

# St Mary's News



September 17th 2012

[www.bryanston.net](http://www.bryanston.net)

email: [st-marys@bryanston.net](mailto:st-marys@bryanston.net)

## Class Parent Meetings

Class teachers will be organising meetings this week for parents. This initial meeting is for all the parents in each class and its purpose is to talk about class routines and expectations (homework routines, PE days, etc). There will be individual meetings with parents after half term.

## Communicating With Parents

This is just to remind parents about all the ways we can get information to you.

At the top of this newsletter is our website address and these newsletters are published to the website every week so, as well as reminding yourself what's in this week's newsletter, you can see what we were doing in September 2010 (if you want to!).

We also distribute the newsletter by email and have started using the school's administrative system to do this, so some of you may be receiving the newsletter twice at the moment. If you want your email address to be removed from our school system, please email me ([head@bryanston.net](mailto:head@bryanston.net)).

As well as copying the newsletters to our website, we also publish the newsletter items to a dedicated 'news' website. There's a link from [www.bryanston.net](http://www.bryanston.net) or you can go

straight to:

[www.stmarysbryanston.wordpress.com](http://www.stmarysbryanston.wordpress.com).

The articles on this site also tend to include the occasional photograph and may be updated more regularly.

We also have a 'Twitter' site and this is updated almost daily with snippets of school news. It was especially useful, for example, last week when the Year 6 children were on school journey. This is a really good way to keep up to date with what's happening in school on an almost day-to-day basis. Search for @SMBSschool to 'follow' us!

The Friends Association also have a Twitter Account (@friendsstmarys) as well as their own website:

[www.friendsofstmarysschool.co.uk](http://www.friendsofstmarysschool.co.uk).

There's also a link to the Friends Association site from our school website (look on the 'links' page).

We also use our text messaging system to let parents know about any changes (for example, if a club is cancelled) and also send reminders about some school events. The text messaging system costs us money and so we use it sparingly. The email, Twitter and various websites cost us nothing.

It's obviously important to keep us updated with your mobile 'phone numbers, landline number and email address so, if you've got a new mobile or email address, please let the office staff have your new contact details.

## Packed Lunches

The school encourages healthy eating and that includes those children who choose to bring a packed lunch. I have copied some suggestions from Sheelagh Leith, our Learning Mentor, about healthy packed lunches on the back of this newsletter.

## This Week

- Monday: Year 3 and Year 5 class parent meetings
- Tuesday: Year 4 and Year 6 class parent meetings
- Wednesday: Year 3 and Year 4 to the library
- Thursday: F2 to the library
- Thursday: Year 4 and Year 6 swimming lessons start
- Friday: **Friends Meeting at 9.00 am** (school Hall) to plan proposed 'International Evening.' All parents welcome.

## School Dates

- Monday 17th September: whole class meetings for all parents during this week.
- Tuesday 25th September: School photographer - individual Photographs
- Thursday, 11th October: Church service - 9.30 - at St Mary's Church for Years 1-6 (Harvest)
- Wednesday 24th and Thursday 25th October: Parent and Teacher meetings
- Friday 26th October: Last day of Term 1. *Please collect children at 1.15.*
- Monday, 5th November: First day of Term 2

**Class Parent Meetings  
This Week**



*Peter Hadfield*

## Healthy School Lunches at St Mary's

Sept 2012

Dear Parents,

There is always discussion at the start of every school year about what makes a 'Healthy School Packed Lunch.' The improvement to our School Dinners has been tremendous over the past couple of years, and take-up grows each term, but if you know your child is happier with a packed lunch from home, here are some tips and advice.

- Breakfast!! This is *vital* to the start of their very full and packed day in school.
- Lunch can provide as much as one-third of a child's daily calories, so we hope some of these tips will help you. Try and get each of the following into their lunch: protein, fruit, vegetable, carbohydrate, a dairy product, and water preferably.

At St Mary's we have some guidelines for you about what should be avoided and what should be encouraged.

**Foods not allowed** : Fizzy Drinks, Sweets, Chocolates and chocolate bars

**Foods to be avoided** :

<b>INSTEAD OF:</b>	<b>TRY:</b>	<b>WHY?</b>
Full fat crisps	Lo salt, low fat crisps, plain popcorn	Less salt, fewer calories
Chocolate covered biscuits	Cereal bar, fruit bar, nuts and raisins	Less sugar, more fibre
Sugary 'juice drinks'	Pure fruit juice, water	Less sugar, quenches thirst
Jam, or chocolate spread sandwich	Lean meat, mild cheese, tuna sandwich or wrap, with greenery	Less sugar, protein

**Foods to be encouraged:**

- Whole grains wherever possible in bread, lo salt crackers, rice cakes, oatcakes
- Portions of fresh fruit - apple, grapes, easy peel satsumas, berries
- Portions of fresh vegetables - cucumber, carrot/ celery sticks, mini-tomatoes
- Lean meat sandwich fillings - tuna, sweetcorn and mayonnaise can be an easy start to fish for faddy eaters
- Dried fruits and nuts (raisins, apricots, etc)

We often have special 'Sticker Days' to remind the children and to encourage them to eat healthy foods.

For further information please see Mrs. Arnold, Mrs. Kennedy, or Mrs. Leith.