ball court sessions until 1.10pm (as they currently come off early at 1pm)

Year 5 and Year 6 are now able to stay on the ball court for an additional ten minutes (so long as they leave the ball court as soon as the whistle goes!)

Our bake sale went really well. Can we plan another one for the Summer Term?

Miss Heinpuu will help the School Council organise this for the Summer Term.

Parent Webinars



Education Wellbeing Service

South West London and St George's Mental Health NHS Trust

Parent Webinars

Spring Term Schedule 2025

Scan the QR code or follow the links to sign up to any of these free local NHS parent webinars

March 2025

Promoting Sibling Harmony

17th March 7.30-8.30pm

17th & 19th March

19th March 1.00-2.00pm

Scan the QR code or [click here](#)


Promoting Sibling Harmony

For all primary school parents & carers

Scan the QR code or [click here](#)

We also provide free 1:1 early support for parents of primary aged children to support their child's common worries and anxieties, or support children's everyday challenging behaviours. Speak to your school to find out more.

wellbeinginschoolsevents@swlstg.nhs.uk



Carers Support



CARERS' COFFEE AND LEARNING SPRING TERM

Welcoming Sutton carers of
Children in Care | Previously Looked-After | Special
Guardianship | Adopters | Kinship Care

Join us for a themed discussion and get advice about the children you care for. Meet other carers and have some time to ask questions. Education and therapeutic specialists will be on hand to answer questions and offer advice.

March 2025

20/03/25 - 10.30 - 11.45am

Foster Carers' session on behaviour, helping to regulate and manage emotions - led by Therapeutic Specialists

Where: The Cabin, Sutton Family Centre, SM1 2SD

20/03/25 - 12 - 1.15pm

All other Carers' session on behaviour, helping to regulate and manage emotions - led by Therapeutic Specialists

Where: The Cabin, Sutton Family Centre, SM1 2SD



Scan the QR code or click [here](#) to sign up to these events

Any questions please contact Hannah Miles - Extended Duties Education advisor - hannah.miles@cognus.org.uk



Monday 3rd March 2025
9.30 – 10.30



Creating a Positive Bedtime Routine

Venue: Online Live Webinar

Date: 03.03.2025

Time: 09.30am – 10.30am

This session will explore how sleep can be impacted for our children, with emerging characteristics of neurodevelopmental conditions.

We will look at strategies and share ideas of how to create a positive bedtime routine.

If you would like to access this online session, please join https://us02web.zoom.us/webinar/register/WN_NweiGxCdRA2uakCaRb_R9g

For further information, please contact:
samantha.asher@adhd.foundation.org.uk



Family Support



We're here for you on your kinship journey



Join the Kinship Community
At Kinship, our community of kinship carers is what makes us really special.

You can sign up and receive emails from Kinship about all our services, events, workshops, campaigns and more. It is up to you how much or how little to get involved.

We are here for you.

Visit kinship.org.uk/community to join.

Kinship Advice Line
0300 123 7015
Monday to Friday
9.30am to 2pm



kinship.org.uk
0330 016 7235
info@kinship.org.uk
[@kinship_charity](https://www.facebook.com/kinship_charity)
[@kinshipcarecharity](https://www.facebook.com/kinshipcarecharity)



Kinship is the working name for GrandparentsPlus, which is a company limited by guarantee registered in England and Wales under number 4464103 and registered as a charity under number 1093905



**SUTTON VIRTUAL SCHOOL
EXTENDED DUTIES EDUCATION SUPPORT**

Who do we support?

We provide schools, social workers and other professionals educational advice and support in relation to young people who have, or had a social worker:

- Children in Need
- Child Protection
- Previously Looked-After
- Kinship
- Special Guardianship

What do we offer?

- Advice and guidance
- Education consultations
- Training and CPD for schools and social care
- Training and support for foster carers, PCLA, SGO and Kinship carers
- A package to support schools to embed relational practice

Contact us:

Hannah Miles
Extended Duties Education Advisor
Hannah.miles@cognus.org.uk
Please contact Hannah if you have a query or need advice.

Sara Martin
Strategic Lead for Children with a Social Worker
Sara.martin@cognus.org.uk

For CLA queries or more information, head to our website [here](#)



REMINDERS FOR THE YEAR



Summer Term 2025

First Day	Last Day
Tuesday 22nd April 2025	Friday 23rd May 2025 @3.15pm (Finish for May half-term)
Monday 2nd June 2025	Tuesday 22nd July 2025 @1.00pm (Finish for Summer Holidays)



Don't forget, our 'live' school calendar can be found on our school website or by clicking [here](#)



We also have our term dates for next year on our website too, for those who want to book their holidays in advance!



