



Welcome!



Welcome to Our Termly Newsletter

We are delighted to share all the wonderful things our children have been learning and experiencing this term. From exciting events to proud achievements, there's so much to celebrate. We have included a contents page to help you easily find the stories and updates that matter most to your family. Happy reading!

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Welcome to our school family from Mrs Reynolds - School Principal



As Term 1 comes to a close, I want to thank you for your continued support and partnership. It's been a rewarding

start to the year - filled with learning, growth, and community spirit.

From the excitement of the first day back to the many achievements that followed, our children have shown resilience, enthusiasm, and determination.

I'm especially proud of how our school community has supported one another and created a positive environment for learning.

As we head into the break, I encourage you to rest, recharge, and enjoy time with loved ones. We look forward to welcoming everyone back on Tuesday 4th November, ready for Term 2 and all the opportunities it brings.

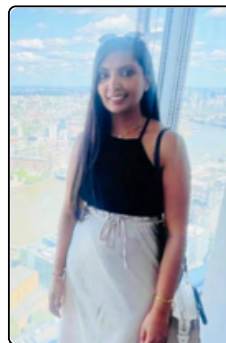
Thank you again for your trust and involvement. Together, we are building a strong foundation for lifelong learning.

We have welcomed our youngest children to Early Years. They have settled in beautifully and I am so proud of them.

We were also delighted to have new children joining other classes across the school. It's been lovely to see friendships forming and routines taking shape.

Our team has grown too! We are thrilled to welcome two new staff members to add to our amazing team.

Mrs Bolton, our new Deputy Principal and Inclusion Lead, brings a wealth of experience and a deep commitment to supporting every child.



Miss Jani joins the Year 1/2 teaching team with enthusiasm and creativity, ready to inspire young minds!

Communication ~ Staying Connected

We are committed to keeping families informed, involved, and connected throughout the school year. Here's how we will communicate with you:

Emails

Our main communication channel

- **Weekly Bulletin** (every Friday): Upcoming events, clubs, key dates.
- **Termly Newsletter**: A round-up of Term's highlights you won't want to miss.
- **Ad-hoc Updates**: Important notices as they arise.

School Website

www.stmarysceb1.info

Visit our website for a wealth of information, including class information, term dates, policies, and lots more.

Instagram

www.instagram.com/stmarysceb1/

Follow us for snapshots of school life, celebrations, and achievements.

Facebook

<https://www.facebook.com/share/19MHnTmRG1/?mibextid=wwXlfr>

Follow what's happening in school.

Text Messages

Quick alerts and key reminders sent straight to your phone.

Telephone

We will call if your child is unwell or if we need to discuss something personal.

We're Here to Listen

If you have any thoughts or concerns, please contact the school office to arrange a meeting with your child's teacher or a relevant staff member:

01536 722757

reception@stmarys.pdet.org.uk

Walk In Wednesday

See school life through your child's eyes. Instead of a presentation, you'll take part in a focused, hands-on activity that gives real insight into your child's learning journey.

Parents' Evening

This is a great opportunity to celebrate progress, share ideas, and plan next steps to support your child's learning together.



Walk In Wednesday

We are currently reviewing how we run our **Walk In Wednesday sessions** to make them even more valuable and engaging for families.

Following a successful trial in Years 3 and 4, we're excited to extend this refreshed format across the school.

What's Changing?

Each term, we'll invite you to attend on different days and at varying times – helping us accommodate as many families as possible.

What to Expect

These sessions offer a chance to experience school life through your child's eyes. Instead of a presentation, you'll take part in a focused, hands-on activity that gives real insight into your child's learning journey.

Your Feedback Matters

If you're able to attend, we'd love to hear your thoughts afterwards to help us keep improving.

