

Chingford Hall Information

15th February 2019

Chingford Hall Healthy Lunch

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

It has been noted that a few of the packed lunches provided for the children have not been as healthy as the school and guidelines recommend. We know children can be quite finicky but it's important to provide a balanced lunch for your child.

To help support you and your children we suggest you take a look at the link above. This site helps parents make good choices for you child. They can also look and choose different options that they might like.

We always monitor the packed lunches. If you would like more help please pop in and speak to a member of the office.

FOR A HEALTHY LUNCHBOX SOMETHING FROM EACH GROUP 1-6! **PICK & MIX**

Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.

Nutrition Australia VICTORIA

WHAT GOES IN MY LUNCHBOX

FRUIT (2 PIECES)	
SANDWICH, WRAP OR ALTERNATIVE	
DAIRY	
VEGETABLES (2 PIECES)	
FIBRE/GRAINS (Wholegrains)	
WATER	

World Book Day 7th March 2019

Just to give you notice. It is World Book Day on the 7th March 2019. The children are encouraged to dress up as a character from a favourite book. We will be asking for a donation of 50p towards the PTA fund.



On 6th March we will be holding a Science Fair.

This is an opportunity for parents to work with their children on a science based project over the holiday then share it with other families after school on the 6th. There are loads of ideas on the internet to inspire you just Google 'primary science fair.'

Here is one to get you started

<https://gb.education.com/science-fair/>





Certificate of Merit



Yayah: Kandinsky
 Omari : Kandinsky
 Harry D: Mondrian
 Oceane : Mondrian
 Isaac: Monet
 Inayah: Monet
 Zia:Klee
 Riley: Klee
 Semih: Dai Jin
 German:Dai Jin
 Oscar: Salvador Dali
 Zac: Lowry
 Ahmad :Lowry
 Indiya:Da Vinci
 Jamil:Da Vinci
 Alicia:Picasso
 Mohammed:Picasso
 Nasra:Chagall
 George:Chagall
 Shane:Van Gogh
 Elvin:Van Gogh
 Andrei:Frida Kahlo
 Atene:Frida Kahlo



Important Dates 2019

Half Term 15 th February	Last Day today Return Monday 25th February
Wednesday 27 th February	Science Fair supporting the Work shop All welcome
Wednesday 6 th March	Science Fair after school All welcome
Thursday 7 th March 2019 All Day	World Book Day Dress up as your favourite book Character 50p donation.
Wednesday 14 th March	Keep Fit for families
Friday 5 th April 2019	Break for Easter 8th April to 22 April 2019
Tuesday 23 April 2019	Return to school
Monday 6 th May 2019	School Closed Bank Holiday



We ask that the school and nursery outside area remain a smoke free zone.

Thank you for all your support

Have a great half term !

Jim McLucas
Head Teacher

Please email the school office for any queries:
office@chingfordhall.waltham.sch.uk