Bandon Hill Primary School Term Dates 2025/26

- Friday 29th August 2025 - INSET Day
- Monday 1st September 2025 - INSET Day
- Tuesday 2nd September - First Day of Term
- Friday 17th October 2025 - Finish at 3.15pm
- October half term**
- Monday 3rd November 2025 - First day of term
- Friday 19th December 2025 - Finish at 1.00pm
- Christmas holidays**
- Monday 5th January 2026 – First day of term
- Friday 13th February 2026 - Finish at 3.15pm
- February half term**
- Monday 23rd February 2026 - First day of term
- Friday 27th March 2026 - Finish at 1.00pm
- Easter holidays**
- Monday 13th April 2026 - First day of term
- Friday 22nd May 2026 - Finish at 3.15pm
- May half term**
- Monday 1st June 2026 - First day of term
- Friday 17th July 2026 - Finish at 1.00pm
- Summer Holidays**



EVERYTHING YOU NEED TO KNOW CAN BE FOUND AT:
<https://www.bandonhillprimary.co.uk>

SCHOOL LUNCHES UPDATE



Following on from our Parent Partnership Meeting this half term, as a team we wanted to share some of the frequently asked questions relating to school meals at Bandon Hill Primary School.

How often is the school menu changed and do children get a say in these changes?

Mr Hopkins meets with the Trust Catering Manager twice every half term. In these meetings, we make any necessary changes. As a school, we know which types of food are popular given the clean plates at the end of lunchtime! We previously asked some children for their feedback. However, being a small sample group and with 430 children on roll, it was not an accurate representation of which foods were truly being enjoyed.

Sometimes my child tells me there was not enough food left for the last year group that comes into the hall. Is this true?

There can be the odd day (perhaps once a term) where this is the case. This happens very rarely though and there are always two other options available. This term, for example, there has been two days where we had run out of jacket potatoes for the final year group, but the two other options on the menu were still available.

Is there anything the school can do to change the order that Year groups enter the hall for lunch?

Yes. We now have year groups entering on a rotation. This means that some days children will be entering the hall straight away and on other days, a little later.

Is there a particular portion size each day?

Given that foods have differing nutritional values, there is not a standard size or weight to a portion. All of our meals meet and exceed the recommended guidelines. If your child is still hungry, we would recommend that they ask an adult for more. On most occasions we will be able to provide them with additional food. If a child asks, they will receive!



Did you know:

There is a QR code on the school menus that will give you more information about the schools meals we provide

Is my child able to ask for more food or communicate any concerns to an adult?

At Bandon Hill we have many adults who are on duty at lunchtimes throughout the week. There is always a member of the leadership team on duty too, so if your child needs to, please encourage them to speak to one of us if they have a concern regarding their lunch. If we know there is a problem, we can make sure we help solve it!

Can my child take their own drink into the lunch hall?

Yes. We do have over 200 cups and also many jugs of water out on the tables each day, but if they want to bring in their own bottle they are able to. We also have a spare trolley in the corner with additional cups and water jugs for refills.



PACKED LUNCH TIPS



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options - like bagels, pittas and wraps, granary, wholemeal and multigrain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



Cut back on fat

Pick lower-fat fillings - like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[See more healthier swap ideas](#)



Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Ever green

Always add salad to sandwiches and wraps too - it all counts towards your child's 5 A Day!



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones - and use less of it - or try reduced-fat varieties.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Tinned fruit counts too

A small pot of tinned fruit in juice - not syrup - is perfect for a lunchbox and easily stored in the cupboard.



Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.

A healthy packed lunch will give children the energy and nutrition they need to get the most from their day - helping them to stay healthy, feel good and be ready and able to learn. Packed lunches should be made up of foods from the main food groups and portions should be appropriate for a child's age and size. This will ensure every child has a healthy and nutritionally-balanced lunch.



What should I include in my healthy packed lunch?

Please try to include **ONE** of each of the following in your lunch each day:

STARCHY CARBOHYDRATE

- ✓ bread, wraps, pitta, bagels, rolls, bigauffs
- ✓ rice or couscous
- ✓ pasta
- ✓ noodles
- ✓ potatoes

Wholemeal/wholegrain options contain more fibre and keep you fuller for longer

Does your energy for the day depend?

DAIRY FOOD (or non-dairy alternatives)

- ✓ cheese - hard, soft, spread
- ✓ yoghurt or fromage frais
- ✓ milk
- ✓ custard

Choose low-fat, low sugar options where possible

Good for healthy bones and teeth!

FRUIT (fresh, frozen, tinned or dried)

- ✓ apple
- ✓ banana
- ✓ satsuma
- ✓ pear
- ✓ plum
- ✓ mango
- ✓ melon
- ✓ small box of raisins
- ✓ cherry tomatoes (chopped)
- ✓ handful of grapes (halved)
- ✓ fruit salad or kabab

Fruit and vegetables give you vitamins, minerals and fibre to stay healthy. Part of your 5 a day!

How much? A portion is one child-sized handful.

VEGETABLES OR SALAD

- ✓ chopped vegetable sticks (eg. carrot, cucumber, pepper)
- ✓ salad in sandwiches
- ✓ vegetable soup

PROTEIN

- ✓ meat (eg. sliced lean ham, chicken or beef in sandwich)
- ✓ fish - try to include oily fish such as salmon or sardines at least once every 2 weeks (two slices 1 count = sard)
- ✓ eggs
- ✓ lentils, beans, chickpeas

Helps your body to grow and develop