Upcoming Sessions

EYFS: 05/11 2:45pm Phonics
Year 1/2: 19/11 2:45pm Reading
Year 3/4: 22/10 2:45pm
Multiplication Tables Check
Year 5/6: 26/11 2:45pm Times Tables

Homework

Don't forget your homework passport. All homework needs to be handed in on 24/10/25. We cannot wait to celebrate the different ways that you have shown wisdom out of school.

Extended Learning Logins

All logins for TTrockstars, Numbots and Purple Mash have been reshared with you recently.

The children in KS1 have Numbots to help them learn their number bonds.



KS2 have TTrockstars to ensure that they know their Times Tables.

These programmes are imperative to support your child's mathematical ability. Please encourage your children to be using them at home.

Purple Mash is the main programme that we use for teaching computing. Children have their own logins so that they can carry on their learning at home.



If you need any help setting this up, please contact the school office.

Collective Worship ~ Wisdom

This term, our school community focused on the core value of wisdom
A value that goes far beyond simply acquiring knowledge.

Wisdom is about making thoughtful choices, learning from experiences, listening with empathy, and understanding the impact of our actions. It's about knowing when to speak, when to listen, and when to step back and reflect. Throughout the term, our children explored this value in many ways—through classroom discussions, stories and quotes from the bible, group activities, and daily interactions with one another.

What stood out most was how our children began to understand that wisdom isn't about having all the answers, but about being open to learning—from teachers, peers, mistakes, and successes.

We have also nurtured the value of wisdom through our spirituality. We discussed the fact that wisdom is not only about knowledge—it's also about how we connect to ourselves, others, and the world around us. It's here that spirituality and wisdom meet.

We have also explored the British value of mutual respect and tolerance, recognising the importance of honouring the dignity of every individual.

Our discussions connected meaningfully to protected characteristics such as disability, religion and belief, and the right to a nationality—helping children understand that respect is not just a value, but a shared responsibility.

By learning about the experiences and identities that shape our world, we're nurturing a community where everyone feels seen, valued and included.

We often speak of using windows and mirrors in our learning. When these reflections move us, shape us, or change how we see and live, it becomes a spiritual experience. It's in this moment that we walk through the door—into life with new understanding, deeper compassion, and greater wisdom.

We gaze through windows onto the world—seeing people, events, challenges, and beauty. We respond with our emotions, trying to make sense of what we see, asking questions about fairness, purpose, suffering, and hope. We gather the wisdom to try to inflict change on the things we do not like in the world.



At the same time, we look into mirrors—reflecting on our own thoughts and feelings, considering how wise we are and how we can learn from our mistakes to be even better.

For some, this process leads to a sense of transcendence—a feeling that there is something greater than us. This might be described as a moment of clarity, peace, or connection—a candle moment, where the light shines inward and outward at once. For Christians, this sense of transcendence is often understood as an encounter with God.



Safeguarding

At St. Mary's the safety and wellbeing of our children is our top priority. We are proud to have a dedicated Safeguarding Team in place to ensure that every child feels safe, supported, and listened to.

Here are the members of our Safeguarding Team:

Sarah Reynolds – Designated Safeguarding Lead (DSL)

As the DSL, Mrs Reynolds oversees all aspects of safeguarding across the school and is the main point of contact for any safeguarding concerns.

Cara Bolton – Deputy Designated Safeguarding Lead (DDSL)

Mrs Bolton supports the DSL and is also available to speak to pupils, parents, and staff about safeguarding matters.

Mrs Campbell and Mrs Molsher – Pastoral Support and Safeguarding Team Members

Mrs Campbell and Mrs Molsher work closely with children and families, offering additional support and guidance where needed.

Michael Lovett – Safeguarding Forum Representative

Our Safeguarding Representative ensures that safeguarding remains a key priority at a leadership level and supports the school's safeguarding policies and practices.



Health Advice for Families

Every week, parents ask questions like:

- *“Should my child come to school with a cough?”*
- *“How long should they stay home after chickenpox?”*
- *“Is this rash something to worry about?”*



These questions matter – but answers aren't always easy to find. Many parents turn to internet searches, but not all sources are reliable.

