



Beckwithshaw Community Primary School

Email : admin@beckwithshaw.n-yorks.sch.uk

17th January 2020

FoBS News... There will be a Class Nidd Bake Sale on Tuesday 28th January. Please can Class Nidd bring their baked goods in the morning. The sale will be at 3.30pm in the school playground.

Friday 31st January will be the school tuck shop. This is be run by Year 6 volunteers at 3.30pm on the school playground.

Thank you for your support.

Snacks in School... Please ensure that, if your children would like to bring a snack for breaktime, they only bring fruit or vegetables. Thank you.

Lunches... Getting ideas and inspiration for what to include in your child's lunchbox can be a difficult task. Healthy eating is simply about getting a better balance and eating a wide variety of foods. All foods provide energy and nutrients and it is achieving the correct intake of those nutrients that is important for health. By including a broad range of different foods, a much wider variety of nutrients will be eaten. The 'Healthier Lunchbox Checklist' helps to explain what 'a healthy mix' means in terms of getting a good balanced meal in a lunchbox.

We recommend a good portion of starchy food (wholemeal bread, pasta, rice salad), plenty of fruit and vegetables, a portion of milk or dairy (a small piece of cheese or a yogurt), a portion of lean meat, fish etc (ham, chicken, egg, hummus) and a healthy drink of water. Please remember we endeavour to be nut free so please do not bring any nuts or cereal bars containing nuts with your child. For recipe ideas, please visit -

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Harlow Carr Eco Schools Event ... On Wednesday 29th January Classes Esk, Wharfe and Swale will be visiting Harlow Carr. Pupils will take part in two interactive workshops; creating natural art in the woodland with the Harlow Carr education team and exploring environmental issues with NYCC's Power Down Pete.

Class Nidd will, of course, will already be working outdoors in Forest School on that day. Please look out for the ParentMail regarding consent and arrangements.

Film Literacy... Children in Nidd, Wharfe and Swale will be bringing home consent forms our Film Literacy programme. Please return these as soon as possible,

Inter Federation Dodgeball... The children in Wharfe and Swale had a wonderful afternoon at Ripley taking part in the first Interfederation Dodgeball Competition. The Beckwithshaw C Team came second in the competition overall.

Debating Competition... We will be competing in a Debating Competition in Harrogate for a group of Year 5 & 6 children in March. Once we have further information, we will update you further.

007[™]

Awards for...

Passion

Megan

Ollie

Harriet

Jack

David

Ryan

Erika

Emerald

Next week's 007
theme is
Respect

Dates...

29th Jan - Class Esk,
Swale and Wharfe
trip to Harlow Carr

11th Feb - Parent
Consultations

14th Feb - last day of
half term

13th Mar - Year 5/6
Debating Competition