

New Faces

I have had such a wonderful first week at your school. Thank you to all of you who came to the 'Meet the new leadership team' meeting last week. Either myself or one of our two deputy head teachers, Peter Hubery or Rachel Barker, will be on the gate every morning so please come and see us with any concerns or worries.

Our main job at your school is to keep children, staff and families happy, healthy and safe. To help us in doing this, please park and drive safely outside the school, do not use mobile phones on school grounds and please do not smoke outside the school gates.

Thank you.
Victoria McConnell.

Thank You

Thank you to everyone who donated to 'Mai's Mates' Fundraising day on 15th February. With your contributions towards the non-uniform day, donations of cakes and sales from the bake sale, we raised an amazing **£327**.

Thank you to the 'Friends' of Nelson to help organise the event & make it such a success.



Summer Term Diary Dates

Friday 3rd May - Friends meeting in the Hall at 2pm (re- Summer fair) all welcome.
Tuesday 7th May - Class Photos.
Tuesday 14th May - Reception Classes Learning Café from 13.45pm.
Friday 17th May - School Disco 5.15 - 6.30pm.
Monday 20th - Friday 24th May - Sponsored Swim Week 1 (letter to follow).
Monday 20th May - Year 1 Learning Café from 13.45pm.
Tuesday 21st May - Reception Outing to Gressenhall.
Monday 27th - Friday 31st May - Half Term Holiday - **School Closed**.
Monday 3rd - Friday 7th June - Sponsored Swim Week (letter to follow).
Monday 3rd - Friday 7th June - Book Fair (opening times to follow).
Friday 7th June - Reception Class Campfire Session.
Monday 10th June - Reception Class Campfire Session.
Wednesday 12th June - Year 2 Tennis Event at Eaton Park (letter to follow).
Monday 24th June - Year 1 Learning Café from 13.45pm.
Tuesday 25th June - Year 2 outing to Pensthorpe.
Tuesday 25th June - Reception September 2019 Intake Evening at 6pm.
Wednesday 26th June - Year 2 Learning Café from 13.45pm.
Thursday 27th June - Garlic Theatre performance of 'Eggs on Legs'
Thursday 27th June - New Year 3's Intake evening at Wensum Junior
Tuesday 2nd July - Reception Classes Learning Café from 13.45pm.
Thursday 4th July - Year 1 outing to Cromer.
Friday 5th July - Summer Fair & BBQ from 3pm.
Tuesday 9th July - Class Swap, Year 2 pupils at Wensum Junior in the morning (letter to follow).
Tuesday 16th July - Parent/Teacher meeting re- reports (by appointment only).
Thursday 18th July - Years 1&2 Sports Day & whole school Teddy Bear's Picnic from 12pm.
Friday 19th July - Reception's Sporty Stay & Play.
Wednesday 24th July - Year 2 Leavers Assembly at 11am followed by a picnic for Yr 2 families.
Wednesday 24th July - Last Day of Term - **School Reopens on Wednesday 4th September 2019.**

‘Healthy, Happy, Safe’

Healthy lunches:

Our school has been very concerned about lunches and how much sugar we eat every day. At playtime a healthy snack of fruit or veg is provided by the school. Water and milk are the only drinks which should be drunk throughout the school day.



How healthy is your child’s lunchbox?

Did you know:

The government recommends that free sugars - sugars added to food or drinks and sugars found naturally in honey, syrups and unsweetened fruit and vegetable juices, smoothies and purees- should not make up more than 5% of the energy (calories) you get from food and drink each day.

This means:

Children aged 7 to 10 should have no more than 24g of free sugars a day (6 sugar cubes).

Free sugars are found in foods such as sweets, cakes, biscuits, chocolate and some fizzy drinks and juice drinks. These are the sugary foods we should cut down on.

For example, a can of cola can have as much as 9 cubes of sugar - more than the recommended daily limit for adults.

Top Tips for lunchboxes:

Use wholemeal or half and half bread for sandwiches.

Bulk up lunches with fruit and veg.

Why not try cheese or meat as an extra item rather than crisps?

Limit each lunch box to only one ‘treat’ (yoghurt, biscuit, snack bar, chocolate or crisps.)

Replace juice boxes with water bottles.

Sausage rolls and pork pies contain lots of sugar and salt - replace these with fresh, home-made sandwich.



Parent Governor Vacancy

We currently have a vacancy on our Governors for a Parent Governor, if you are interested in joining our local governing body and helping with our journey of school improvement or would like more information please give your details to the school office or speak to Ms McConnell.