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**School Uniform**

**Stockist:**

**Direct School Wear** is the uniform stockist for our school. Orders must be placed online, for uniform to be delivered to your home.  
[Directschoolwear.co.uk](http://Directschoolwear.co.uk)

**Twitter**

Our twitter page can be accessed via the X (Twitter) APP. We are working hard to make it accessible via our website again. We will inform you as soon as it is available.



The children in Early Years are very happy to be back at school.



They have been enjoying a variety of activities

in the classroom and in the outdoor area.





**Friday, 22nd September 2023**

Jeans for Genes Day is all about raising money to help some of the most vulnerable people in the UK. Together with your help, our school will contribute towards transforming the lives of families affected by a genetic condition.

*Children can wear denim to school with their school uniform top! We are asking for a £1 donation to be paid on SCOPAY, no cash please.*



Thank you for your donations!



### **Mindfulness for Children: Tips & Exercises**

**MINDFULNESS FOR CHILDREN WORKS BEST IF IT'S KEPT TO ABOUT FIVE MINUTES. LESS.**

#### **The Mindful Snack**

'Let's try something called mindful eating. It's where you slow things down when you eat so you can notice things you don't usually notice. What does your food feel like? What does it smell like? Take a bite and chew very slowly. Notice your mouth moving up and down. Can you feel the food against your tongue and between your teeth. What does it taste like? Keep chewing for a little while (20 to 30 seconds).  
When you're ready, notice what the food feels like as it moves down your throat and towards your belly'

### **Fundraising for our Early Years Playground**



**Target - £7000**

**Money Raised to  
date - **£101.50****

**Weekly Class  
Attendance Award  
Well done to...**

**Year 2— 89.02%  
Year 6—97.78%**

# September

**Did you know...  
The Great Fire of  
London started on  
September 2nd 1666.**



**It burned for four days  
and destroyed the Old  
St Paul's Cathedral and  
thousands of houses!**

## Autumn Term - PE Timetable

**Mondays—Early Years, Year 3, Year 4**

**Tuesdays—Year 1 & Year 2**

**Wednesday—No PE**

**Thursday—Year 5 & Year 6**

**Friday—Year 3, Year 4, Year 5 & Year 6**

Please ensure your child comes to school in their full school PE Kit.

## Certificates of Achievement

<b>Year 1</b>	<b>Hazel &amp; Mariatou</b>
<b>Year 2</b>	<b>Alvin &amp; Lucas</b>
<b>Year 3 &amp; 4</b>	<b>Chibuikem &amp; Chinazam</b>
<b>Year 5</b>	<b>Zain &amp; Rayan</b>
<b>Year 6</b>	<b>Rayan S &amp; Martha</b>

## *Stay & Play Sessions*

**Every Wednesday, we  
welcome ALL  
2-3 year olds to join our  
Stay & Play session from  
9:30 — 10:30 am**

**Happy  
birthday**

**Year 4—Sienna, Emmanuel &  
Chibuikem**





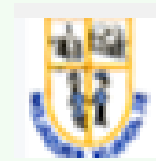
We are looking forward to another productive and successful school year 2023!

## Our School Values

*Love of God*

*Love of Learning*

*Love of One Another*



## Lunch Menu for week beginning 18th September 2023

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	<u>Vegetarian Day</u> 50/50 Pasta with Homemade Vegetable Tomato Sauce and Cheese	Chicken Sausage	Soy and Honey Vegetable Chicken Stir Fry	Minced Beef Pie	Cod or Salmon Fish Fingers
<b>Vegetarian Dish</b>	With Main Meal	Vegetarian Sausage	Vegetable & Quorn Stir-Fry	Seasonal Winter Vegetable Pie	Homemade Vegetarian Sausage Roll/Samosas
<b>Starch</b>	Homemade Irish Soda Bread	Creamy Mashed Potatoes	Steamed Seasoned Rice	Roast Potatoes Slices with Rosemary	Oven Baked Wedges
<b>Vegetable</b>	Steamed Mixed Vegetables	Peas & Carrots	Steamed Broccoli and Cauliflower	Steamed Cabbage and Carrots	Baked Beans or Peas
<b>Dessert</b>	Fresh Fruit Platter or Yoghurt	Goosey Chocolate Brownie or Fresh Fruit Selection	Yoghurt or Fresh Fruit Selection	Apple Crumble with Custard or Fresh Fruit	Fresh Fruit Platter or Yoghurt
<b>Drink</b>	Water / Milk	Water / Milk	Water / Milk	Water / Milk	Water / Milk

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