

1. Dates & Events

Event	Yr	Date	Time
Last day of autumn term		Friday 20 th December	
First day of spring term		Monday 6 th January 2020	
Y4 swimming starts	Y4	Thursday 9 th January	am
Coffee and chat – all parents & carers welcome	All	Monday 13 th January	9 – 10am
Y2 Lantern Making Workshop for Shoreham Light Parade (parent/carer volunteers needed please!)	Y2	Tuesday 14 th January	pm

Don't forget to check the dates for the whole term on the website!

** PLEASE NOTE THAT DUE TO STAFF TRAINING, THE SCHOOL OFFICE WILL NOT BE OPEN BETWEEN 1 – 3PM ON THURSDAY 9TH JANUARY, EXCEPT FOR URGENT ENQUIRIES.**

2. **NEW DATES / AMENDMENTS TO DATES:**

- Please do have a look at the dates list on the website and make a note of any dates next term relevant to you.
- **Coffee and Chat**, Monday 13th January 9–10am: all parents and carers welcome to come and have an informal chat with Mr Etherton/Mr Lincoln. Revd Ann and Revd James will also be coming along for a cuppa! (This is an opportunity to discuss whole school issues, not individual pupils!)
- **PTA Glow Disco – KSI & KS2**, Friday 31st January, 5.30 – 7pm
- **PTA Glow Disco – Adults Only**, Friday 31st January, 8 – 11pm

INFORMATION ABOUT UPCOMING EVENTS


- **Y2 Lantern Making**, Tuesday 14th January: if you are able to help with the lantern making for the afternoon please let the office know. Children will need a **CLEAN** plastic milk bottle (any size) – please send in with the children after Christmas.

3. **Letters sent home this week:** Click on the link to see past letters <http://www.stnicolasmarty.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>

- Y6 – Instagram use

4. **Clubs:** Clubs will start the week beginning Monday 13th January 2020. Children will have the opportunity to sign up for clubs they need to sign up for when they come back to school in January. Sign-up sheets will be on the 'clubs' board opposite the staff room. Please see school website for clubs information.5. **Worship & Ethos**

Later, Jesus talked to the people again. He said, "I am the light of the world. The person who follows me will never live in darkness. He will have the light that gives life". **John 8:12**

6. **Grow you own sunflowers** 

The senior leadership team have given each child 2-3 sunflower seeds – which we hope is the smallest Christmas present they will receive! Children are encouraged to look after these seeds and keep them somewhere safe. The seeds need to be planted in April once the weather warms. Children can plant the sunflower seeds outside in the garden 15cm apart and 5cm deep. When they are fully grown, they can bring it to school to see who has the tallest stem and biggest head! Alternatively plant each seed in a pot on a windowsill. We hope the pot will be a recycled container! Children can bring the sunflower to school, before it gets too big, and plant in our school grounds. We will remind the children about this project over the coming months. The Apostle Paul wrote, *I planted the seed, Apollos watered it, but God made it grow!* We hope that by the summer, the seed will be the biggest of all their Christmas presents!

7. **Thank you!** Many thanks on behalf of Turning Tides for all the food donations and for supporting the Christmas Jumper day – we raised £317!

8. Octopus & Starfish Clubs

- Bookings can be made for the 1st half of the spring term via sQuid. Please click on the 'Bookings' menu and navigate to 'Available Bookings' to select and book as required.
- Parents & carers of children who are new to the school can book and pay for sessions on sQuid, as above.
- Little Octopus & Little Starfish Club bookings for the 1st half of the spring term are available via sQuid. Please click on the 'Bookings' menu and navigate to 'Available Bookings' to select and book as required.

