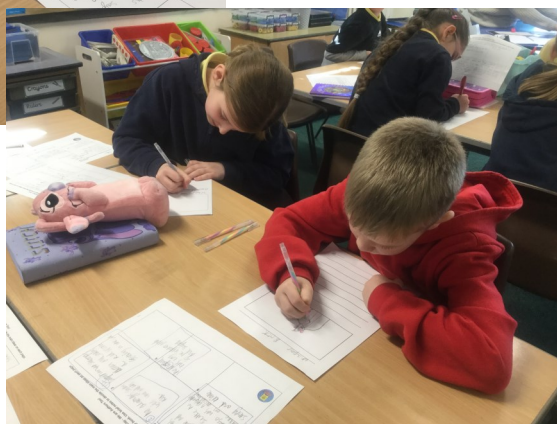
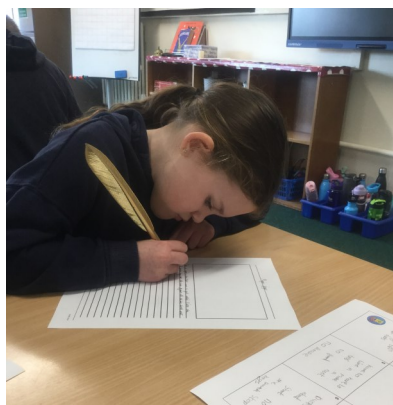




Dear Parents/Carers,

Hello and welcome to our weekly newsletter. I hope you are all well and have been enjoying the change in the weather. We have had lots of fun this week celebrating World Book Day and becoming authors. There has been a real buzz around school and the children were so proud to bring their books into assembly this morning. It has been lovely to see such enthusiasm around writing in school this week. The children are looking forward to reading each other's books when they are added to our library.



- \* unprocessed meat, fish or other source of non-dairy protein (e.g. seeds, lentils, kidney beans, chickpeas, hummus and falafel) every day
- \* a starchy food such as any type of bread, pasta, rice - wholemeal or half and half couscous, noodles, potatoes every day
- \* dairy food such as milk, cheese, yoghurt or custard every day
- \* water and cups are provided by school. You might also include a drink of plain milk or 150ml of fresh, unsweetened fruit juice

### What packed lunches should not include:

- \* highly processed meat/pastry products such as; sausage rolls, scotch eggs, pepperami, pasties, pies and sausages
- \* ultra processed foods such as, Lunchables and Dairylea Dunkables
- \* snacks such as crisps or cheddars
- \* cakes and biscuits
- \* These should only be included **very** occasionally

### What packed lunches must not include:

- \* nuts – including peanut butter and Nutella – because of the life threatening risk to any other child who may have a severe allergy
- \* confectionery such as chocolate bars and sweets (fruit strings/winders are considered to be sweets)
- \* fizzy drinks and energy drinks

This handy poster gives lots of ideas for making healthy pack ups and can be found on our website by clicking here:

<https://www.easingwoldprimary.co.uk/lunchtime-menu-and-packed-lunch-guidance/>

### PACKED LUNCHES:

A big thank you to those of you who consistently follow our packed lunch guidelines. The children love sharing their healthy packed lunches with us and it is so good to see so much fresh fruit and veg being eaten. As a reminder, these are our guidelines of what to include to make a healthy and balanced packed lunch:

### What packed lunches should include?

- \* at least one portion of fresh fruit and one portion of fresh vegetables every day such as an apple, grapes, a banana, an orange, carrot sticks, cucumber sticks, cherry tomatoes, celery sticks, sliced peppers

**Love your packed lunch!**  
Create a healthier packed lunch by choosing foods from the 5 main food groups below:

- 1 Starchy Carbohydrates**  
to re-fuel your body  
Base your lunchbox on starchy carbohydrates.  
**CHOOSE ONE EVERY DAY FROM:**  
✓ Bread, rolls, bagels, wraps, pitta or baguettes  
✓ Pasta  
✓ Couscous  
✓ Noodles  
✓ Potatoes
- 2 Fruit and Vegetables**  
to keep you healthy  
Pack one portion of fruit and one portion of veg every day  
**CHOOSE TWO EVERY DAY FROM:**  
✓ Apple, banana, pear, orange, plums  
✓ Small pot of mixed berries or grapes  
✓ Prepared milk or mango  
✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mild corn  
✓ Salad vegetables  
✓ Vegetable Soup
- 3 Dairy and Alternatives**  
for healthy teeth and bones  
Don't forget the dairy!  
**CHOOSE ONE EVERY DAY FROM:**  
✓ Milk  
✓ Cheese – hard cheese, soft cheese, cheese spread  
✓ Yoghurt or fromage Frais  
✓ Custard
- 4 Protein Foods**  
for growth and repair  
Pack a protein punch!  
**CHOOSE ONE EVERY DAY FROM:**  
✓ Meat  
✓ Fish  
✓ Eggs  
✓ Non-dairy protein e.g. lentils, chick peas, beans
- 5 Drinks**  
to rehydrate your body  
✓ A large glass of water  
✓ Sterilised milk – or sterilised milk for children over 12 years  
✓ 150ml of fresh unsweetened fruit juice/smoothie