That's why we recommend **Patient.info**

It is the UK's most trusted health platform, used by NHS clinicians and millions of families every month. All content is written and reviewed by doctors, nurses, and pharmacists, and endorsed by the NHS.

What You'll Find

- Guidance on common childhood illnesses
- Advice on allergies, asthma, sleep, and mental health
- Clear information on when children should stay off school
- Tips for healthy living and wellbeing

Patient.info is one link for ongoing peace of mind – helping children stay healthier and schools run smoothly.

Attendance Matters

'Be present, be engaged and watch your knowledge grow.'

Our attendance across school for this term is: **95.2%**

This is below the National Average and below what we would deem good attendance.

Lets aim for 96%+ next term!

Our winning class for the term is Forgiveness Class who got 100% at the time of writing this newsletter. Well Done!!



Head Teacher's Award

Each week I love to celebrate children's special achievements that make me super proud.

Congratulations to this term's role models:

**Chester Frost
Nicolas Sandu**

Awards

Every Friday during Collective Worship, we take time to celebrate the many achievements of our wonderful children. It is a beautiful moment where we recognise effort, kindness, and growth across all areas of school life.

Parents are invited by email to join us when their child is being celebrated.

Awards may include:

-  Values Award – chosen by the class teacher for living out our school values
- Achievement Award – recognising academic progress or effort
-  Sports Award – celebrating teamwork, skill, or sporting spirit
- Headteacher's Award – for exceptional contributions to school life
- Celebration of work -we love to recognise children who go above and beyond in their learning.
- Attendance - recognising the importance of being present, engaged and ready to learn.
- Reading - celebrating children who read regularly – at school and at home.
-  TT Rockstars achievements

In addition we will celebrate:

- Student to student awards
- Staff to parent
- Sports achievements in school
- Courageous advocacy
- Outside achievements

We love sharing these proud moments with families - it's a chance to recognise each child's unique journey and encourage them to keep shining.

A Step Back In Time!

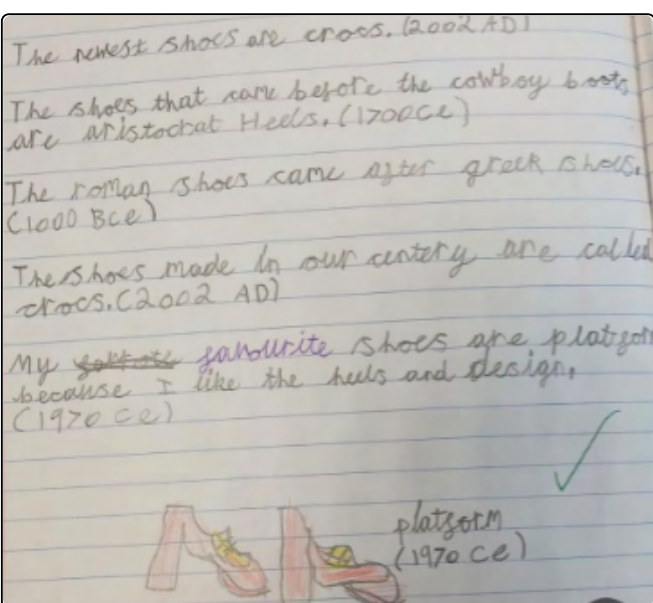
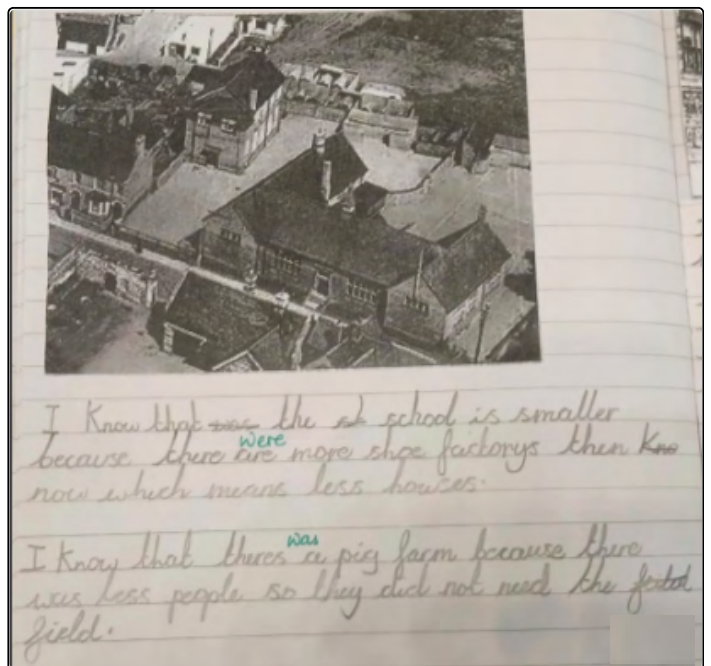
Year 3 & 4



