



BLACKBURN
with
DARWEN
BOROUGH COUNCIL

Newsletter

Friday 21st March

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DIocese of SALFORD



Please contact the office if you are interested in becoming a parent governor

Dates for your diary

Mar-25	
Monday 24th	Nursery & Reception non-uniform (beach theme)
Sunday 23rd	12.30pm Sacramental Program Mass
Tuesday 25th	M&M production of Wizard of Oz
	3-4.30pm Pupil Premium support session
Monday 31st	Non-uniform day (£1 donation)
Apr-25	
Monday 1st	4-6pm Y5 & Y6 football at Witton Park
Wednesday 2nd	Autism Acceptance Day
	3.30pm Y6 SATS meeting for parents
Monday 7th	3.30pm Sacramental Program session 4
Tuesday 8th	Parents Evening Years R-6
Wednesday 9th	Additional Parents Evening Y6
Thursday 10th	2.15pm Easter service for parents Y3 & Y4
Friday 11th	1.30pm School Closure for Easter
Monday 28th	School reopens
	3.30pm Sacramental Program session 5
May-25	
Friday 2nd	4-6pm Bee Stinger Netball Competition
Sunday 4th	12.30pm Sacramental Program Mass
Monday 5th	School closed for bank holiday
Thursday 8th	Class photos (whole school) and R & Y6 individual photos
Friday 9th	Reception Class Assembly
Monday 12th	KS2 SATS begin (all week)
Tuesday 13th	Y3 trip to Bring Yer Wellies



Award winners



Our weekly award winners are:

Year Group	Headteacher's Award	Witness Award
Reception	Leanne	Maya
Year 1	Garen	Milana
Year 2	Julita	Emmanuel
Year 3	Porsher	Sara
Year 4	Oliviia	Jake
Year 5	Alan	Oliwia
Year 6	Adil	Nelly



Year Group	Attendance %
Reception	97.7%
Year 1	95.0%
Year 2	95.3%
Year 3	97.4%
Year 4	94.5%
Year 5	99.1%
Year 6	99.1%



Year 5 & 6



Reception



Year 3



COMPETITION TIME FOR RECEPTION CLASSES



ME AND MY TOOTHBRUSH

TO CELEBRATE WORLD ORAL HEALTH DAY ON
MARCH 20TH, WE'D LIKE YOU TO DRAW A PICTURE
OF YOU WITH YOUR TOOTHBRUSH.

GOODYBAG PRIZES FOR WINNERS AND RUNNERS UP

GIVE YOUR ENTRIES TO YOUR TEACHER AT THE END
OF THE EASTER HOLIDAYS





Love your school lunch!

Our PhunkyFoods Healthy Lunch message highlights to children the importance of choosing a healthy, well balanced school lunch; whether that's a hot school meal or a packed lunch brought in from home.



School meals & the School Food Standards

In July 2013 the School Food Plan was published by the Department for Education. As part of that plan a new set of standards for all foods served in schools was launched and became mandatory from January 2015. In September 2014 universal free school meals (UFSM) were introduced to all infant pupils across England. Evidence has repeatedly shown that school meals are of higher nutritional quality than packed lunches, and universal free school meals do appear to improve primary school educational attainment - so why not give them a try? If your child(ren) hasn't tried it already, or it's been a while since they tried school meals, perhaps it's time to give them a go?



Packed lunches

Many parents opt to send their child(ren) to school with a packed lunch. The first thing to consider is whether or not your school has a packed lunch policy, and these come in all sorts of shapes and sizes, but they are generally put in place for very positive reasons. For example:

- to promote consistency between packed lunches and foods provided by school
- to make a positive contribution to children's health, or;
- to encourage children to be calmer and on-task during the afternoons.

Further information:

- www.nhs.uk/change4life/recipes/healthier-lunchboxes
- www.phunkyfoods.co.uk/parent/a-healthy-lunch-parents-information/
- <http://whatworkswell.schoolfoodplan.com/articles/category/1/the-food>

www.phunkyfoods.co.uk



Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:

Pin me up!

1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

Choose ONE EVERY DAY from:

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes

Choose wholegrain



2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

Choose TWO EVERY DAY from:

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



Add salad to your sandwiches



Use a thermos flask for delicious soups

3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

Choose ONE EVERY DAY from:

- ✓ Milk
- ✓ Cheese - hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard



Choose low sugar dairy products



Reduce sugar: Choose plain yoghurt and have fruit on the side

4 Protein Foods

for growth and repair

Pack a protein punch!

Choose ONE EVERY DAY from:

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans



Keep processed meat to a minimum

Choose oily fish like salmon once every 3 weeks

5 Drinks

to rehydrate your body

✓ A large glass of water

✓ Semi skimmed milk - or skimmed milk for children over 5 years.

✓ 150ml of fresh unsweetened fruit juice/smoothie



Milk, water or 150ml juice

Occasionally!

Meat products such as sausage rolls, pies, sausages

Plain cakes/sponges and biscuits of appropriate portion sizes



For more healthy packed lunch ideas and recipes visit www.phunkyfoods.co.uk/recipes



Use a thermos flask to keep pasta warm



Get kids involved in the choice-making