**Occasionally!**  
Meat products such as sausage rolls, pies, sausages  
Plain cakes/springs and biscuits of appropriate portion sizes  
For more healthy packed lunch ideas and recipes visit: [www.plunckyfoods.co.uk/recipes](http://www.plunckyfoods.co.uk/recipes)

## **FEAST HOLIDAY ACTIVITIES—REMINDER:**

All those that are eligible for the FEAST holiday vouchers will be receiving their text/email on **Tuesday 11th March** from Holiday Activities. This will contain the link for the FEAST vouchers for the Easter holidays. Please check your junk/spam folders and please ensure that you sign up as soon as you can, we are aware that places do fill up quickly.

We have also been able to allocate a small number of additional vouchers to families who we think would benefit from the FEAST activities - if you receive an text/email please see the links below for how to redeem your vouchers.

[I'm a parent – Holiday Activities](#)

[How to view and book your child onto an activity through HolidayActivities.com – Holiday Activities](#)



**Holiday activities across North Yorkshire.  
FREE places and a FREE meal for eligible  
children and young people.**

## **WORKERS OF THE WEEK:**

Our Workers of the Week this week are:

Athena N - Mrs O'Neill's Class  
Arthur I - Mrs Cooper's Class  
Arthur C - Mrs Scott-Mills's Class  
Jack H - Miss Housley's Class  
Jameson R - Mr Myers's Class  
Pippa W - Miss Ripton's Class  
Ivy M - Miss Galtrey's Class  
Thomas C - Mrs Hargreaves's Class  
Lawrence Y - Mrs Teasdale's Class  
Florence H - Miss Mossop's Class  
Lucas S - Mrs Robson-Beck's Class  
Archie J - Miss Potter/Mrs Hannam

Well done to you all!



## **YEAR 6 BEWERLEY RESIDENTIAL:**

A reminder that you can find more pictures from the Year 6 Bewerley Residential on our website:

<https://www.easingwoldprimary.co.uk/residentials/>

## **BRITISH SCIENCE WEEK:**

To celebrate British Science Week 2025 we are encouraging children to enter this year's poster competition. The theme this year is 'Change and Adapt'. There are loads of STEM topics to be explored. Children could create a poster showing how plants and animals adapt to changing seasons or surroundings, or how humans have adapted to changing technology. They could look at climate change and how we can adapt our behaviours to protect the environment, or their favourite science experiment and how it shows change. The more creative the interpretation of the theme, the better!

Entries must be on one page of A4 or A3 paper only. All entries need to be in school by Monday 24th March. Miss Ripton, Miss Housley and Miss Mossop will be judging the posters and sending the top 5 to the official competition. We will then award a first, second and third place prize in school.

More details about the poster competition/rules can be found below. Good luck.

<https://www.britishscienceweek.org/plan-your-activities/poster-competition/>

## **MENU CHANGE - HOLI FESTIVAL OF COLOURS:**

We will be marking the Holi Festival of Colour next week with a special menu on Thursday:

**Veggie Burger with Masala Chips,  
Cucumber Raita (yoghurt salsa) and  
Fresh Salad  
Followed by  
Coloured Cookie with Sprinkles**

**\*Jacket Potato and Sandwich option as normal\***

Have a lovely weekend.

A handwritten signature in black ink that reads "A Parratt".

Mrs A Parratt  
Headteacher

Your support for your child's education is crucial to their progress. Please let us know if there are any adjustments we need to make to help you support your child, for example: letters in large font; in different languages; wheelchair access; explaining things over the phone?

Spare newsletters are available in the rack outside the school office, together with holiday forms and permission to administer medicine forms. Tel: 01347 821282 email: [admin@easingwoldprimary.co.uk](mailto:admin@easingwoldprimary.co.uk).

