

- Dairy foods such as milk, cheese, cream cheese, yoghurt, fromage frais or soya products every day choose low fat and low sugar options
- **WATER** (not flavoured)

### Packed lunches can include:

• If a pudding is included, we ask that it is fruit and/or dairy based. This is in line with the puddings that children with school meals receive e.g. fruit salads, tinned fruit, yoghurt, fruity rice puddings or fruit crumbles.

### Packed lunches should **NOT** include:

- Medium to high in salt snacks such as crisps, seaweed and flavoured popcorn (only plain flavours)
- Medium to high sugar food items such as jam, honey, cereal bars, chocolate, cakes, pain au chocolat, Dairylea Dunkers and Cheese Strings.
- Medium to high fat snacks such as brioche buns and croissants.
- Fizzy or sugary drinks
- NUTS OR NUT BASED PRODUCTS we have several children with severe and life threatening allergies

# Attendance

Coming up short again with 94.14% across the whole school. I know it's flu season but please ensure that if your child is unwell with a temperature/fever for more than 2 days then do call 111

or take them to the GP and keep us updated!

EYFS: 92.94%

KSI—KS2: 94.47%

WELL DONE TO TADPOLES AND KESTRELS FOR BEST ATTENDANCE IN THEIR KEY STAGE!

Well done to DRAGONFLOES for 100% for a whole week! You're one step closer to a trip to Pizza Express! Amazing work.

### Friends of Primrose Hill



Shrove **Tuesday 5th March** pop up pancake parlour.

**Thursday 28th March sponsored bounce**. Forms will be going out after half term.

#### Saturday 29th June Summer fair 12 till 4pm

Monday's pop up menu: Meat or veggie Spaghetti Bolognese

& Carrot and Coriander soup

**Chicken Hotdogs and Juice on Friday** 



**Class Assemblies** Please make a note in your diaries for these important dates.

CLASS ASSEMBLY

Year 2 15th Feb. at 2:30 Bats 28th Mar. at 2:30 Squirrels 22nd Mar. at 2:30 Herons & Kestrels - Y6 End of Year Show Thurs 4th July

# Garden Corner

It has been a windy week down in the garden. The ventilation window blew out of the garden and we had to search for it. We finally found it at the bottom of the pond.



The radishes that we have been growing for leaves (Cyndi and Madonna love radish leaves) have produced seed pods. Safwan was really interested to see if they would grow so we split the pods, planted the seeds and we will let you know what comes up.



## Easyfundraising.org.uk

Every penny helps! With this in mind please check out the website:

https://www.easyfundraising.org.uk/causes/primhill/

The school makes money simply by you shopping at no extra cost to you. We need as many supporters as possible so tell your friends and family. Let us see if we can be the most profitable school!

## Travel Ambassadors

You may already be aware of the large number of cars driving to our school to drop off children. This increases not only air pollution, but traffic in the area causing congestion outside our school gates. As your newly appointed Primrose Hill Junior Travel



Ambassadors, it is now our job to find solutions and come up with suggestions to make our roads safer and more eco friendly. Firstly we must all try to walk to school as much as possible. Not only does this contribute to a much healthier lifestyle but also gets that first initial exercise in the morning to wake up and get our brains and bodies functioning for the day ahead. If we all tried to walk instead of using our cars we would all be making the conscious effort to help our environment. As Junior Travel Ambassadors it is our job to encourage all of us to walk or use public transport instead of driving and congesting our school roads. We hope you take time to read this article and get on board to make Primrose Hill safer, quieter, cleaner and more eco-friendly.

# 'Help our planet survive, do not drive'

Your Junior Travel Ambassadors Leah S (Kestrels), Visar (Herons), Owen (Herons), Archie (Blackbirds), Danny (Blackbirds), Hassan (Blackbirds), Adnan (Foxes)

## Coming up Dates.

Thursday 14<sup>th</sup> Feb Friday 15<sup>th</sup> Feb Tate Photography Project 2:30 Y2 STEAM & Fashion Show (Y2 Class Joint Class Assembly) 9:05 Y1 Writing Workshop 2:30 Y6 Writing Workshop 2:45 Y3 & 4 Writing Workshops

#### Friday 15th February End of Spring 1 - 3:30pm finish

18<sup>th</sup> to 22<sup>nd</sup> Feb Monday 25<sup>th</sup> Feb

Wednesday 27th Feb Thursday 28th Feb Monday 4<sup>th</sup> March Thursday 7<sup>th</sup> March Monday 11<sup>th</sup> March Thursday 14<sup>th</sup> March Friday 22nd March Wednesday 27th March Thursday 28th March

- Half Term First Day Spring 2 Curiosity Week Begins 2:45 Y6 Writing Workshop 9–10am Handwriting Workshop Ladybirds Maths Workshops AM World Book Day Y4 to CLC Trip Y3 Trip to Neasden Temple 2:30 Squirrels Class Assembly 6-8pm Camden Choir Festival
- 2:30 Bats Class Assembly

## Thursday 21<sup>st</sup> March Consultation Day – EYFS

Closed All Day / KSI & KS2 Closes at Ipm

Monday 25 <sup>th</sup> March	National Autism Week
Monday I <sup>st</sup> April	YI to London Buddhist Centre
Friday 5th April	End of Spring Term—1:30pm Finish
Wednesday 24th Ap	ril First Day Summer Term