9. REQUESTS & REMINDERS

- **Y6 Cooking Helpers:** In the Spring term, Year 6 will be doing some Indian cooking for DT as part of their India topic. If any parents, especially Year 6, would like to help with this on Thursday mornings we would be very grateful. If you are interested, please let the office know and Mrs Channon will contact you with further details nearer the time. Many thanks.
- **Smoking on and near school grounds:** It is not permitted to smoke (including e-cigarettes) on school grounds and please could we also request that you do not smoke near the entrance to the school. Thank you.
- **Nativity photos:** please note that nativity photos will be published in the paper on Thursday 26th December.
- **Book Amnesty:** Over the holidays please could you look to see if your child has any school library books at home (they have the school name stamped inside the cover). If so please return them to school in January.

10. HOT & PACKED LUNCHES

- **New Year's Resolutions for Healthy Eating:** Did you know? According to research carried out by the University of Leeds, *only 1.6% of primary school packed lunches met the Governments School Food Standards that hot school meals are required to meet?* If your child brings a packed lunch to school please see the information attached for inspiration to make your child's lunch box healthier.
- **Chartwells:** Chartwells will not be open during school holidays. All parents are encouraged to order meals through their meal selector account at <https://westsussex.mealselector.co.uk> Should you have any problems, the Chartwells office is open until 4pm on Friday 20th December and will re-open on Monday 6th January.
- **Census Day – Children's choice menu Thursday 16th January 2020:** It is vital that we secure the full level of funding to which we are entitled for Free School Meals. The government provides funding for each child that has a free school meal on the two census dates of 3rd October and 16th January. If your child is entitled to a free school meal (including all children in YR, 1 and 2) they will be offered a hot meal on these dates, even if they do not normally have a hot meal; therefore they do not need to bring in a packed lunch. If your child has a dietary requirement that Chartwells are not already aware of please follow the link for more information [Special Diet Process](#), otherwise you need take no further action. Chartwells are doing a special menu in order to help support this (see end of the bulletin). Thank you.

11. Your Space Therapies – Boost the Bond course:

are running a therapeutic parenting course 'BOOST THE BOND – The BEST Relationship with your Child' on Wednesday 5th February 2020. They have had amazing feedback for this course with 93% of parents who have attended rating it 'Excellent'. This course is being held here at St Nic's 6-8pm (see flyer at the end of this bulletin).

12. Flu Clinic:

there is an extra clinic date running on 2nd January at Kingston Buci Children & Families Centre for children who may have missed the school session. The session will run from 9.30 – 1.30pm and is an appointment only clinic so please call 01273 696011 ext. 3789 to book an appointment.

13. A plan for the future of cycling and walking in Adur and Worthing: Time to have your say:

[Adur and Worthing Councils](#) have published the [draft version of their Local Cycling and Walking Infrastructure Plan \(LCWIP\)](#). The Shoreham-By-Cycle team contributed to the information that went into this document, working alongside other organisations like [Worthing Cycle Forum](#) and [Sustrans](#). This document will help Adur and Worthing Councils to secure funds that will make cycling and walking easier and safer for everyone. Now the plan is open for consultation, the councils [want your help](#) in checking it's the right way forward. This is an awesome opportunity for everyone to have a comment on the future proposals for Shoreham and to make cycling safer, easier and more accessible. The deadline for surveys and feedback is Monday 6th January.

The proposals can be found at: <https://www.adur-worthing.gov.uk/lcwip/>

Shoreham by cycles take on it: <https://shorehambycycle.org.uk/2019/11/25/a-plan-for-the-future-of-cycling-and-walking-in-adur-and-worthing-time-to-have-your-say/>

Here's the link straight to the questionnaire for those short on time:

https://docs.google.com/forms/d/e/1FAIpQLSdFYaOvQAtG-4VEAxI7eHkG96Jhau4Gi9yOTrNm_hdiCTCfLO/viewform

