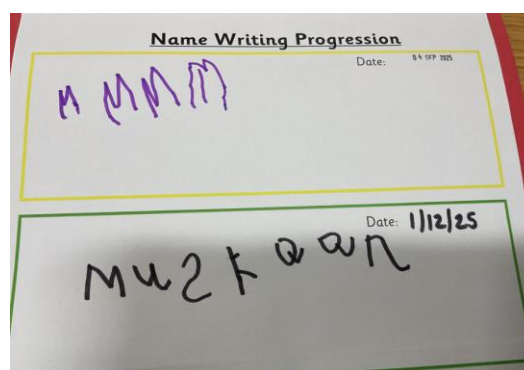
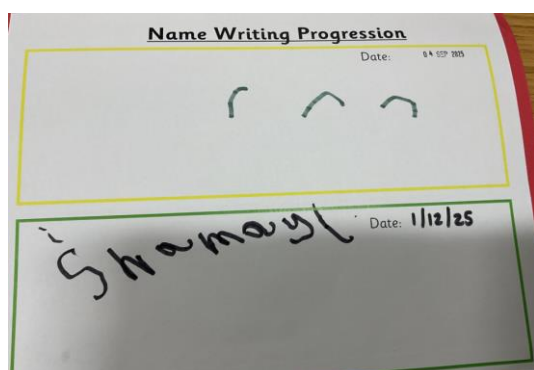


Dear Parents and Carers,

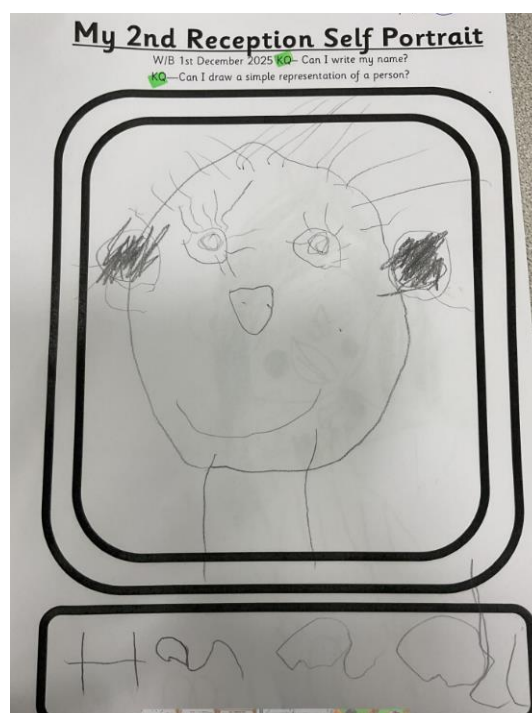
It has been another lovely week here at Thorpe. Thank you to all who have completed our parent survey. If you haven't yet, please do so as I really appreciate hearing your views. It closes on Tuesday 9<sup>th</sup> December. Please click on the link here: <https://edurio.com/teacher/poll/fv8GtS>

## Learning In Reception

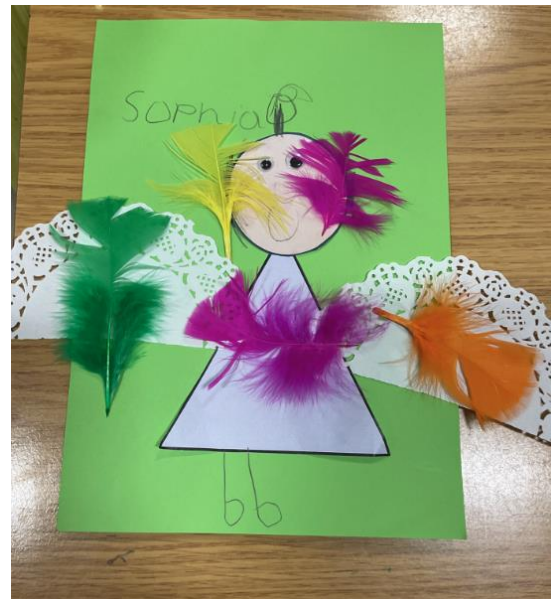
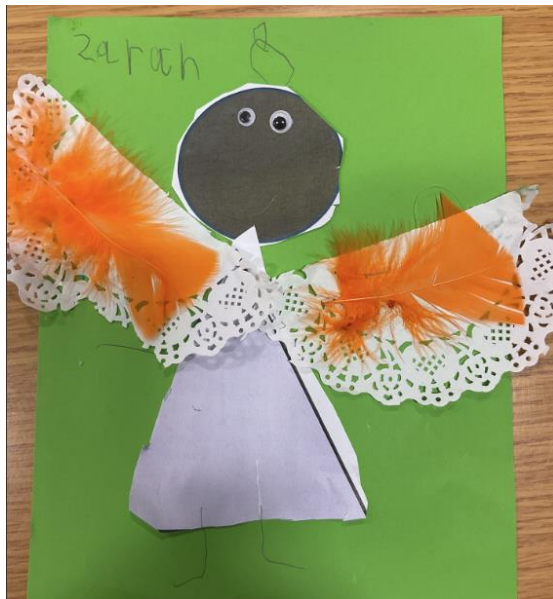
In Reception, every child is asked to write their name on our 'name writing progress tracker'. They are asked to do this without a reference to copy from, to see how they progress in this area. We work hard in the first term to try and ensure all children can make a clear, recognisable attempt at their name from memory. You can see the amazing progress that has been made.