Year 3 & 4 had an entertaining afternoon with Mr Sanders, a local shoemaker of 53 years. He shared stories of working in local shoe factories.

He talked about the different boots and shoes that are made locally for famous people, including King Charles!

The children were astounded that he had made purple crocodile shoes for 'The Rock'.



"Walk Like an Egyptian – Year 5 & 6 Travel Back in Time



Year 5 and 6 started their term with a trip to Ancient Egypt. We explored why Egypt is a recognised Ancient Civilisation and the many inventions they gave our society today. We explored the fashion and ideas that influence us in our everyday lives.



Thinking of fashion, we got creative making our own Egyptian jewellery. Children used pasta, plates, glue and paint to design and make decorative collars to wear like people would have worn in Ancient Egypt.



Children were now ready for everyday wear but also for the afterlife. We sat down and prepared ourselves for the mummification of Pharaoh Watermelon! Children loved watching the process of hooking out the brains (spaghetti), lungs (marshmallows), intestines (flumps) and the scooping out of the stomach (jelly). All were carefully placed in canopic jars and Pharaoh Watermelon was wrapped and prepared for his journey to the afterlife.

The children, now experts in the field of mummification, wrote up their instructions on how to mummify a Pharaoh.

Lots of fun was had by everyone and it was a great start to a term of learning about Ancient Egypt. Children have been eager to share their knowledge and learning from home.

Disclaimer: No fruit was harmed during the mummification process!

Children's News

In Memory and in Motion Jack's 5K for a Cause

Jack wanted to share some special news with the school community: in July, he completed a 5K Muddy Run in memory of his beloved Gran.

Through his incredible effort and determination, Jack raised an amazing £565 for Cancer Research.

It was a meaningful and muddy challenge, and we're so proud of his compassion and commitment. Well done, Jack!



Budding Stars!

We are incredibly proud of Colby Pitt, who has just completed filming for a SimpliSafe commercial!

We recently shared the advert with the children at school,

and we can't wait to see it air on TV. Fantastic job, Colby!



Talent clearly runs in the Pitt family, as Colby's sister Scarlett has also been selected to perform in the Nutcracker this December - what an exciting achievement!

Well done to both of you – your hard work and dedication are truly inspiring!

Hi, I'm Georgia Sanders, from Justice class, I am in year 6 and a massive Nottingham Forest fan.



On Saturday 18th October 2025 I met Ange Postecoglou, after the Forest V Chelsea game where Forest lost 3-0. Ange Postecoglou got sacked as manager of Nottingham Forest minutes after the final whistle. As we were walking back to the car, we saw Ange stuck in traffic, and I asked for a photo!