14. ACTIVITIES & CLUBS RUN BY EXTERNAL PROVIDERS

- **YouCrew:** There are spaces available in the YouCrew Video Creator Academy Club Mondays 3.30-4.30pm next term, for kids who would love to learn how to make their own YouTube-style videos in a fun and safe environment. The club is designed to channel the screen obsession into creativity by teaching video production and editing entirely on mobile devices. You can take a look at video highlights here: <https://youtu.be/eSCa8SiE4eA> and also there is a flyer attached.. Places are limited, and they are offering the first week as a free trial! After that, places are £8 a week. In order for your child to be able to take part in the activity there are some essential booking and image consent forms that must be completed so please email Tamara on hello@crookedtreeevents.com to find out more.
- **Sussex Academy of Music free taster lesson:** for a limited time only, SAM Music Service is offering pupils the chance to receive a one-off **free paired taster guitar or drum kit lesson**. Taster lessons are limited to one per child and will be on a Friday at 12pm, 12.30pm or 3.30pm. Learning to play an instrument can be a fantastic way to help with confidence, creativity, social skills and academic development. If you would like to register your interest, please email the school office office@stnm.org.uk Lessons will be allocated on a first come first served basis to the next available time slot so please only register your interest if you are happy for your child to have a lesson at any of the above times. You will be notified if your child has a taster lesson at 3.30pm. **How to Enquire about lessons:** email lessons@sussexmusic.com (include pupil name / school / instrument) Web: www.sussexmusic.com/schools – complete the quick and easy contact form.
What does it Cost: Individual 30min lessons are £16.70 per lesson. Paired 30min lessons are £12.45 per lesson per person. SAM Music Service is Ofsted registered and accepts payment via Childcare Vouchers (including Tax-Free Childcare), thus helping to keep the price of lessons to a minimum.

15. **Parentalk:** please see the flyer later in the bulletin for details about a course being run by Mrs Marion Harding (former teacher at St Nic's) which is aimed at Reception, Y1 and Y2 parents and carers. Marion has run many of these courses and parents find them extremely useful and informative.

16. New Year's Wellness Resolutions:

- **Yoga class:** Join Danielle to build strength and flexibility in your body and calm your mind with a new Vinyasa flow yoga class starting on Wednesdays 7.30-8.30pm from the 8th January at St Nics. First class free (to be used in January, please email to book your free space – see flyer attached).
- **Boxercise Circuits:** Head to St Nics to take part in Boxercise Circuits Mondays 7pm – 8pm. This class combines a traditional boxercise class with conditioning circuits. The class is great fun and you are guaranteed a good workout! See Gemma Fitness website for more details <https://www.gemmafitness.co.uk/>

17. Applying for a school place for September 2020: parents & carers applying for a place need to:

- Complete the County Admissions Form (online) by Wednesday 15th January 2020 (compulsory). www.westsussex.gov.uk/admissions
- Complete and return the Supplementary Information Form to school by 4pm on Wednesday 15th January 2020. and the Church Support Form, if relevant.

HOGDA SUSSEX – GO FOR IT!

Helen O'Grady Academy, Sussex run great drama and acting clubs in SHOREHAM and across Sussex after school and Saturdays: (AGES 4 through to 16), delivering an award winning & nurturing curriculum. To book a place or a free trial & see your child's confidence GROW call Gareth on: 07980 607139 or email sussex@helenogrady.co.uk
www.helenogradysussex.co.uk **Merry Christmas and HNY 2020!**



DRAMA CLASSES MAKE EXCITING XMAS PRESENTS TOO – contact us for our special gift vouchers!



Church of the Good Shepherd
Kings Walk, Shoreham Beach
invite you on
Saturday 21st December
3pm make your own Christingle
and join in the fun and games
4pm service in church
followed by a tea party

Donations to The Children's Society



www.christingle.org
Charity No 221124



The Children's Society runs local projects, helping children and young people when they are at their most vulnerable and have nowhere else to turn. They listen.

By attending Christingle for The Children's Society, you'll be helping children have a better chance in life.

The Church of the Good Shepherd also invites you to their **Crib Service** on Christmas Eve
24th December at 4.00pm.



