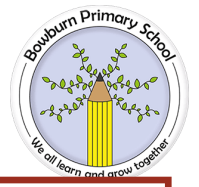


Newsletter 10 May 2024



Dear Parents and Carers,

Despite the short week in school, we have been super busy! Our outdoor classroom is now finished and the children have loved working and playing in it. Every Friday, our Stars of the Week have hot chocolate and cookies and bring along their favourite subject's work. It has been great to spend time chatting with the children and finding out what they love about our school!

Mrs. Maughan

Friends of Bowburn Primary School



Wednesday 5th June

6:30pm – 8pm

Doors open 6:15pm

To include

- Pie & Pea Supper
- Prizes for winners!
- Raffle

Adult ticket - £2.50 Child ticket- £1.50

Tickets must be bought in advance

Year 5 Ultimate Frisbee

Year 5 had a great time polishing up their frisbee skills!



Year 1 had a great time at the Disney Festival



Healthy Packed Lunches

School promotes a healthy eating policy. This includes packed lunches from home.

Healthy food helps

- ◆ Your body grow strong and healthy
- ◆ You have lots of energy and better concentration

Please see the attached traffic light system for information.



Red foods

These foods are not allowed in school lunch boxes.

- Chocolate bars or sweets
- Crisps
- Cereal bars (these can be high in fat and sugar).
- Chocolate biscuits and cake bars
- Processed fruit products such as winders (these can be high in sugar).
- Sugary drinks such as Caprisun, Ribena, squash, fizzy drinks and energy drinks.



Amber foods

These types of foods could be included occasionally as part of a balanced packed lunch.

- High salt or fat snacks such as, snack-a-jacks, crackers, bread sticks.
- Small plain or fruit cakes such as scones, tea cakes or malt loaf.
- Plain biscuits, flapjacks or fig rolls
- Processed meat products such as sausage rolls, pies, corned beef, pasties, pepperami or sausages.



Green foods

You can put these in lunch boxes everyday or as often as you like.

- 1 portion of fruit and 1 portion of vegetables. This could include fresh, tinned or dried.
- A type of starchy food such as bread, pasta, pittas, bagels, wraps etc. Try to include wholegrain varieties.
- Meat, fish or other sources of non-dairy protein (e.g. lentils, kidney beans, quorn, chickpeas, houmous, eggs).
- Dairy food such as milk, cheese, yoghurt or fromage frais.
- Oily fish such as salmon or sardines at least once every three weeks (tinned tuna doesn't count).
- Only water as we provide all pupils with free fresh drinking water throughout the day and at lunchtimes.

Holiday	Last day	Teacher Training Days school closed to children	Date re-opens for children
May Half Term	Friday 24th May		Monday 3rd June 2024
Summer	Friday 19th July		
Teacher Training Days	Monday 22 nd & Tuesday 23 rd July	Teacher Training Days	Thursday 5th September 2024
October half term	Friday 25th October		Monday 4th November
Christmas	Friday 20th December	Monday 6th January PD day	Tuesday 7th January
February Half Term	Friday 21st February		Monday 3rd March

Dates your Diary 2023-2024

Date	Time	Event	Year	What Do I Need?
13th—17th May		SATS Week		
Weds 15th May	2-3pm	Fire service Visit	Yr3/4	
Thurs 16th May	1.30pm-3pm	Parents First Aid		
Fri 17th May	12.30pm-2.30pm	Cricket Event	Y5/6 Girls	Information will be shared nearer the time
Mon 20th May	All Day	Bollywood Workshop	Yr6	Come to school in PE Kit
Mon 20th May	12.30-2.30pm	Animal Encounter	Nursery/ Turtles	
Tues 21st May	All Day	Hall Hill Farm	Y5	School uniform with sensible shoes and a coat
Tues 21st May	All Day	Adam Bushnell Author	Yr1/2	
Weds 22nd May	2pm-3pm	Health & Wellbeing Session	Parents	For more information see Mrs Gates
Thurs 23rd May	12.30pm-2.30pm	Quad Kids Sports Camp	Yr3/4	Come to school in PE Kit
Fri 24th May	All Day	Non uniform Day	All pupils	Please bring chocolate donations to school
Tues 4th June	12.30pm-2.30pm	Athletics Competition	Y5/6	Letters will be sent to participants
Weds 5th June	All Day	Ripple Effect Workshop	Y6	
Weds 5th June	12.30pm-2.30pm	Cricket Festival	Y3/4	Come to school in PE Kit
Mon 10th June		Netball League begins	Yr5/6	Letters will be sent to participants
Tues 11th June	All day	Islamic Workshops	All school	
Tues 11th June	All day	Iskon Hindu Temple Visit	Y3	School uniform with sensible shoes and a coat
Thurs 13th June	All day	Shildon Railway Museum	Y1	School uniform with sensible shoes and a coat
Thurs 13th June	All day	Adam Bushnell Author	Yr3	
Fri 14th June	12.30pm-2.30pm	Cricket Competition	Yr5/6	Come to school in PE Kit
Tues 18th June	12.30pm-2.30pm	Quidditch Festival	Yr5	Come to school in PE Kit
Wed 19th June	2pm-3pm	Health & Wellbeing Session	Parents	For more information see Mrs Gates
Wed 10th July	All day	Class Swap / Move up day	All pupils	Pupils get to meet their new teacher