

Curriculum Key Skills We sent out Curriculum Key

Skills documents to you which simply summarise the key objectives which children will be expected to achieve at the end of this year. Obviously, we recognise there will be children still working towards these and those exceeding the objectives but, following feedback in the Homework Coffee Session, we felt it would be useful to send these out. The documents will also go on the website in case you wish to look at other year group information. We plan to do a similar brochure on Spelling early next term.

Handwriting Workshop

Robin will be leading a workshop about our new approach to handwriting and the progression of

handwriting throughout the school. This will be at **9am on Thursday 26th November**.



Coming Up Next Half

Term



Healthy Packed Lunch

Some of you wanted a reminder about 'What makes a healthy packed lunch' following on from feedback from some children and parents about there being inconsistencies between what the children who have cooked meals are allowed and what packed lunch children can bring in. We will be looking for children bringing in a healthy packed lunch which should include:

- Meat, fish or a dairy source of protein
- Starchy carbohydrate to provide energy wholemeal/brown bread sandwich etc
- At least one portion of fruit, vegetable or salad
- Water only

Now that the winter is coming, thermos flasks can be used for soup or warm items. We would discourage:

- Sweets
- Chocolate
- Crisps or snacks with added salt, sugar or fat
- Sugary or fizzy drinks
- Deep fried foods or anything over processed
- White bread items
- Regarding white bread.....In the national guidelines for a

healthy packed lunch, it is recommended **typical white bread is avoided** as it has a higher salt, sugar and fat content than other breads. Wholemeal or brown bread contains more fibre, vitamin B, calcium and iron which are often lost in the white flour refining process. Remember we do not allow the children to bring nuts into school as we have several children with nut allergies.

Newsletter Distribution List

We are proposing emailing parents and carers the weekly Newsletter. If you are interested in receiving the Newsletter by email, please complete the tear-off slip below and return to the office. Many thanks.

Name:..... email address

Child's Name :....



Monday, 2nd November INSET Day **Tuesday 3rd Nov** Children return to school after 1/2 Term. It is also Everybody Writes Day Wednesday, 11th November 5.30 Governors' Curriculum Meeting **Thursday 12th November Year 4** trip to Unicorn Theatre Monday 16th November Shakespeare for Schools Primrose Hill's Performance of A Midsummer Night's Dream at Platform Theatre **Tuesday 17th November Y4 Trip** to Unicorn Theatre Thursday, 26 November Handwrit-

ing Workshop 9 a.m. Friday 4th December Y3 Trip to British Museum

Tuesday, 8th December 4.30 Instrumental Concert Middle Hall

CLOCKS GO FORWARD 24/10/15

The FA Cup comes to Primrose Hill School

The Football Association Challenge Cup began in the year 1871. It is the oldest football competition in the world. Only 43 teams have ever won the FA Cup. Arsenal are the current holders after winning the competition two years in a row, They also hold the record for 12 FA Cup Final victories. Primrose Hill is one of only a few teams to have had the FA Cup trophy in school.