Family Christmas At St Mary De Haura

Dates For Your Diary

-  **30th Nov - 1st Dec 10-4pm Christmas Tree Festival**
-  **1st Dec 3pm Christmas Teatime Worship**
-  **8th Dec 10am Sunday Shine**
-  **13th Dec 4-7pm Light Up Shoreham Lantern Making**
-  **15th Dec 10am "Pop Up Nativity"**
-  **15th Dec 4pm Christingle**
-  **22nd Dec 10am Sunday Shine**
-  **24th Dec 11am Family Crib Service**
-  **10am Christmas Day Service**

CELEBRATE CHRISTMAS AT KINGSTON BUCI

Sunday 22nd December

Carol Service 6pm
at St Giles

Christmas Eve

Crib Service 4pm
at St Giles

Midnight Mass 11.30pm
at St Julian's

Christmas Day

All Age Service 10am
at St Julian's

Boxing Day

St Stephen Eucharist 10am
at St Julian's



Contact us: office@parishofkingstonbuci.org.uk

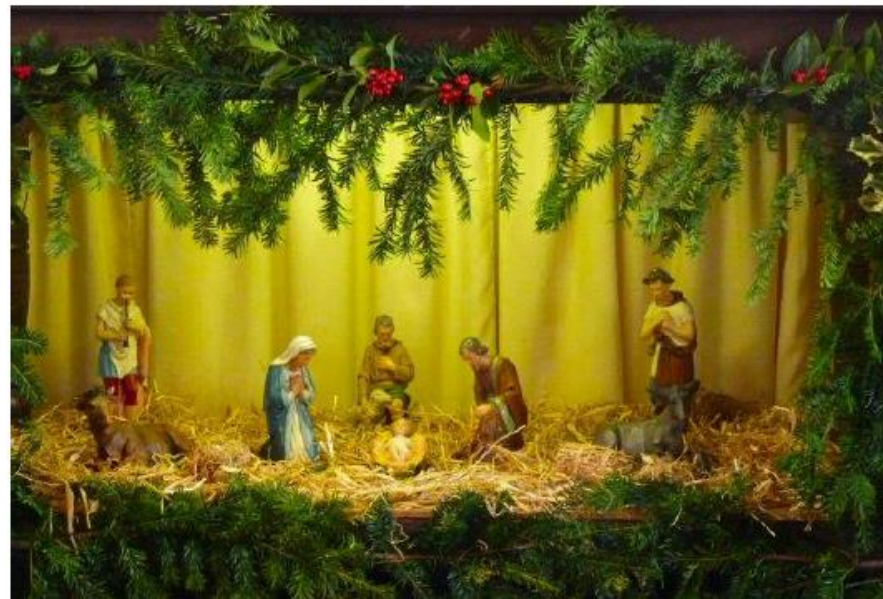
01273 593167

www.parishofkingstonbuci.org

St Julian's Church
St Julian's Lane
Shoreham-by-Sea
BN43 6YS

St Giles' Church
Upper Shoreham Road
Shoreham-by-Sea
BN43 6BT

CHRISTMAS @ ST NICS



Sunday Dec 22nd, 6pm

Nine Lessons and Carols Service

A service at which we hear the Christmas story
and sing Christmas carols.

Followed by mulled wine and mince pies

Tuesday Dec 24th, Christmas Eve

3pm Crib Service

11.30pm Midnight Mass

A service of Holy Communion to celebrate the birth of Christ.

Wednesday Dec 25th, Christmas Day

9.45am Parish Eucharist

A service of Holy Communion to celebrate the birth of Christ.



Christingle

Saturday 21st December
Church of the Good Shepherd, Shoreham Beach

3pm Come and make Christingles in the hall
4pm Christingle service followed by a teaparty
A collection is taken for The Children's Society



A great course that covers essential topics for parents of children in the primary years

A new course is starting at Shoreham Baptist Church on Tuesday mornings in the New Year starting from January 28th, February 4th and 11th, then February 25th, March 3rd and 10th. Starting at 9.15 to 10.45.



