

Hensingham Primary School's Newsletter

Autumn Term: Friday 26th November 2021

Absences

Please report your child's absence before 09:15am by phone 01946 690021 or via ParentMail.

Attendance

This week 93.59%

Lunch Shop

Please, please, please remember to order your child's meals.

Children In Need

Thank you to everyone who donated last week. We raised a brilliant £128!

Christmas Hampers

A reminder of the colours for the Christmas hampers. Donations do not need to be expensive but can be food, drink, Christmas decorations etc.

Nursery/Reception - Rocking Red / Wintertime White

Year 1/2 Mrs Kirkbride - Bauble Blue / Glittering Gold

Year 2/3 Mrs Allen - Beautifully Black / Perfect Purple

Year 4 - Mrs Berry & Mrs Walker - Shiny Silver / Gorgeous Green

Christmas Raffle

We are still selling raffle tickets on behalf of the Friends of Hensingham. Please buy your tickets by 6th December!

ParentMail

Please check your account and settle any outstanding balances as soon as possible. Payment items can be found by going to 'Payments' then clicking on 'Shop'.

PE Kits

Please make sure your child has the correct PE kit in school.

Labelling School Uniform

Please make sure that all of your child's uniform is clearly labelled with their first name and surname.



Stars of the Week

<u>Class</u>	<u>Star of the week</u>	<u>Golden Jumpers</u>
Nursery	Scarlett McDonald	Maisie Metcalfe
Class 1	Maddison Sayle	Irie Rudd
Class 2	Jaxson Coyles	Jake Lagan
Class 3	Romy Rudd	Oscar McKenzie
Class 4	Abdallah Sa'id	Amalie Cray
Class 5	Samuel Carruthers	Abu Mala
Class 6		



Love your packed lunch

PhunkyFoods Top Tip 5: Pack a protein punch!



Planning your protein is really important – include one portion each day.

- Try to keep processed meats, like ham, sausages and cured meats, to a minimum. Instead try using leftovers, like roast dinner meats in sandwiches, wraps or rolls.
- Choose oily fish like salmon or mackerel, once every 3 weeks – these can be expensive so keep an eye out for yellow sticker options, or offers on canned varieties, or buy fresh when on offer and freeze until needed.
- Cutting down on meat is good for our health, the environment and our wallets, so why not try some meat-free options? Eggs might be the obvious choice here, but lentils and chickpeas are other good protein sources.

Recipe links: [Mini quiche](#) | [Frittata](#) | [Super Salmon Dip](#) | [Tomato & Lentil Soup](#)

Important Dates

Monday 29 th November	Christmas Crafts 3:15-4:15 Reading Club 3:15-4:00
Tuesday 30 th November	Multiskills 3:15 to 4:15
Wednesday 1 st December	Homework Club 3:15 - 4:00
Thursday 2 nd December	Netball Club 3:15-4:15
Monday 6 th December	EYFS Christmas Performance 9:30 & 4:00 Year 1 & 2 Christmas Performance 2:00 & 6:00
Tuesday 7 th December	Year 2 & 3 Christmas Performance 2:00 & 6:00
Wednesday 8 th December	Year 4 Christmas Performance 2:00 & 6:00
Monday 13 th December	Church Service
Tuesday 14 th December	Whole School Cinema Trip
Wednesday 15 th December	Christmas Dinner
Thursday 16 th December	School closes for Christmas at normal time