He was so sweet and kind! Then my mum's friend posted the photo on social media and I went viral, I was interviewed by an Australian radio station and the Trickytalks podcast, all of the people I spoke to were very nice and it was so much fun.

All of the best for the future Ange Postecoglou!!



European Day of Languages

We had a wonderful time celebrating European Day of Languages across the school! Each phase explored a different country, learning new words, songs and traditions.



EYFS enjoyed discovering French, learning some French greetings, making their own French flag and enjoying some French stories read by our Year 5 and 6 children.



Years 1 and 2 explored Spanish, practising some greetings, creating their own Spain fact files and learning flamenco dancing.



Years 3 and 4 focused on Italy, they learnt how to greet each other in Italian, took part in traditional Tarantella dancing and created posters all about Italy.



Years 5 and 6 had a brilliant time with German, learning phrases and even joining in a PE session where instructions were given in German!

It was wonderful to see the children bringing in items and food from their home countries or places they have visited, this made the day even more special.



A huge thank you to everyone who supported the event and helped us celebrate the rich variety of languages and cultures across the world.

SCHOOL COUNCIL

We are excited to announce that our new School Councillors have been elected for the year ahead!

Over the past few weeks, children have been learning about the importance of democracy, leadership, and having a voice within our school community.

Many children bravely put themselves forward as candidates, preparing speeches and thoughtful ideas about how they could help improve school life for everyone.

After a round of class votes, we are proud to share that each class has now chosen their representatives to join the School Council.

These children will meet regularly to discuss ideas, raise issues, and help lead projects that make a real difference across the school.

A big well done to all who stood for election – it takes confidence and courage to put yourself forward.

The School Council met on 13/10/25 and will give feedback to their classes on 04/11/25.

Their focus at this meeting was on what the children thought about the new behaviour system.

We all look forward to seeing the positive impact they are going to make this year!



KINDNESS AMBASSADORS UPDATE

We are very happy to say that this year we have had a record number of Year 6 children nominate themselves to be a Kindness Ambassador this year. Alongside our Year 4 and Year 2 class representatives, we are all very excited to be starting our role of practising and promoting kindness, and encouraging and inspiring others to be kind.

We have already taken part in some exciting projects this half term, including creating our 'tree of thanks' for World Gratitude Day, celebrating our teacher's and TA's with National Teaching Assistant Day and World Teacher Day, and we have taken part in the NSPCC Kindness challenge, helping us to think about how we can show kindness to our friends and classmates.



Lastly, we helped to organise activities for World Mental Health Day. We were lucky to have the Mental Health Support Team to come in and deliver an assembly all about how important it is to look after our mental health.

We are already looking forward to next term, when we will be organising so many more exciting activities, including Anti-Bullying Week, Odd Socks Day and World Kindness Day.

Values Crew



Our Values Crew are bursting with fresh ideas to make collective worship even more meaningful and inspiring.

They kicked off the term by holding elections for their new Chairperson. Each candidate gave a speech explaining why they would be the best fit for the role – a fantastic display of confidence, leadership, and passion.

We're delighted to announce that Maddie Banfield has been elected as our new Chairperson and Georgia Hearn as Vice Chair.



"My name is Maddie Banfield. I am a positive and friendly member of St Mary's school. I am in my final year. If I was head of values crew I would come up with positive ideas for each value. I am an excellent role model for others. I am resilient in all that I do. This shows in my high attendance not just this year but across all years. I show kindness in all everything I do, including team sports and at school as I am a Kindness ambassador chosen by my peers and I am my football team captain. This shows I have impeccable leadership skills and good communication skills."

These skills will help me in my role as head of values crew. I have shown my commitment to St Marys by representing them in many ways, lots of different sports, dance shows, singing and even writing. I believe I would be an outstanding head of the Values crew as I have had lots of positive and fun experiences that I can share with others. I will lead by example and show others the importance of each of our values."

Being selected as Chair of our values crew means the world to me. I love the extra responsibility. I want to help and guide others in the school. I want to use my voice for others."

