



Moredon Primary & Nursery School

Moredon Road, Swindon, Wiltshire SN2 2JG

Tel: 01793 600344 Email: admin@moredon.swindon.sch.uk

Website: www.moredon.swindon.sch.uk Follow us: @MoredonPrimary

Principal: Mrs Claire Leach

Dear Parents/Carers,

Tuesday 7th June 2022

Welcome to term 6! I hope the holiday was enjoyable and you are ready to start the final term. We are going to begin our term by looking at the 'Farm'. The topic after that will be 'Summer' and we plan on having a splash day and a picnic day! We will explore water and sand more this term and pretend to be at the seaside. We will also get ready for sports day! These details will follow as the term unfolds.

June	Farm
w/c 6.6.22	Old Macdonald Had a Farm
w/c 13.6.22	The Scarecrow Who Didn't Scare
w/c 20.6.22	Pig in the Pond
	Summer
w/c 27.6.22	Little Kipper's Sandcastle
w/c 4.7.22	Splash!
w/c 11.7.22	The Sandwich that Max Made
w/c 18.7.22	Pass the Jam, Jim.



Dates for the Diary

Monday 6 th June	TD Day - SCHOOL CLOSED
Tuesday 7 th June	Back to school
Thursday 9 th June	Soccer Aid (school event - we will be doing PE but if you want to come in own sports clothes you can)
Tuesday 21 st June	Reception and Nursery Open Evening
Friday 1 st July	Summer Fayre
Monday 4 th July	TD Day - SCHOOL CLOSED
Thursday 7 th July	Sports Day Open Evening - Reports Handed Out
Friday 15 th July	Class Swap Day
Monday 18 th July	Fun week begins - splash day, party day, etc. - details to follow.
Friday 22 nd July	Last day of term

Reading

Reading continues to be a priority and we do expect the children to share their book regularly at home. Remember to fill in the reading record with home books, library books, school books, etc. as once your child has read 30 times they will be able to have a certificate and a prize!

Sharing Books

Please keep uploading photos onto class dojo of what you have been up to at home. We share our news every week and the children love to have their news read out and like to add their own information. Thank you to those that have shared photos. A fortnightly update about weekends away or family visited is lovely to share.



Proud to be part of The White Horse Federation Multi Academy Trust
www.thewhitehorsefederation.org.uk





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Lunchboxes

We have noticed that some children are bringing in large amounts of food in their lunchboxes and they are unable to eat everything. At the moment, we give children up to a whole hour to eat, if not longer. In Reception, I believe children are able to stay to eat their lunch in the hall for this amount of time as well, but if they do sit there for an hour, they miss their outside lunchtime play.

Here are some lunchbox tips on the right-sized portions for a 3-4 year old.

- a portion of fruit for a child is roughly the size of the palm of their hand - a handful of grapes, half an apple or a small box of raisins is great.
- one slice of bread, folded in half and cut into quarters is a good amount of carbohydrates.
- always include some calcium. This could mean a small handful of cubes of cheese or a small yoghurt pot.
- add some vegetables - cucumber, carrot, celery or pepper sticks with a little pot of hummus is tasty. A couple of cherry tomatoes are too!
- if you choose to give your child crisps, choose baked options as these are much healthier. Half a packet of crisps, if not less, is enough for a 3-4 year old. Check out other healthier alternatives including homemade popcorn.
- As a healthy school, we don't encourage chocolate, cakes or biscuits in lunchboxes.
- Beware of hidden sugars. Cereal bars, fruit winders, brioches and croissants have lots of hidden sugars in which aren't good for your child's teeth or gut.
- Alternatives could include half a rice cakes, half a fruited teacake, 1-2 crackers, sugar-free jelly.

I am not suggesting you include all of the above in one lunchbox! There are a few websites below which give you further ideas and photos to help you with portion sizes. Some of the websites talk about portion sizes up into teenage years too so there may be useful information on there to help older siblings too.

- <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#lunchbox-recipes>
- https://infantandtoddlerforum.org/media/upload/pdf-downloads/1.3 - Portion Sizes for Children 1-4_Years.pdf
- https://www.swft.nhs.uk/application/files/4314/7929/4203/Recommended_intake_and_portion_sizes_for_children_-_all_appendices_2016_FINAL.pdf

Encourage your child to help prepare their lunchbox too. It's all part of the fun! :)

Just a few reminders...

- Please ensure all uniform is named.
- Please ensure bottles are renamed too when they are washed off.
- Any more snack contributions are to be paid through ParentPay as soon as possible please.

As the weather gets warmer please ensure your children are dressed appropriately for school. Bring in named sun hats and please put sun cream on your child as they are often outside for a lot of the session. The children must be able to apply their own sun cream but it would be much more preferable that you put sun cream on your child before they come into Nursery. Please ensure water bottles are brought into school as I am sure they will be drinking more.

Many thanks for your continued support.

Miss Godfrey