

# BROAD HEATH NEWS



## NEWS

- It is very important that we live healthy lifestyles. Please can you encourage the older children to walk to school or indeed bike it. If they do bring a bike it must be locked.
- School dinners are very healthy and nutritiously balanced. We are constantly looking at new menus and interesting recipes that are varied. In Summer 2 we will be giving all children a choice of a hot meal or sandwiches.
- **After School Clubs happen in WEEKS 1-5 and not week 6.** We also have the clubs sign on which tells you as well as the school website, please make sure you look and adhere to it. People who fail to collect their children may well be charged a late fee.
- We sell healthy cereals every day at the diner. These are cheaper than the shops so please buy them or alternatively we run a FREE breakfast club for all children from reception to Year 6. Doors are open from 8 am.
- If you do have any concerns about the health of your children, please contact us because we can make school nurse referrals.
- Part of a healthy lifestyle is making sure your child/ren have enough sleep. Children should not be on the blog after 9 pm whatever their age. Children ideally should be having a bath/shower/reading, being read to and then falling asleep. 10-12 hours is the recommendation.
- Mrs. Elkin has had a baby boy- we all wish her well and look forward to seeing the baby soon.
- All NEWS/TRIPS/CLUBS/Holidays are on the school calendar on the blog.
- Year 4/5- Doly Moch trip is happening in September if you want a place, contact the office.
- **School starts again for SUMMER 2 on Tuesday 5<sup>th</sup> of June at the normal times. There will be NO CLUBS that week.**