

Dear Families,

This week has seen lots more wonderful learning happening across the school. I visit classes every day and love seeing the different activities and how much fun the children have. It's also good to see them remember our three rules: Being ready, respectful, and safe. Respect, which is also one of our school values, is very important to us and we're learning about it a lot this term. Being respectful helps us succeed in life, with friends, and at work. When we respect others, they respect us back. We want our children to be respectful and become good people. Remember, showing respect says a lot about you.

As we head further into the summer term and hope that we start to see some sunshine, it is a good time to share a reminder about **being sun safe**:

Sun Cream - please apply sunscreen to your child before they come to school. This will ensure children are protected at break and lunch time when playing in the sunshine.

Sun Hats - child should have a wide brimmed hat to protect their face, neck and ears.

Water - children are encouraged to drink plenty of water throughout the day. Please provide children with water bottles so they can stay hydrated in class. As we also want to protect the children's teeth, **water bottles should only contain water**. Juice is only allowed as part of a packed lunch.

For families who send in packed lunches for the children, I would like to send a reminder about the importance of these lunches being healthy and balanced. Good food habits, set early in childhood, can last a lifetime. Lunches provide around one third of our daily nutritional needs, so it's important to put some thought and planning into them.

Foods that a healthy lunch box should include:

- A good portion of starchy food, for example wholemeal roll or bread, wraps, pitta pocket, pasta or rice salad.
- Plenty of fruit and vegetables, for example an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini-can of fruit chunks in natural juice or a small box of raisins.
- A drink of semi-skimmed milk or a portion of dairy food, for example individual cheese portion or pot of yogurt.
- A portion of lean meat, fish, eggs or beans, for example ham, chicken, beef, tuna, egg or hummus.
- A drink, for example unsweetened fruit juice, semi-skimmed milk or water.

Foods that should be limited:

High fat and sugar foods such as crisps, chocolate, biscuits, cakes etc should be limited to one portion.

The children should not bring sweets to school.



We hope that you enjoy the long Bank Holiday weekend. See you on Tuesday!

Lisa Millington
Headteacher

This week at Longlands



Happy birthday to:

- Scarlett Logan
- Rowan Maple
- Phoenix Annalise
- Oak Saplings
- Ruby Esther
- Oak Elm
- Arthur
- Rowan

UPCOMING EVENTS

6 th	School closed – bank holiday
7 th	Year 3 and 4 swimming
8 th	Chance to Shine Cricket – Y2 to 6
10 th	Year 5 Enginuity Visit
13 th to 16 th	Year 6 SATs week
14 th	Year 3 and 4 swimming
15 th	Chance to Shine Cricket – Y2 to 6
20 th	Bee day – wear black and yellow or dress as a bee
21 st	Year 2 Pond dipping visit
21 st	Year 3 and 4 swimming
21 st	Year 6 Enginuity Visit
22 nd	Chance to Shine Cricket – Y2 to 6
24 th	Wear Orange Day Fundraising – (More information to follow)
24 th	Break up for half term
w/b 27 th May	Summer half term holiday
June	
3 rd	Children return to school
4 th	Year 3 and 4 swimming
5 th	Year 4 Blists Hill visit
6 th	Athletics event (The team will receive a letter)
7 th	Year 6 pupils supporting The Zone community litter pick
7 th	Year 3 Exotic Zoo visit

STAR OF THE WEEK

Acorns	Amari
Saplings	Mila
Fir	Lorelai
Willow	Wyatt
Maple	Archie M
Rowan	Mehtan
Elm	Emma
Beech	Scarlotte
Oak	Marcel