Parentalk

THE PRIMARY YEARS

A fun 6-week course to help you to be an even better parent

Contact: Marion Harding
on 07753 418 022

for dates, times and venue of the next course



www.careforthefamily.org.uk

Childrens Choice Menu

Thursday 16th January

£2.35

Choose a main

Beef Burger in a Bun & Chips

Veggie Nuggets & Chips

on the side...

Baked Beans or Salad

Tomato Ketchup

for dessert...

Jammy Jack

(flapjack)

for a drink...

Blackcurrant Squash,

Milk or Water

To enjoy our Census Day Menu, please
order at www.mealselector.co.uk
by Sunday 5th January.

Please take note ordering is for KS2 children only.



Chartwells

YOU CREW

YouTube Video Creator Academy



A fun & safe environment where kids can star in their own YouTube videos!



Mondays in Shoreham • Wednesdays & Fridays in Worthing • PLUS Every Holiday



Learn awesome mobile video editing tricks & how to stay safe online



After School Clubs • Holiday Clubs • Birthdays

Is your 7-12 year old a budding YouTube star?

Send them to YouCrew to learn how to make their own videos in a fun and safe environment, at the first club of its kind in Sussex!

**BOOK A
FREE TRIAL**

[Hello@CrookedTreeEvents.com](mailto>Hello@CrookedTreeEvents.com) 07802 749 181 www.CrookedTreeEvents.com



GIGS 4 KIDZ

Christmas party!




SUNDAY 22ND DECEMBER
From 6pm – 9pm
at the Longshore pub, Shoreham

An evening of live music, singing, dancing & festive fun for the whole family!

www.gigs4kidz.co.uk

Open to all and free entry!




Swiss Cottage New Years Eve party




with

GIGS 4 KIDZ

TUESDAY 31ST DECEMBER
3-7pm
At Swiss Cottage Pub – Shoreham

Live music, singing, dancing & Festive party fun for the whole family!

For tickets contact the Swiss Cottage
£7 for each child (adults are free!)
Includes a food buffet for the kids

www.gigs4kidz.co.uk

Tickets are limited so book early to avoid disappointment!





Secure attachments
Robust learners • Building futures



Your Space Therapies are pleased to present a Therapeutic Parenting Course in Sussex.

We are a counselling and play therapy service that work holistically with schools, parents and professionals supporting vulnerable children. We help children and their communities to have good mental health, resilience to learn and be the best they can be.



Boosting the Bond for the BEST relationship with your child



Wednesday 5th february 2020 6-8pm
£20 per ticket. Capacity 40.



Your Space Therapies are offering a unique and down-to-earth course for parents and carers providing practical ways to have the best relationship with their children. The course will offer an overview of children's emotional brain development and offer practical strategies and theraplay games to develop strong emotional bonds and help parents therapeutically manage children's anxiety or challenging behaviours.

To book please email bookings@yourspacetherapies.org

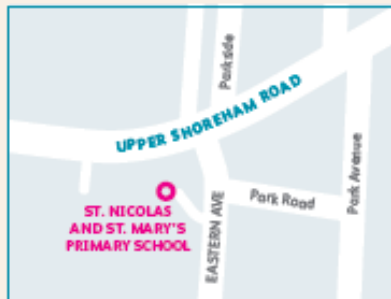
43% of delegates who have attended Your Space Therapies trainings have rated them 'excellent'.

"This course really helped me think about why my children behave the way they do and now I have practical ways to help"

"Now I have helpful ways to respond when my children are angry or upset"

"I loved learning the therapeutic games"

"Learning about children's emotional brain development was fascinating"



Venue:

St. Nicolas and St. Mary's Primary School,
Eastern Avenue, Shoreham-by-Sea,
West Sussex, BN43 6PE

Did you know . . . Your Space Therapies can also provide bespoke parenting consultations as well as various therapies? To enquire please contact

info@yourspacetherapies.org

Tel: 01903 209991
www.yourspacetherapies.org

www.westsussex.gov.uk/admissions



Was your child born between 1 September 2015 and 31 August 2016?