Four times during the year, the Reception children are asked to draw a picture of themselves and write their name. This is a fantastic way to see progress with their drawing and writing skills, as well as pencil control and imagination. Look at these fantastic self-portraits drawn this week. As well as the brilliant independent name writing too.



This week the children in Reception are learning all about the Nativity story. They were provided with all the resources they need to create their own angels independently. The children displayed their cutting skills and creativity as part of the task. Great job everyone!



## Healthy Packed Punches

We've created a helpful leaflet to guide you in preparing healthy packed lunches for your child. Inside, you'll find ideas for balanced meals that support energy and learning throughout the school day. We hope you find this guidance useful and that it makes planning lunches a little easier.

### *A great & healthy lunch should include.....*

#### **At least ONE portion of fruit – unprocessed**

**Why not try .....** Watermelon, strawberries, grapes, blueberries, banana. (Children find cut up fruit easier to eat, try putting it in a pot)



#### **At least ONE portion of vegetables**

**Why not try .....** Carrot sticks, sugar-snap peas, celery, pepper sticks, cherry tomatoes, and cauliflower work well in lunch boxes. School dinners always have a choice of vegetables every day.



#### **A source of protein – meat, fish, egg, lentils, hummus**

Choice of sandwich fillings could be: chicken, eggs, tuna, hummus, ham and beef.



OR

**Oily fish – such as salmon, mackerel, sardines**

**Why not try .....** Salmon, mackerel, fish pate, sardines

Children should eat oily fish once every three weeks



**A starch food**

**Why not try .....** Pasta salad, wholemeal sandwich, wraps, rice pots, pittas, cous cous, crackers, noodles



**A dairy food**

**Why not try .....** Cheese strips/cubes, fromage frais, drinking yoghurt, custard, yogurt, smoothies



**A drink (low sugar)**

Water (water is the best form of hydration) Free drinking water and milk is available at school every day.



## Foods to be avoided in my lunch box .....

**Crisps**

Crisps can be given occasionally; a suggestion would be once a week —we serve chips once a week. Some suitable alternative options are plain popcorn, wholegrain pretzels or rice cakes



**Confectionary—sweets and chocolate**

Try giving healthy snacks such as banana muffins, fruit muffins, carrot cake and fruit bread.



**Processed meat products**

Should only be eaten on an occasional basis as they contain high levels of **fat, salt and sugar** for instance sausage rolls and



## Foods that should NOT be in my lunch box .....

**Fizzy Drinks**

These are **not** allowed in children's lunch boxes



**Nut based products (such as chocolate spreads)**

These are **not** allowed in children's lunch boxes





## Christmas 'Stay and Read'

It was great to see so many parents and children at the Stay and Read sessions for EYFS, Year and Year 2 this week. Many also enjoyed the flying visit from Santa!





