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Year R Newsletter 20.11.09

PHONICS/ WORD BOX: This week's words of the day have been: fun, run, mum, sun, but. Why not see if your child can sound these words out and read them. ☺

JEWELLERY: This week we got changed into our P.E. kits for the first time. Unfortunately there are still a few children who are unable to take their own earrings out or remove jewellery for P.E. sessions. As we are using the hall time to practise for our Christmas performance we would really appreciate your support on removing your child's jewellery on Wednesdays and Fridays. Thank you



LABELLING CLOTHES: Please please please can you make sure that every item of clothing (including their P.E. things) are labelled or initialled clearly. We have had lots of mix ups of shirts and skirts etc this week. Please help us - we are not ready to go grey just yet! ☺

CHRISTMAS PERFORMANCE: Reminder - all costumes need to be in school in a named carrier bag by Friday 27th November.



LUNCH BOX ADVICE: A few parents have requested a little more advice on what to put in their children's lunchboxes. We realise that the longer the children are in school, the harder it is to find healthy foods to tempt them!

These are suggestions only! If you have any other ideas please share them with us - we could put these on the notice board.

- * **Carbohydrates:** Sandwiches, rice (with vegetables, lentils etc), pasta, wraps, pitta breads, bagels, crackers
- * **Protein:** Cheese, cold meats, fish e.g. crab sticks, lentils, pumpkin seeds
- * **Dairy:** Yoghurts, slices of cheese / baby-bels etc, rice pudding, boiled eggs
- * **Fruit and Vegetables:** Fruit salads, vegetable sticks and dips etc etc!
- * **Fats:** We do not tell children that 'fatty foods' are 'bad', but discuss how everything needs to be eaten in moderation, so these types of food might not be included everyday: crisps (low fat), cakes, chocolate biscuits, cereal bars



Just a reminder that we cannot have any foods in school which contain nuts and no sweets are allowed, this includes fun sized chocolate bars etc. Hope these suggestions are useful. From experience we find that a small amount of a variety of different foods each day is more popular with the children than 1 or 2 bigger items. Why not pack your child's lunchbox with them, it's a great opportunity to talk about the foods they like and dislike.