If so they are eligible to start school in September 2020.

Apply online!

It's simple, convenient and timesaving. If your application is received after the deadline of Wednesday 15 January 2020 your chance of securing a place at one of your preference schools could be seriously affected.

You can apply online from Monday 7 October 2019. If you would like further advice or information contact:

☎ 03330 142 903

Free internet access to apply online is available at all:

- West Sussex libraries
- Children and Family Centres



W11880 08.2019

Apply online at:

☐ www.westsussex.gov.uk/admissions

Deadline: Wednesday 15 January 2020



Neither the Governors nor West Sussex County Council support or recommend the advice, products or services offered nor the organisations offering them. Individuals should satisfy themselves on the suitability of any of the advice, products or services and on the nature and standing of these organisations (or any mentioned in this bulletin or any other publication).

**BOOK SPRING TERM NOW
(JANUARY TO APRIL 2020)**

FREE
AFTER SCHOOL CLUB SESSION
If we still have space you can
Join us for a trial session
Email info@theoutdoorsproject.co.uk



"MY SON ABSOLUTELY LOVES HIS AFTER SCHOOL CLUB. HE ALWAYS COMES OUT HAPPY & SPENDS THE WHOLE WALK HOME CHATTING ABOUT WHAT HE GOT UP TO"



AFTER SCHOOL CLUB

Fun, exercise, fresh air and different activities every week
'CHILDREN 100% WASHABLE, TOWEL DRY'

Inspiring Adventure Clubs For Kids

Our mission is to encourage kids to spend time outdoors and gain all the benefits from doing so. Our priority each week is that everyone has fun and is excited to join us for our outdoors adventures. Every week is a different activity and alongside playing games and learning new skills within the club we work on promoting team work, confidence building, leadership and resilience. We encourage children to develop a sense of achievement, an awareness of the environment around them and all the great outdoors has to offer.

NEW ACTIVITIES SPRING TERM '20 INCLUDE:

**POKÉMON STACK ATTACK - EVOLUTION GAME - BUG HUNTING
ECO PLANTING - SHELTER BUILD - CAMP FIRE COOKOUT
TOFFEE APPLE MAKING - GIANT CATAPULT BUILD
SURVIVAL DASH - MEXICAN GODS' EYES
NERF* & LOADS MORE FUN & GAMES**

"My daughter has asked if she can attend the After School Club until she leaves school"

"I've seen my son's confidence grow during his time spent doing The Outdoors Project. Oh the staff are FAB!"

AFTER SCHOOL CLUBS WILL RUN ON THE FOLLOWING DAYS AT THE FOLLOWING SCHOOLS:

ARUNDEL COFE SCHOOL, ARUNDEL	MON	SOMPTING VILLAGE PRIMARY, SOMPTING	THURS
CHESSWOOD JUNIOR SCHOOL, WORTHING	TUES	STEYNING COFE PRIMARY SCHOOL, STEYNING	MON
DOWNSBROOK PRIMARY SCHOOL, WORTHING	WEDS	ST NICOLAS AND ST MARY COFE PRIMARY SCHOOL	WEDS
EASTBROOK PRIMARY ACADEMY, SOUTHWICK	WEDS	SHOREHAM-BY-SEA	FRI
ELM GROVE PRIMARY SCHOOL, WORTHING	MON	SWISS GARDENS PRIMARY SCHOOL, SHOREHAM-BY-SEA	FRI
GLEBE PRIMARY SCHOOL, SOUTHWICK	FRI	THE GLOBE PRIMARY ACADEMY, LANCING	TUES
HANDCROSS PARK SCHOOL, HANDCROSS	MON	THE LAURELS PRIMARY SCHOOL, WORTHING	WEDS
HEENE COFE PRIMARY SCHOOL, WORTHING	WEDS	THE TOWERS CONVENT SCHOOL, UPPER BEEDING	THURS
SEASIDE PRIMARY SCHOOL, LANCING	FRI	UPPER BEEDING PRIMARY SCHOOL, UPPER BEEDING	THURS
SHEDDINGDEAN COMMUNITY PRIMARY SCHOOL, BURGESS HILL	FRI	WATERFIELD PRIMARY SCHOOL, CRAWLEY	TUES
		WEST PARK COFE PRIMARY SCHOOL, WORTHING	