## Barnardo's Christmas Activities At Barnardo's Child & Family Centres In Peterborough

**Barnardo's Child & Family Centres**  
**CHRISTMAS ACTIVITIES TIMETABLE**

**Universal Parties - £1. Babbling Babies or other Parties - 50p. Only one Party booking per family.**

<b>East Child &amp; Family Centre</b> 21 Durham Road, Eastfield. PE1 5JU Tel: 01733 894028	<b>First Steps Child &amp; Family Hub</b> 20 Scafford Drive, Welland. PE1 4TR Tel: 017333 295860	<b>Honeyhill Child &amp; Family Hub</b> 150 Chadburn, Paston. PE4 7DR Tel: 01733 574038	<b>Orton Child &amp; Family Hub</b> 74 Herlington, Orton Malborne. PE2 5PW Tel: 01733 391652
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<b>Monday 15<sup>th</sup> December 25</b> <b>East Child &amp; Family Centre</b> <b>Christmas Party</b> Babbling Babies 10am - 11am	<b>Wednesday 10<sup>th</sup> December 25</b> <b>East Child &amp; Family Centre</b> <b>Christmas Party</b> Our SEND Adventure 10am - 11:30am	<b>Thursday 18<sup>th</sup> December 25</b> <b>Fulbridge Child &amp; Family Zone</b> Keeton Road, P'borough. PE1 3JQ <b>Christmas Party</b> Sensory Learners 1pm - 2pm
<b>Monday 15<sup>th</sup> December 25</b> <b>First Steps Child &amp; Family Hub</b> <b>Christmas Party</b> Babbling Babies 1.30pm - 2:30pm	<b>Thursday 18<sup>th</sup> December 25</b> <b>Honeyhill Child &amp; Family Hub</b> <b>Christmas Party</b> Babbling Babies 10am - 11:15am	<b>Thursday 18<sup>th</sup> December 25</b> <b>Orton Child &amp; Family Hub</b> <b>Christmas Party</b> Babbling Babies 10am - 11am

**ESSENTIAL:** Due to limited spaces please book a place via Bookwhen.  
 If you need assistance you can telephone the Centre and speak with a member of staff or book online at: <https://bookwhen.com/barnardo-sc-fcp-borough-cambridgeshire>  
 Please let us know if you cannot attend.

SCAN ME

**Barnardo's Child & Family Centres**  
**CHRISTMAS ACTIVITIES TIMETABLE**

**Universal Parties - £1. Babbling Babies or other Parties - 50p. Only one Party booking per family.**

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<b>Monday 15<sup>th</sup> December 25</b> <b>Orton Child &amp; Family Hub</b> <b>Universal Party</b> 10am - 11:30am	<b>Wednesday 17<sup>th</sup> December 25</b> <b>Honeyhill Child &amp; Family Hub</b> <b>Universal Party</b> 10am - 11:30am	<b>Thursday 11<sup>th</sup> December 25</b> <b>First Steps Child &amp; Family Hub</b> <b>Universal Party</b> 10am - 11:30am
<b>Friday 19<sup>th</sup> December 25</b> <b>East Child &amp; Family Centre</b> <b>Universal Party</b> 10am - 11:30am		

**ESSENTIAL:** Due to limited spaces please book a place via Bookwhen.  
 If you need assistance you can telephone the Centre and speak with a member of staff or book online at: <https://bookwhen.com/barnardo-sc-fcp-borough-cambridgeshire>  
 Please let us know if you cannot attend.

SCAN ME

**Key Dates Coming Up:**

<b>Date</b>	<b>Event</b>
Monday 8 <sup>th</sup> December	Reception Nativity 14.00
Tuesday 9 <sup>th</sup> December	Reception Nativity 09.30
Thursday 11 <sup>th</sup> December	Reception tours for prospective parents 08.45  Year 2 Nativity 14.00  Flue Vaccinations for children (pre-booked only)
Friday 12 <sup>th</sup> December	Year 2 Nativity 09.30
Monday 15 <sup>th</sup> December	Panto (details below)
Wednesday 17 <sup>th</sup> December	Christmas Jumper Day & Christmas Lunch
Thursday 18 <sup>th</sup> December	Last day of term for children – 13.00 finish
Friday 19 <sup>th</sup> December	School closed to children
Monday 5 <sup>th</sup> January	School closed to children
Tuesday 6 <sup>th</sup> January	Children return to school

**Reminders:****Reception Tours for Prospective Parents**

These will take place on Thursday 11th December at 8:45 am

**Parent Shout Outs**

If your child's teacher or another member of staff has gone above and beyond, I would love to hear from you. Please click here: <https://forms.office.com/e/6r5w1yxP8F>

All the best and have a wonderful weekend,

Mr J Parkhouse  
Headteacher