The selection process was not easy. I had to share why I wanted to be chair in front of the team and I was up against some fierce competition. I am so proud that I was selected and I want to ensure I can do all I can in this role. Thank you for choosing me. I will continue to be positive role model and lead the way at St Mary's for the students."

"Hi, My name is Georgia Hearn and I am the vice chair of the Values Crew. I was delighted to be chosen for this. I can't wait to help make the Values Crew even more wonderful as the year goes on. I want to say thank you to the Values Crew for voting for me to be vice chair."

Congratulations to both! We can't wait to see the amazing things this team will accomplish.

Sports Competitions

Year 5/6 football Competitions

We are incredibly proud of our Year 5 and 6 boys who took part in their very first football match. They showed great teamwork, determination, and sportsmanship throughout the day, finishing in a well-earned fifth place!

Luca, our team captain, reflected on the experience by saying...



“It was such fun going to the tournament, it felt good being Captain of the team. The best part of the day was having fun with my teammates and drawing the last game.”

The following week, it was our Year 5 and 6 girls' turn to shine. They played



brilliantly, making it all the way to the semi-finals, where they narrowly missed out after a very close final goal.

Maddie, our girls' captain, shared her thoughts on the match...

This event was such a good way to get more girls into football. I felt honoured to be chosen as captain and it was great to see everyone playing with a smile on their face.

Sports Competitions

St Mary's Shine at Rugby and Cross Country Competitions

Key Stage 2 girls had a marvellous, muddy morning at Kettering Rugby Club for the Girls Festival of Rugby. We had great fun and appreciated those who came along to see us.



Every single student completed the full course and gave it their absolute best, displaying fantastic perseverance even when the going got tough.



Children from Years 4, 5 and 6 proudly represented St Mary's School at the annual inter-school Cross Country Competition.

The event brought together teams from local schools for an exciting day of running, teamwork and determination.

From the very first race, our St Mary's runners showed incredible resilience and enthusiasm.

What truly made us proud, however, was the wonderful team spirit on display. Our children were brilliant at cheering each other on, offering encouragement during every race, and even taking the time to applaud runners from other schools. Their sportsmanship and positivity really highlighted what St Mary's is all about—believing in ourselves and always striving to achieve our best.

We are now eagerly awaiting the final results, and we're hopeful that some of our talented runners may have earned places in the finals. No matter the outcome, every child who took part should feel extremely proud of themselves—they were excellent ambassadors for St Mary's.

Well done, Team St Mary's!

Please book sports clubs through our Arbor portal. Logins can be re-sent, please contact the School Office.

Taskmaster Club is booked directly via the letter sent out each term by Mrs Grady.



If your child is interested in our music lessons please enquire with the School Office.

If your child is interested in choir we have sent out a letter from Mrs Clarke this week.

Day / Time	Club	Year Groups
Monday AM - 8:00-8:45am	Archery, Boccia & New Age Kurling	All Years – FOC this term
Monday LUNCH -12:30-1:00pm	Prayer Club – Free	Years 3-6
Monday PM - 3:15-4:15pm	KS1 Football	Year 1/2
Tuesday AM – 08:00-08:45am	Tag Rugby	Years 1-6
Tuesday AM – 09:50-11:00am	Woodwind/Recorder	Years 1-6
Tuesday PM - 12:45-2:00pm	Guitar lessons	Years 2-6
Tuesday PM - 3:15-4:15pm	Dodgeball	Years 3-6 (amended)
Wednesday AM - 8:00-8:45am	Athletics (amended)	Years 1-6
Wednesday AM - 9:00-10:00am	Strings	Years 3-6
Wednesday PM - 3:15-4:15pm	Choir (alternate weeks)	KS1 or KS2
Thursday AM - 8:00-8:45am	EYFS & KS1 Gymnastics	EYFS to Year 2
Thursday PM - 3:15-4:15pm	KS2 Football (amended)	Years 3-6 (amended)
Friday AM - 8:00-8:45am	KS2 Gymnastics	Years 3-6 – FOC this term
Friday PM - 3:15-4:15am	Taskmaster	Years 1-6



ST. MARY'S PTA & FRIENDS

PTFA NEWS

Coin Collection and Fabulous Picture making

The PTFA run a number of different events to raise money to support the school.
Our latest fundraiser was a coin collection.

