



Emmanuel News

T.E.A.M - Together Everyone Achieves More

Friday 22nd January 2016

Dear Parent/ Carer,
 We are half way through this half term already- time is flying by. The children are thoroughly engaged in their learning and making excellent progress. A recent external review of our writing books highlighted the fantastic progress our children are making in writing, with the quality of the work being of a very high standard. We also impress on our children the importance of presentation so we were pleased to see this recognised.

Wrap up warm this weekend!
 Kind regards, Miss Fitzsimmons

CLASS	PUNCTUALITY	ATTENDANCE
For the week ending 15th January: Please make sure you're your child is on time and in school every day. Well done to Topaz class who will look after Pip the Hamster next week.		
Diamond	3	94.3
Ruby	1	98.0
Garnet	4	98.6
Emerald	4	98.9
Amber	6	97.6
Topaz	1	99.6
Sapphire	3	95.6
Quartz	7	98.6



Garnet Trip to Kew Gardens

On Tuesday the children in Garnet class had a fantastic day at Kew Gardens where they looked at plants in different habitats and found out what plants need to survive. They identified different species of plants in the Palm House and enjoyed a wonderful walk along the Tree Top Walkaway. The visit was linked to their topic on Rainforests. Thank you to our parent volunteers for helping out.



Packed Lunches

We would like to gently remind parents that on school trips, you must follow the school's guidelines for packed lunches.

Here are some guidelines and ideas for ensuring your child has a healthy lunch:

- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt (low in sugar), fromage frais, or calcium fortified soya products
- If a pudding is included we ask that it is fruit based, this is in line with the fruit based pudding that children with school meals receive. Examples are fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, or fruit based crumbles
- One portion of fruit and one portion of vegetables
- One portion of non-dairy protein such as meat, fish, egg, hummus, beans and pulses
- A starchy food such as bread, pasta, rice, couscous, noodles, potatoes or chapattis

Packed lunches should not include:

- Drinks that are high in sugar such as squash or fizzy drinks (including Ribena, Capri Sun and Fruit Shoot)
- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum
- Jam or chocolate spread as a sandwich filling
- Crisps or other salted snacks
- Meat/vegetable products that are high in fat and salt, such as sausage rolls, corned beef, individual pies, samosas or sausages/chipolatas, should be included only occasionally

Monitoring packed lunches for trips:

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches for school trips.

See attached guidelines on making a healthy packed lunch. Thank you for your co-operation



PFE

Dates for your Diary

Next PFE Meeting will be held on Friday 26th February- 9am and will run until 9.30/10am in the hall.

Auction Evening will be held on Thursday 3rd March

Quiz Night will be held on Thursday 28th April

International Evening will be held on Wednesday 15th June

Parent Workshops this Half Term

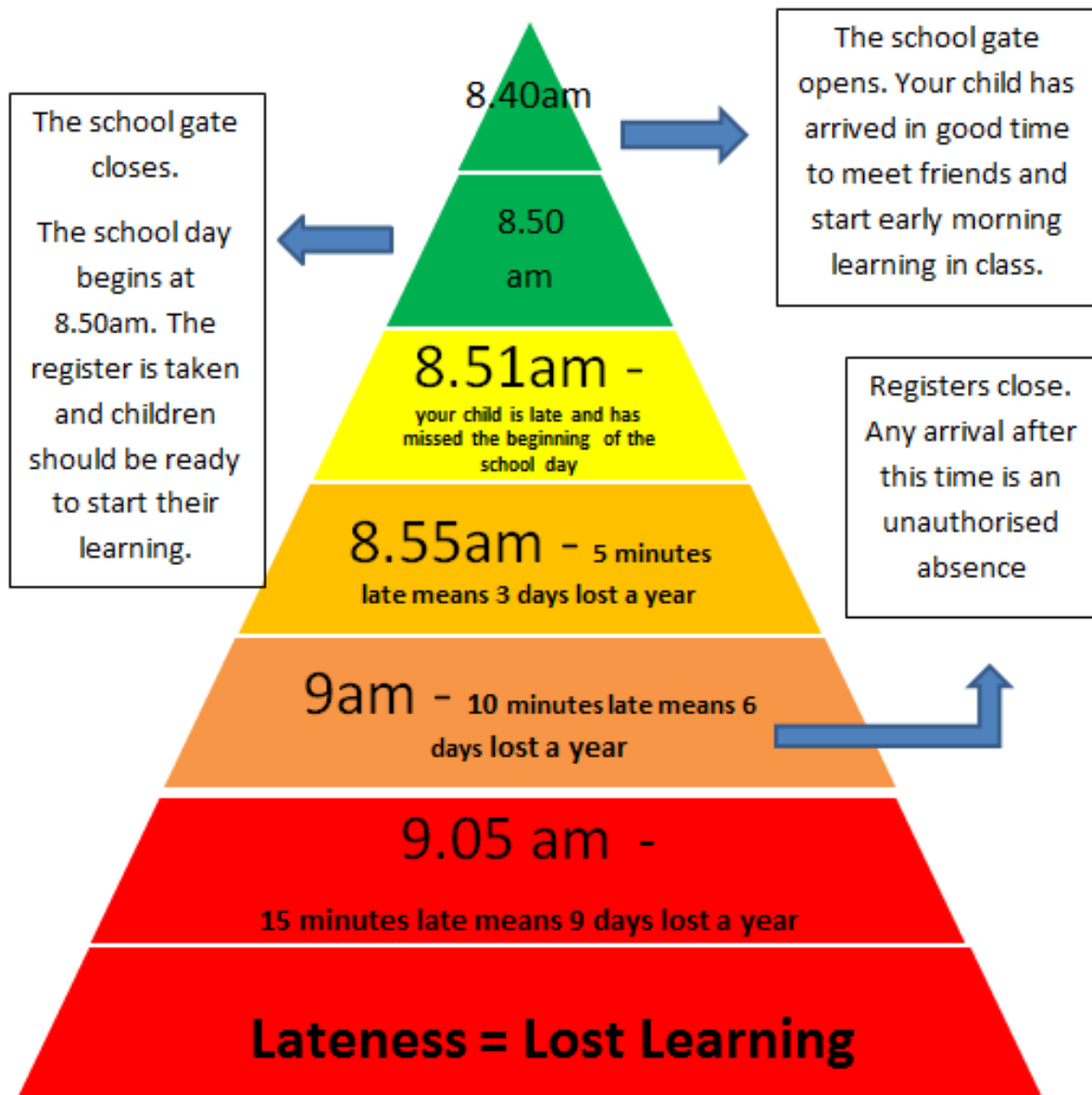
Friday 29th January- Anti-Bulling with Kidscape