OFSTED REGISTERED // CHILDCARE VOUCHERS ACCEPTED

MORE INFO & BOOK: WWW.THEOUTDOORSPROJECT.CO.UK

HOLIDAY CLUBS - SAPLING PARENT & TODDLER GROUP - BIRTHDAY PARTIES - SCHOOL WORKSHOPS - AFTER SCHOOL CLUBS



**FRESH AIR.
FRESH ACTIVITIES.
FRESH ATTITUDE.**

A FRESH APPROACH TO CHILDCARE.

BIRTHDAY PARTY VOUCHER
BIRTHDAY CHILD GOES FREE
(MINIMUM 10 GUESTS)
EMAIL OR TEL TO BOOK
QUOTE CLUB MEMBER

FEBRUARY HALF TERM HOLIDAY CLUBS

17TH-21ST FEBRUARY. LOCATIONS: VICTORIA PARK, WORTHING AND BUCKINGHAM PARK, SHOREHAM

The Outdoors Project Ofsted registered clubs provide high quality and hugely fun childcare for 5-12 year olds.

The Outdoors Project mission is to encourage kids to spend quality time outdoors and gain all the benefits from doing so! Fresh air, exercise, developing friendships, learning new skills and above all having FUN! The club activities are a mix of energetic outdoors activities, nature based craft and team build activities.

"It's childcare during the holidays that they want to go to."

Keep an eye on the website for the full 2020 Holiday club Schedule.

ROAM CLUB T-SHIRTS

Many children wear the T-Shirts over their uniform when they attend the After School Clubs and will now be adding their badges (see below). T-Shirts are available, just add the T-shirt to your basket at time of booking.



LOYALTY STAMP CARD REWARDS

Finally they have arrived. Club attendees have received the first of our super cool new Stamp Card Patch rewards. They can be sewn onto club T-shirts, bags or kept as collectables. These have been uniquely designed for The Outdoors Project. Loyalty Stamps can be collected at After School Clubs, Holiday Clubs, Birthday Parties or school workshops.

AMBASSADORS AWARD

Each term we will be awarding The Outdoors Project Ambassadors award. There are so many positive things to say about all the members who attend our club and it has not been easy for the club leaders to pick their Ambassadors. The chosen children will come home with their certificate and a special patch to recognise their efforts. The Ambassadors are chosen for many different reasons: from growing in confidence, being helpful, polite, particularly supportive to others, a team player...



"The kids come back full of tales about the activities and the friends made"

"Creative, Energetic, Fun"

"I didn't need to ask whether my son had a good day, his smile said it all"

"Incredibly motivated and dynamic team"

"The staff are brilliant, great personalities and fantastic with the kids"

NEVER MISS OUT
Be the first to hear when 2020 Clubs go on sale.

JOIN OUR MAILIST

Receive discount offers & be the first to hear when new clubs go on sale and you'll be entered into our monthly prize draw to win a £50 Outdoors Project voucher.

MORE INFO & BOOK WWW.THEOUTDOORSPROJECT.CO.UK

Packed Lunch Guidelines

What are the Packed Lunch Guidelines for?:

To help schools encourage parents to supply healthy packed lunches that are equally as nutritious and beneficial as hot school meals. Packed lunches should be nutritionally balanced and in line with the national 'School Food Standards', which hot school meals are required to comply to.

What does this mean for parents?:

As the government have set nutritional standards for hot school lunches, we wish for children who eat packed lunches to have the same varied, balanced diet at school. Below is a quick checklist to help parents, children and school staff to see if lunches are healthy.