The children rose to the challenge, creating some amazing artwork!

Winners for the
Best Artwork
went to...



Winners for the
Heaviest Bucket
went to...



Thank you to everyone who
took part, I think we all
enjoyed the challenge!

Total Raised: £191.72

WHAT'S coming up

Next PTFA Meeting

Wednesday
19th Nov 7pm

Everyone welcome!
Includes our AGM

Christmas Fair

We need volunteers to help at the
light switch on 28/11/25, 5-8pm

Whether for part or all of the
evening, every bit of help counts,
and without enough volunteers, the
event can't go ahead!

Uniform Sale

- 6th November - more info

Wreath Workshop - come & join us for a festive evening!

- Mince pies & mulled wine, 7th December, £35pp + booking fee, 7-9pm, www.ticketsource.co.uk/smptfa

Clothing Collection

- Date TBA - keep collecting ready!

Contact: stmarysptfa@yahoo.co.uk

Drop us an email if you need 2nd hand uniform or contact us on
facebook





Discover Local Events with Northamptonshire Children's Trust Internet Link

We are pleased to share a fantastic resource from Northamptonshire Children's Trust — a live newsletter packed with **free and affordable events, clubs, and groups** for children, young people, and families across the county.

What's Inside?

From creative workshops and sports clubs to family-friendly outings, the newsletter highlights a wide range of activities designed to support and inspire.

Updated Regularly

It's a live document, meaning new events are added throughout the month and past events are removed — so be sure to check back often!

Whether you're looking for something fun to do at the weekend or want to explore new opportunities for your child, this is a brilliant place to start.

How to Access

Search for: North Northants Stay Connected or copy the link below:

<https://sway.cloud.microsoft/EZxl6KdU6wBYJNx3?ref=Link>

Healthy School North Northants

We have started our journey towards our Silver Healthy Schools Award. We have some exciting projects/ideas coming up that will help make an impact on health and wellbeing in our school.

**See pages 21, 22, 23 for some
lunchbox ideas/swaps**

Healthy Lunch Swaps Ideas / Advice

Parents sometimes ask for ideas of what to put in their child's lunch box.
Below are some healthy options/swaps.



HEALTHY LUNCHBOX GUIDE

Aim to include:

1 portion of starchy carbohydrates

This provides children with the energy they require to see them through the day and fuel any physical activities.

Base the meal around a starchy carbohydrate, e.g. bread, pasta, couscous, wraps, pitta, bagel, chapatti



At least 1-2 portions of fruit/veg

This will help towards achieving the recommended 5-a-day, e.g. fresh, frozen, tinned (in juice), dried and fresh juice



1 portion of dairy

This is a source of calcium required for strong teeth and bones, e.g. milk, yoghurt, cheese



1 portion of protein

This supports with growth and development, e.g. sliced meats, fish such as tuna, eggs, meat alternatives and beans or pulses such as hummus



Hydration

It is important to drink at least 6-8 glasses of water a day to stay hydrated



This is a healthy lunchbox guide for parents, children and young people. Each school has their own guidance around healthy eating so please refer to your schools' policy to check what is allowed.

FUN FACTS

- Eating healthily improves concentration and energy levels; helping children to effectively learn throughout the school day.
- Eating regular meals helps to regulate blood sugar which may influence some of the hormones that control our mood and ability to concentrate. This is why some children who haven't eaten breakfast can show signs of poor mood and behaviour.
- Starchy foods help children feel fuller for longer, meaning children are less likely to snack as much or be quite as hungry after school.



