

# Hensingham Primary School's Newsletter

Spring Term: Friday 7<sup>th</sup> January 2022

## Attendance

This week 96.15%

## Welcome Back!

We are pleased to be back at school for the Spring term. The children have settled in well and are keen to learn! We have lots of exciting things planned this term. Please check out page 2 for details on our first set of afterschool clubs.



## **Love your packed lunch**

**PhunkyFoods Top Tip 9: Plan ahead to save time.**



*Save time by planning ahead; you're more likely to be able to make better choices.*

- Plan your lunch boxes for the week to ensure variety and a balance of the food groups. Consider involving your child in the planning too; praise new ideas and positive attitudes.
- If you're already preparing a pasta or rice dish for dinner/tea, consider doubling up the recipe and using the leftovers for lunch boxes.
- Make packed lunches the night before with your child to get them involved – make sure any wet/salad ingredients for sandwiches are 'packed' separately to avoid the dreaded soggy sarnies! Children can assemble these at school before they eat!
- Batch cook home-made sweet options (as an occasional dessert) on a weekend and let your child help – mini fruit muffins for example can also be frozen; take them out one at a time and pop in the lunchbox to defrost before lunch.



## Stars of the Week

<u>Class</u>	<u>Star of the week</u>	<u>Golden Jumpers</u>
Nursery	Max Boakes	Ronnie McCarthy
Class 1	Irie Rudd	Luka Rudd
Class 2	Taha Zaidi	Kaiden McCormick
Class 3	Oliwia Ingnaczak	Brandon Hagri
Class 4	William Chadwick	Lola Dalton
Class 5	Olivia Ligus	Levi Richardson
Class 6	Lily Clews	Alfie Scott

### Important Dates

Monday 10 <sup>th</sup> January	Film Club - 3:15 to 4:00
	Revision Club Year 6 - 3:15 to 4:15
Tuesday 11 <sup>th</sup> January	PhunkyFoods - 3:15 to 4:15
	Football Club - 3:15 to 4:15
Wednesday 12 <sup>th</sup> January	Homework Club - 3:15 to 4:00