Food Type	Example	How much?
Fruit and vegetables	Apple, berries, carrot, cucumber, raisins, banana, tomato, pear, sugarsnap peas, orange, kiwi	At least 1 portion every day.
Meat, fish, eggs, non-dairy protein	Chicken, pork, beef, tuna, lentils, kidney beans, chickpeas, houmous, falafel	At least 1 portion every day.
Oily fish	Salmon, sardines, anchovies, mackerel	At least 1 portion every 3 weeks.
Starchy food (inc. wholemeal bread)	Pitta, rolls, wraps, sliced bread, pasta, rice, couscous, potatoes (not crisps), noodles, rice cakes (non-yoghurt or chocolate coated)	At least 1 portion every day.
Dairy	Semi-skimmed/ skimmed milk, cheese, low sugar yoghurt, fromage frais, low sugar custard pot	At least 1 portion every day.
Drink (Schools provide free water)	Water, fruit juice*, smoothie* (*maximum 150ml), semi-skimmed/ skimmed milk, low sugar yoghurt drink	At least 1 portion every day.
Meat products	Sausage roll, individual pies, corned meat, sausages	Occasionally, not every day
Cakes and biscuits**	Angel slice, jammy dodgers, bakewell tart, oreos, flapjacks *(Look for snack sized and reduced sugar/fat versions. Does not include chocolate)	Occasionally, not every day (encourage child to eat as part of a meal)
Salty snacks	Crisps, nuts	Not to be included
Confectionary	Chocolate, chocolate coated biscuits, cereal bars, processed fruit bars, sweets	Not to be included
Sugary soft drinks	Squash, fizzy drink (even if no added sugar or reduced sugar), fruit shoot, capri sun	Not to be included

I struggle to meet the 'Rate-my-lunch Challenge' guide/ my child has dietary requirements, can I order hot school meals?:

Let us know if your child has allergies or intolerances so we can work with you. Faith or vegetarian meal requests will also be respected. Our caterer Chartwells, cater for dietary requirements where possible. To ask about a special diet please email westsussexspecialdiets@compass-group.co.uk.

What if I don't follow the Packed Lunch Guidelines?:

The school advise parents to follow the guidelines, so that all children can eat healthily at school. School staff will continue to monitor packed lunches, along with the hot school meals service. Be advised that our hot school meals meet the Governments School Food Standards and is independently checked and endorsed.

For more information on Chartwells or to book meals, visit: www.loveschoolmeals.co.uk or call 01243 836130.

Did you know? Only 1.6% of primary school packed lunches met the Governments School Food Standards that hot school meals are required to meet?

*As shown in research by the University of Leeds, 2016.

You may like to use this activity to see how healthy your lunches are:

Rate-my-lunch Challenge!

Take a look at your lunch and see what boxes you can tick! Look at the food group or the picture, and put a tick in the box next to it if it is in your lunch across the week. You should be able to tick the green boxes every day, the amber boxes 2-3 days out of 5, and the red boxes should stay empty! How well did your lunches do? Take a look at the Change4life website for tips and sugar swaps: <https://www.nhs.uk/change4life/food-facts/sugar>

Green = Everyday Well done if you are ticking green!
 Blue = Once every 3 weeks (as a minimum).
 Amber = 2-3 days a week is fine for a treat.
 Red = None at school please.



Food Type	Examples	Is it in your lunch today?					
		Example	Mon	Tue	Wed	Thu	Fri
Fruit and veggies							
Meat, fish, eggs, non-dairy protein		✓					
Starchy food (normally light brown)		✓					
Dairy (milky food)		✓					
Drink		✓					
Oily fish		✓					
Meat products							
Cakes and biscuits		✓					
Salty snacks							
Confectionary							
Sugary soft drinks							

Did you know? Less than a fifth of packed lunches contained vegetables or salad, while more than half contained too many sweet snacks? *University of Leeds, 2016.
 Don't let your packed lunches be unhealthy!