



**SLIMBRIDGE**  
primary school

# June Newsletter

## Dear Parents and Carers,

Welcome to our newsletter... and a great big welcome back after the May half-term holiday. What a treat the weather was! We hope you all had a lovely break with your family and friends. The children have returned to school this week, full of energy and positivity and have enjoyed playing outside in the better weather with their friends. As the weather is always unpredictable please make sure your child has sun-cream applied before coming to school and that they also bring a sun hat and waterproof coat ... just in case! Excitingly, we were awarded Healthy School status this year, so are working hard in school to encourage children to eat healthily. Please read the leaflet at the end of the newsletter which has been provided by the NHS about healthy snacks.

## Bikes and Scooters



A big thank you to everyone for remembering to dismount scooters and bikes on entering the school grounds so that we can keep all of our school community safe.



## Wanted

If any one has any pots, pans, plastic plates or other tableware that you no longer need, we would be grateful for any donations we can use in the mud kitchen.

The children have been enjoying using the kitchen, with many of the older children taking responsibility for keeping it tidy. A big thank you to Harvey Lee-Grange, Teddy Cullimore, Jacob Tuck and Harry Timms who have taken time out of their play time to keep the space tidy and organised.

## SATS

The Year Six children made us incredibly proud during SATs week. They worked exceptionally hard and we can safely say they were happy to come to school every day for their banquet breakfast! A huge thank you to everyone who helped with the organisation of the week to keep the children motivated and happy. Thanks to parents who contributed to the breakfasts and for arranging to get your children to school earlier. It was a delight to see them waiting eagerly at the gate with such enthusiasm!





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## Readathon

The Readathon finished in April and we were thrilled to see we had raised £509, which was more than the previous year.

Thank you to everyone who contributed and we hope that you enjoyed reading so many books. Well done to Alana Simpson who raised the highest total of sponsorship and Edward Coward who read 17 books! Both pupils received a book token for their achievements.

## Bikeability

Our Year Five children made us proud during their bikeability training. The instructors enjoyed coming to Slimbridge because our pupils were well-behaved and hard working. Well done everyone.



## Year 6 Leavers'

We are very sorry that we had to change the date and time of the Leavers' Assembly to **Friday 17<sup>th</sup> July at 11:15 a.m.** We apologise for the inconvenience that this has caused to our families. We were presented with an exciting opportunity for our children to participate in a colour festival on Thursday 16<sup>th</sup>: an experience we felt would be particularly memorable and enriching for the Y6 pupils during their last week with us. After careful consideration, we made the decision to accommodate this opportunity in the final week of term, rather than September, so that the Y6 children did not miss out on this experience, which resulted in the need to reschedule the leavers' assembly. We are truly sorry for the inconvenience this may have caused.

## Redwood

This term we are very lucky to have had trips for all of the classes to Redwood Outdoor Learning Centre. The children have braved the weather, including rain, thunder and sunshine! Well done to them for showing perseverance and resilience and a big thank you to all the parent helpers who have supported the trips.



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*Slimbridge where ambitions are nurtured*  
*"An inclusive school community, empowering GREAT citizens of tomorrow"*

## Berkeley Castle

Class 2 had a lovely trip to Berkeley Castle learning lots about the history of the castle. They also had fun on the bowling green and enjoyed the grounds, which looked particularly pretty with the wisteria in bloom.



## Slimbridge WWT

Class 1 had a wonderful day at Slimbridge WWT learning about the different frogs, newts and axolotls. They also fed the birds and even got to see the black swan.



## Peter Pan Production

The Year 6 children and drama club have started learning the school production of Peter Pan. We are really excited about performing this for our families at the end of term. If any parents can help with props, scenery, costumes or even special effects then we would love to hear from you.

## Sports' Day

We are looking forward to welcoming parents and grandparents to our Sports' Day on Tuesday 9th June. Parents are invited to meet us at the Recreation Ground at 1:15 p.m to watch the track races and support our house teams. Please could your child wear a t-shirt in their house colours.

