



Put some crunch in your lunch!



A CRUNCY carrot or a cheery cherry tomato can make a lunch box both interesting and healthy. Why not include these in your child's packed lunch to encourage them to eat well and eat healthily. Nuts are a healthy food but not allowed in school so why not try seeds as a healthy alternative. Chocolate and sweets are delicious as an occasional treat but we ask that you save these for home. A chocolate coated biscuit is acceptable for a lunch box but a juicy tangerine or a crisp apple are much healthier!

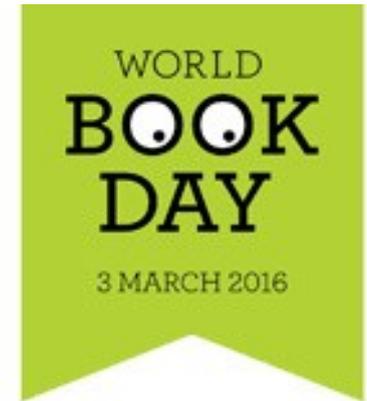
Our Budding Poets

A HUGE congratulations to Cameron Booth-Downs, Emily Hudson-Stokes and Jacob O'Brien for each receiving a high commendation in the Spelthorne Schools WW1 Poetry competition. They will be presented with their certificates at a presentation evening later this month. Well done to you all!

Support for Sport

AN EARLY rise is in store for Beau D from Panthers on 18 March when at 6am he will be participating in the Swimathon to raise money for Sport Relief. Help him reach his target of £500 by logging in to <https://mysportrelief.com/sponser/beau>.

GOOD LUCK BEAU!



WHO doesn't love to sit down with a good book and get lost in a story? World Book Day celebrates the joy and value of books and reading.

We will be celebrating World Book Day this Thursday 3rd March.

Children are invited to come to school dressed as a character from a book they have enjoyed reading.

Please don't forget to bring a coat as we will still be outside for play and it may still be cold.

School Closures

SCHOOL will be closed for 2 additional days this year due to election days

5th May—Police and Crime Commissioner Election

23rd June—EU Referendum

Once a week, take a peek!



REMEMBER
ONCE A WEEK,
TAKE A PEEK

HEAD LICE are sadly becoming a normal part of childhood - surveys among primary school children have found that nearly 1 in 10 have head lice at any one time.

It can be frustrating when your child comes home scratching their head yet again. Please check your child regularly for lice – ideally once a week - let's stop head lice in their tracks! For advice go to www.onceaweektakeapeek.com

Reminder ...

Whilst the cold snap continues this term, please remember that your child can wear black tracksuit bottoms instead of shorts for PE lessons.

Sainsbury's



Active Kids