Friday 5th February- Supporting your child with Maths Calculations in Key Stage 1 with Miss Burns

Friday 12th February- All you need to know about Key Stage 1 SATS with Miss McManus & Miss Crockard

At Emmanuel Church of England Primary School

Every Minute Counts



Children find arriving at school late upsetting and they miss out on important opportunities.

Please work with us to provide your child with the best chance of learning by ensuring they are in school **every day and on time.**

Thank you.

Class Assembly & Cake Sale Dates



Each class will lead an assembly to the school and their parents and carers to celebrate what they have been learning in class. Assemblies will start at 2.40pm in the school hall.

At the end of the assembly, parents/carers kindly set up the cake sale in the playground. Your PFE Class Rep will contact you in advance to ask for donations and volunteers. All the money raised goes to your child's class and they vote on what to spend the money on. Please put the dates in your diary. We look forward to seeing you then.

Wednesday 27th January – Quartz
Wednesday 3rd February – Emerald
Thursday 11th February – Ruby
Friday 26th February – Topaz
Wednesday 2nd February – Amber
Wednesday 9th March – Garnet
Wednesday 16th March – Sapphire
Wednesday 23rd March – Diamond

Celebration Assembly

	22/01/16	
	Name	Reason
Diamond	Dylan Young	For always making the best choices and being a kind friend.
	Ethan Dvir	For being a keen helper during our baking project.
Ruby	Ada Akram	For independently writing a letter to the Billy Goats.
	Riya Goyal	For always having a fantastic attitude towards her learning.
Garnet	Kabir Bhatt	For asking inquisitive questions and for sharing his knowledge on plants during our Kew Garden trip.
	Jake Friel	For finding adjectives and similes independently and using them in his weather poem.
Emerald	Angus Marshal	For increased effort in all his work. He is working hard towards his targets and his poem, in particular, was outstanding.
	Quinn Temple	For good reasoning in Science, whilst learning about animal habitats.
Topaz	Era Emimi	For a brilliant contribution to our Guided Reading lessons this week. She really showed her understanding of the chapter.
	Femi Odeniran	For showing amazing understanding of compass points and directions in this week's Maths lessons.
Amber	Oliver Vaughan-Smith	For working extremely hard to improve his skills on telling the time.
	Rehmat Bhatt	For thinking of some excellent ideas during our shared writing this week.
Sapphire	Daniel Watkins	For being a wonderful friend to all the children in Sapphire Class. We are very lucky to have him in our class.
	Lucas Jensen-Mongiello	For his inventive homework last week that involved interviewing a family friend who is involved with a charity that helps build schools in Africa.
Quartz	Leonor Bettencourt	For being a super supportive member of Quartz class and always going the extra mile to challenge herself.
	Oliver Nicholls	For his excellent Science work about animals that are extinct.

Spring 1st Half Term

More dates will be added as the term progresses so please check regularly.

