

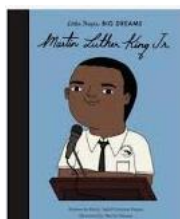
## Autumn One: Friday 8<sup>th</sup> October 2021

### Black History and Diversity Month

Black History Month takes place every October, and we recognise, value and celebrate important, diverse, inspirational individuals from both past and present who have contributed to and help our society today. Each year group next week will be exploring key, significant figures and learning about diverse cultures in our world. **As a home learning project, children could take part in research or explore the significant contributions these figures have made and display in a report, leaflet, poster or PowerPoint.**

EYFS – Little Leaders: Bold Men and Exceptional Women in History

Year 1 – Wilma Rudolph and Mahatma Gandhi



Year 2 – Harriet Tubman

Year 3 – Rosa Parks

Year 4 – Martin Luther King Jr

Year 5 – Michelle Obama

Year 6 – Kamala Harris



### Important Dates

Wednesday 13<sup>th</sup> October – Last day to bring harvest donations

Friday 15<sup>th</sup> October – Last day of autumn 1 term for pupils

Monday 1<sup>st</sup> November – Children return to school for autumn 2 term

Tuesday 30<sup>th</sup> November – Anti-Bullying Ambassador training day for groups of children

Friday 17<sup>th</sup> December – Last day of autumn 2 term

### Harvest Donations

A humungous thank you to families that have donated to our harvest so far this year. We will continue to accept donations until Wednesday 13<sup>th</sup> October, after which, donations will be sent to The Well and to St Alban's Church.



### Packed Lunches

Please see below for information on packing healthy school lunches for children.

A polite reminder that we have some children in school with severe nut allergies, so we ask that you do not put any nuts (in any form) into your child's packed lunch.

At St Alban's, we will always encourage children to make healthy food choices and this extends to what food they bring to school in their packed lunch boxes. If you choose to send your child with a packed lunch, we ask that you pack healthy and nutritious foods that are low in sugar.

In your child's lunchboxes, please aim to include:

- A carbohydrate of some kind. For example, sandwich, pitta bread, wrap, crackers
- A protein of some kind in the sandwich/pitta bread/wrap etc. For example, cheese, turkey, ham, tuna, chicken, beans, egg
  - At least one piece of fruit or vegetables or even dried fruit e.g. raisins
  - A small treat e.g. a cereal bar, a malt loaf, a small chocolate bar or cake
    - Some form of dairy e.g. cheese, yoghurt or milk
    - Water or a reduced sugar/unsweetened fruit juice or squash.

Please do not include any fizzy drinks.

The below information is taken from the "Change 4 Life" page from the NHS.

# change 4 life



## Keep them fuller for longer

Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



## Mix your slices

If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.



## Freeze your bread

Keep a small selection of bread in the freezer. Make lunchboxes more interesting by using different shapes, like bagels, pittas and wraps, and different types of bread, such as granary, wholemeal and multi-grain.



## DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.



## Ever green

Always add salad to sandwiches – it all counts towards your child's 5 A Day.



## Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



## Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes instead.



## Add bite-size fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.