PORTION SIZE GUIDE

Our hands are a great tool to help measure portion sizes for different members of the family depending on their age. The great thing about our hands is that they grow with us, just like our portions. Although this is not the most accurate method, it is great for a quick and easy guide. We suggest to always refer to the Eatwell Guide to ensure you are getting a healthy, balanced diet.



A palm size represents a portion of protein such as pulses, eggs, meat or fish.



A cupped hand is a portion of vegetables or fruit



A thumb size represents a portion of cheese



A clenched fist equates to one portion of pasta, rice or potatoes



HEALTHY LUNCHBOX TOP TIPS



TOP TIPS FOR A HEALTHY LUNCHBOX:

- * Choose low fat and lower sugar yoghurts and add fresh fruit to naturally sweeten
- * Cut fruit up to make it more appealing and easier for children to eat
- * If trying to reduce high sugar snacks, reduce this down slowly - cutting it out will only increase cravings
- * Add salad to sandwiches or wraps to easily get one of their 5-a-day
- * DIY lunches – children enjoy making up their wraps or crackers themselves
- * For some children, lunches can get boring quickly; mix it up each day
- * Use low fat spreads if required and only apply a thin layer on one slice of bread
- * Choose wholegrain starchy carbohydrates, e.g. brown bread to keep them fuller for longer. Start by mixing the slices; one slice of white and one brown



TOP TIPS FOR A HEALTHY LUNCHBOX:

- * Make sandwiches into exciting shapes; use a biscuit cutter to create stars, hearts or animals etc.
- * Swap crisps for other crunchy textured foods such as crackers, breadsticks or rice cakes
- * Slice vegetables such as carrots or cucumbers to create a great dipping food with hummus or low fat cream cheese
- * Get the kids involved - they are more likely to eat their lunch if they have helped prepare it
- * Add a small squeeze of fresh lemon juice to prevent chopped fruit going brown
- * In the summer, add an ice block to the lunchbox to keep food fresh and cool
- * Some children do not like foods touching, choose a lunchbox with dividers to keep everything separated
- * Swap any high sugar, processed snacks for something homemade allowing you to understand what ingredients are in them



HEALTHY LUNCHBOX EXAMPLES



Egg Mayonnaise and Lettuce Bap with tomatoes and a fruit pot



Hummus dip with pitta bread and vegetable sticks with a banana and sugar free jelly



Cheesy coleslaw wholemeal pitta with tomatoes and raisins



Soft cheese and salad sandwich with an apple and fruitloaf



Tuna Mayonnaise and sweetcorn sandwich with berries and veg sticks



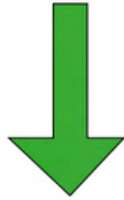
Hummus and salad wrap with tomatoes, low fat yoghurt and berries



HEALTHY LUNCHBOX SWAPS



Swap fruit bars which contain lots of sugar to dried fruit which counts towards the 5-a-day



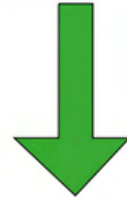
Swap bags of sweets or biscuits to a small bag of plain popcorn



Swap a packet of crisps for rice cakes, bread sticks or crackers



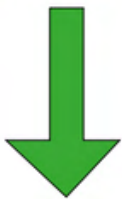
Swap processed foods to a healthier whole protein source



Swap high sugar yoghurts to natural yoghurt with fresh fruit to naturally sweeten



HEALTHY LUNCHBOX SWAPS



Swap cheesestrings for a few low fat cheese chunks



Swap fruity sweets for berries/fresh fruit



Swap pastries for unprocessed protein options such as chicken



Swap high sugar cereal bars to homemade, low sugar flapjacks



Swap high sugar, high fat, sweet pastries to lower sugar starchy carbohydrates