What is happening?	Where?	When?	Who is involved?
Class Trip	Kenwood House	Wednesday 27 th January	Topaz class
Class Assembly and cake sale	School Hall/playground	Wednesday 27 th January at 2.40pm	Quartz class
Brass Band Rehearsals for Royal Albert Hall performance	Gospel Oak School	Friday 29 th January	Targeted children for brass
Parent Workshop-Anti-Bullying led by Kidscape	Alpha Building	Friday 29 th January at 9am	All welcome
Road Safety Workshop	School Hall	Monday 1 st February	Quartz class
Class Trip	Kenwood House	Wednesday 3 rd February	Amber class
Class Trip	CLC	Wednesday 3 rd February	Topaz class
Class Assembly and cake sale	School Hall/playground	Wednesday 3 rd February at 2.40pm	Emerald class
Parent Workshop-Maths Calculations in Key Stage 1 (Y1-2)	Alpha Building	Friday 5 th February at 9am	All KS1 parents/carers welcome
IEP Meetings	Omega Building	Monday 8 th February & Tuesday 9 th February	Invited parents only
Class Trip	CLC	Wednesday 10 th February	Amber class
Ash Wednesday Service	School Hall	Wednesday 10 th February at 2.30pm	Whole School
Class Assembly and cake sale	School Hall/playground	Thursday 11 th February at 2.40pm	Ruby class
Parent Workshop-Key Stage 1 SATS	Alpha Building	Friday 12 th February at 9am	All KS1 parents/carers welcome
Break up for Half Term- Friday 12 th February – normal time.			

MAKING A HEALTHY PACKED LUNCH

JUST FOLLOW THESE 5 SIMPLE STEPS

TOP TIP: Keep your lunch cool. Use a cool bag, pop in a frozen drink or ice pack.

STEP 1. BEGIN WITH A STARCHY ENERGY FOOD

- Choose from:
- Sliced bread
 - Pitta bread and wraps
 - Chapattis and roti
 - Bread rolls and bagels
 - Soda bread



• Pasta, couscous, rice, noodles or potatoes

TOP TIP: For longer lasting energy, choose wholemeal and wholegrain varieties.

STEP 2. ADD A HEALTHY FILLING TO HELP YOU GROW



Such as:

- Chicken, turkey or ham
- Fish (fresh or tinned)
 - tuna, pilchards, sardines, mackerel, salmon
- Lower fat cheeses such as cottage cheese, edam, mozzarella, reduced fat cheddar
- Beans and pulses
- Egg
- Hummus
- Dahl

TOP TIP: When choosing a meat filling, go for lean options.

STEP 3. AND REMEMBER THE SALAD!



Try:

- Tomato
- Cress
- Beetroot
- Shredded lettuce
- Grated carrot
- Cucumber
- Sweet corn
- Celery
- Peppers
- Avocado

TOP TIP:

Add a rainbow of colours to give you lots of different vitamins.

STEP 4. INCLUDE DAIRY PRODUCTS FOR GROWING BONES AND TEETH



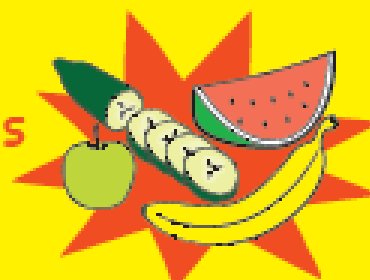
Try:

- Milk
- Cheese
- Yoghurt and yoghurt drinks
- Lassi
- Fromage frais
- Low fat rice pudding
- Calcium fortified soya products

TOP TIP:

Semi-skimmed or skimmed milk, low fat yoghurts and reduced fat cheese are best.

STEP 5. DON'T FORGET TO ADD FRUIT AND VEGETABLES TO KEEP YOU HEALTHY & STRONG



Try:

- Fresh fruit such as apples, bananas, pears, melon pieces
- Small box of dried fruit such as raisins, apricots, pineapple
- Cherry tomatoes, grapes, carrot sticks, slices of pepper or celery
- Fruit salad - tinned in natural juice or fresh

TOP TIP: Enjoy a variety of seasonal fruit and vegetables.

REMEMBER: IT'S IMPORTANT TO DRINK PLENTY OF FLUIDS, ESPECIALLY WATER



THE change4life SNACK SWAPPER

change
4life

High in fat/sugar/salt:

- Chocolate biscuits
- Cakes
- Chocolate
- Crisps
- Fizzy cola
- Sweets

Healthier option:

- Oatcakes, unsalted or unsweetened popcorn
- English-style breakfast muffin, fruit scone
- Banana, handful of unsalted nuts
- Rice cakes, breadsticks with lower fat cream cheese
- 100% fruit juice, or 100% fruit juice with fizzy water
- Handful of dried fruit, such as raisins

Try to vary your packed lunch every day.
For more healthy tips, see www.nhs.uk/change4life