# Dates



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Term 3, 4 and 5		
Date	Who?	Event
Monday 1 <sup>st</sup> June	Whole School	Return to school at 8:40 a.m.
Tuesday 2 <sup>nd</sup> June	Class 3	Trip to Redwood
Thursday 4 <sup>th</sup> June	Y5/6	Boys' Cricket Tournament
Friday 5 <sup>th</sup> June	Y1 and Y2	Multi-Skills at Rednock
Monday 8 <sup>th</sup> June	Athletics Club	Athletics Field Event at Rednock
Tuesday 9 <sup>th</sup> June	Whole School	Sports' Day
Wednesday 10 <sup>th</sup> June	Whole School	Class Photos
Wednesday 10 <sup>th</sup> June	Athletics Club	Athletic Track Event at Dursley Primary
Thursday 11 <sup>th</sup> June	Y5/6	Girls' Cricket Tournament
Tuesday 16 <sup>th</sup> June	All	Cricket coaching sessions in school
Thursday 2 <sup>nd</sup> July & Friday 3 <sup>rd</sup> July	Y6	Transition Day at Rednock
Friday 3 <sup>rd</sup> July	Whole School	Summer Fete (after school)
Monday 6 <sup>th</sup> -Wednesday 8 <sup>th</sup> July	Y6	PGL Liddington
Wednesday 15 <sup>th</sup> July	Drama Club & Y6	Summer Production (afternoon & evening)
Thursday 16 <sup>th</sup> July	All	Disco 4:30-5:30 KS1 18:00-19:00 KS2
Thursday 16 <sup>th</sup> July	Whole School	Bollywood Celebration Day
Friday 17 <sup>th</sup> July	Whole School	Last Day of Term: 1:30 p.m. End
Thursday 3 <sup>rd</sup> September	Whole School	Return to school for academic year 2026-27
Monday 28 <sup>th</sup> September	Whole School	INSET DAY

# Healthy breaks for schools

A guide for pupils and parents



# What is included in healthy breaks for schools?

## Drinks

It is important that children drink enough during the day, so that they don't become dehydrated and tired. Water should be freely available throughout the school day and drinks should always be included for break time and lunch. Water and milk are the most suitable drinks for children.

Water: tap water or unflavoured, still, bottled water.

Milk: all whole, semi-skimmed or skimmed unflavoured milk.

Not suitable: fruit juices (including pure fruit juice), smoothies, sparkling water, squash or fizzy drinks, even those labelled 'no added sugar', 'diet' or 'zero'.



## Fruit and vegetables

Help your child get their five a day by including some fruit or vegetables as a snack for their morning break.

This includes all fresh fruit and vegetables and pots or tins of fruit in fruit juice, but not in syrup.

A portion could be:

- 1 medium sized piece of fruit, eg
  - apple, orange, banana, pear
- 2 small fruits, eg kiwi fruits, satsumas, plums
- 1 cup of grapes, cherries or berries
- 1 large slice of pineapple or melon
- 1 cereal bowl of salad, eg lettuce, tomatoes, cucumber and celery
- 3 heaped tablespoons of fresh veg, eg chopped or sliced carrots, peppers or sugar-snap peas
- 3 heaped tablespoons of fruit salad (fresh or tinned in fruit juice)



For younger children (4–6 years), reduce these portion sizes by about half, then increase the amount as they grow. Older primary school children should be eating full portions. To reduce the risk of choking in young children, halve smaller fruits and vegetables like grapes and cherry tomatoes by cutting lengthways.

Not suitable: fruit tinned in syrup, dried fruit (eg raisins, sultanas) and processed fruit bars (eg fruit winders, fruit flakes etc). These are high in sugar and can cause tooth decay, so are not suitable as between-meal snacks.

## Bread-based snacks

Children need more or less energy (calories) depending on their age and stage of development. Bread-based snacks can help to meet these extra energy needs and help your child feel more satisfied.

This includes white or wholemeal bread, rolls or baguettes, toast, plain bagels, wheaten, soda, potato or pitta bread, spread thinly with a little margarine, low-fat spread or butter; plain bread sticks, plain crackers or plain unsalted rice cakes; or a small sandwich with a sugar-free filling such as tomato, tuna, chicken, cheese etc.

Not suitable: Sugary spreads, including jam, honey, marmalade or chocolate spread as these are harmful to teeth. Peanut butter is high in fat and salt so is not recommended.

No cereal bars, or sweetened breads and pastries, eg pancakes, scones (plain and fruit), fruit bread, malt loaf, brioche, croissants and Danish pastries as these contain a lot of sugar and/or fat and salt.



The Department of Education and the Department of Health encourage all schools to provide healthier food and drinks throughout the day.

This healthy breaks for schools resource provides guidance on suitable snacks and drinks for children to have during their morning break, whether provided by the school or brought from home.

## Why is a healthy break important?

- Childhood is an important time to establish good eating and drinking habits for future health.
- School healthy eating schemes give pupils the knowledge and opportunity to make healthier choices.
- Teachers have suggested that a healthy snack at break time can help with pupils' concentration and behaviour in the classroom.
- It encourages suitable drinks and snacks to help prevent tooth decay.
- It helps to meet our target of five or more portions of fruit and vegetables a day.

If a child requires a special diet that will not allow the guidance to be met exactly, please discuss with your school.

Want to find out more?

School Food: the essential guide

[www.publichealth.hscni.net/publications/school-food-essential-guide-and-irish-translation](http://www.publichealth.hscni.net/publications/school-food-essential-guide-and-irish-translation)

Enjoy healthy eating

[www.enjoyhealthyeating.info](http://www.enjoyhealthyeating.info)

5 a day – Live well – NHS choices

[www.nhs.uk/livewell/5aday/pages/5adayhome.aspx](http://www.nhs.uk/livewell/5aday/pages/5adayhome.aspx)



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