Primary Menu Week 2	'Green Earth Monday'	TUESDAY	WEDNESDAY	HOLI FESTIVAL OF COLOUR!	FRIDAY
Main Meal	Cheese Pizza with Hash Brown	Sausage with Mashed Potato & Gravy	Roast Gammon with Roast Potatoes, York- shire Pudding & Gravy	Veggie Burger with Masala Chips and Raita	Battered Fish & Chips
Vegetarian Main Meal	Potato & Cheese Toasted Wrap	Veggie Sausage with Mashed Potato & Gravy	Vegetable Tart with Roast Potato & Gravy	As above	Crispy Falafel Bites with Tomato Salsa & Chips
Grab & Go Offer YEARS 5 & 6 ONLY	N/A	Main or Veggie option as above	N/A	Main or Veggie option as above	N/A
Vegetable Selection	Mixed Veg	Broccoli, Carrots	Green beans, Carrots	Fresh salad	Baked Beans Peas
Jacket Potato Option	Freshly Baked Jacket Po- tato with your Choice of Toppings: Tuna Mayon- naise, Grated Cheese or Baked Beans	Freshly Baked Jacket Po- tato with your Choice of Toppings: Tuna Mayon- naise, Grated Cheese or Baked Beans	Freshly Baked Jacket Po- tato with your Choice of Toppings: Tuna & May- onnaise, Grated Cheese or Baked Beans	Freshly Baked Jacket Po- tato with your Choice of Toppings: Tuna & May- onnaise, Grated Cheese or Baked Beans	Freshly Baked Jacket Po- tato with your Choice of Toppings: Tuna & May- onnaise, Grated Cheese or Baked Beans
Sandwich Option	Freshly Made Wrap with a choice of Cheese or Ham	Freshly Made Sandwich with a choice of Cheese or Tuna Mayonnaise	Freshly Made Baguette with a choice of Cheese or Ham	Freshly Made Sandwich with a choice of Cheese or Tuna Mayonnaise	Freshly Made Wrap with a choice of Cheese or Ham
Dessert	Lemon Cupcake	Iced Carrot Cake	Chocolate Shortbread & Chocolate Sauce	Coloured Cookie with Sprinkles	Chocolate Oaty Slice



## ***SPRING/SUMMER TERM DIARY DATES:***

Year 3/4 all day rehearsal at Galtres Centre: Monday 10th March

Year 2 Family Lunch (Mr Myers Class): Monday 10th March

Year 2 Family Lunch (Miss Ripton's Class): Tuesday 11th March

Year 3/4 Production at Galtres Centre: Tuesday 11th March 5.30pm

Year 3/4 Production at Galtres Centre: Wednesday 12th March: 2pm

Spelling Bee Competition (Selected Children): Tuesday 18th March

Parents' Evening: Wednesday 19th March 4pm-6.30pm

Year 2 trip to Tropical World: Monday 24th March

Mrs Scott-Mills's Class Family Lunch: Monday 24th March 12noon

Year 1 Captivating Creatures Workshop (in school): Tuesday 25th March

Miss Housley's Class Family Lunch: Wednesday 26th March 12noon

Parents' Evening: Wednesday 26th March 4pm-6.30pm

Year 4 East Barnby Parents Meeting (online): Tuesday 1st April 6pm

Year 5 Liverpool Residential: Wednesday 2nd - Friday 4th April

**School Closes for Easter: Friday 4th April - normal time**

**School Reopens: Tuesday 22nd April**

**Bank Holiday - School Closed: Monday 5th May**

Year 6 SATs Week: Monday 12th May - Thursday 15th May

Year 4 East Barnby Residential: Wednesday 14th - Friday 16th May

**School Closes for Half Term: Friday 23rd May - normal time**

**School Reopens: Monday 2nd June**

Class Photographs: Thursday 5th June

Whole School Transition Day (Year 6 at Outwood): Thursday 19th June

Whole School Transition Day (Year 6 at Outwood): Friday 20th June

Year 3 & 4 Sports Day: Monday 30th June 9.15am

Year 5 & 6 Sports Day: Wednesday 2nd July 9.15am

Reception Sports Day: Monday 7th July 9.15am

Continued...

## ***SPRING/SUMMER TERM DIARY DATES CONTINUED:***

Year 5/6 Rehearsal Day at Galtres Centre: Monday 7th July (letter to follow)

Year 5/6 Production at Galtres Centre: Monday 7th July 5.45pm

Year 5/6 Production at Galtres Centre: Thursday 10th July 2pm

Year 5 Languages Morning at Outwood: Tuesday 8th July

Year 1 & 2 Sports Day: Wednesday 9th July 9.15am

Year 6 Leavers Assembly: Friday 18th July 9.15am

**Last day of term: Friday 18th July - normal finish time**

### Spring 2025 Lunchtime Club timetable

<b>Day</b>	<b>Club &amp; Year Group</b>	<b>Teacher</b>	<b>Location</b>	<b>Time</b>
Mon	Revision Club - Year 6	Mrs Hannam - Group 3	Mrs Hannam's classroom	1pm-1:30pm
		Miss Mossop - Group 2	Miss Mossop's classroom	1pm-1:30pm
Tues	Yoga - Year 1	Miss Housley	Miss Housley's classroom	12.30pm-1pm
	Revision Club - Year 6	Miss Potter - Group 1	Miss Potter's classroom	1pm-1:30pm
	TT Rockstars Club - Years 3 & 4	Mrs Teasdale	Mrs Teasdale's classroom	12.15pm- 12.45pm
Thurs	Computing & Coding - Years 5 & 6	Mrs Robson-Beck	Mrs Robson-Beck's Classroom	1pm-1.30pm
		Mrs Hargreaves	Mrs Hargreaves's Room	12.15pm-12.45pm