

# Muswell Hill Primary School

## April Newsletter – Issue No. 10



### Contents:

- A Night at the Exhibition
- Some Night at the Exhibition photos
- Summer Term – after- school activity clubs and Start Sporty
- School Meals
- Book Week Tweet
- Acts of thoughtfulness
- Stephen Lawrence Day
- Packed lunches

## A Night at the Exhibition



**'I am mindful of the extraordinary effort that an event such as this requires, and I'd like to say thanks and congratulations to the staff who deserve all of the plaudits and adulation for making the event up there with the best I have ever seen at MHP.'**

**'Extraordinarily fantastic!'**

**'Huge congratulations for last night ... I have never seen such a beautiful, vibrant and creative event at any school.'**

**'Just a note to let you know my thoughts on yesterday's 'Night at the Museum' event.**

**Wow. The email teasers had raised a level of expectation in my mind that I thought might be hard to meet - but the reality completely blew any concerns out of the water!'**

**'The Georgia O'Keeffe inspired art work and the World War 2 displays were a particular stand out for me.'**

**These are quotes from just a few of the many emails we have received this morning after the Night at the Exhibition event yesterday – the building was humming with excitement and the children are going round again with their teachers even as we write. We were delighted to see so many of you here – thank you for coming – we were all so pleased to share the children's fantastic learning with you.**

## Just before ... The Night at the Exhibition



We heard some of you were furiously tweeting and WhatsApp-ing photos yesterday evening – please send us some of your best moments that we can share on the school website.

Parent View gives you the opportunity to tell both us and OFSTED what you think about our school. You can leave comments at <https://parentview.ofsted.gov.uk/>

## Summer Term - after-school activity clubs and Start Sporty

A reminder that in order to make access to all the after-school activity /Start Sporty clubs run by the school completely fair, we ask you to either register your interest if your child wishes to join a club, or to confirm if your child wishes to continue with a club. If there are insufficient places we will draw names from a hat and notify you of your place in the first week back after the Easter Holiday; all activity clubs start the week beginning 29 April 2019. School-run activity clubs are:

Reception Football – Wednesday and Friday lunchtime

KS1 Mandarin – Monday at 3.35pm

KS2 Mandarin – Wednesday at 3.35pm

Kung Fu/Tai Chi Years 2 – 6 – Tuesday at 4.45pm

Choir – Wednesday at 3.30pm

Orchestra – Wednesday at 8.30am

Start Sporty – Monday to Friday 8.00am

You have recently been sent information about all the clubs and you can also find this information on the website.

## School Meals

Many thanks to the Food Group parents who have been visiting the school for lunch in the last two weeks and who have given us some incredibly constructive feedback; work will carry on after the holidays and we'll keep you posted.

## Tweet from Book Week



**Kev Payne** @Hugsfrom... · 07/03/2019 ✓  
Had a wonderful World Book Day with the brilliant children at Muswell Hill Primary. Found out it is the local of @MichaelRosenYes too. Very excited! Such a vibrant, creative group of children. Made me feel very welcome. Thanks for having me!



## Acts of thoughtfulness

The mother of Hux, one of our Year 6 children, would like to thank Hux. She wrote:

'I have fallen and hurt my leg, and I am on crutches. Hux saw how hard it has been for me to get around, so he drew a diagram for TFL telling them how his mum had hurt her leg, and got a great reply!'

## Stephen Lawrence Day

Some of you may know that it is Stephen Lawrence Day on the 22nd April (Bank Holiday Monday) but his service of remembrance is on Tuesday 23 April when we return to school.

We will be celebrating his life on Tuesday by asking all the children to think about the theme 'Living your best life' and to make an affirmation that they will strive to be the best versions of themselves that they can be. We will give each child a tag (or a piece of ribbon for the younger children). Wool will be wrapped around trees in the playground and these tags and ribbons will be attached creating a walk way through the trees. We will then take a photo of this and send it to the community and to Doreen Lawrence.

If you would like to come and offer your own affirmation there will be tags available in reception on Tuesday and we will add these to the others in the playground.

## Packed Lunches

As you may know we are actively seeking to improve our school meal offer at the school by making them healthier ; only crackers, fruit and jelly are offered as desserts on four days a week and children have a 'pudding treat' on a Friday. Many parents/carers of children who have packed lunches have joined in with this initiative which has been incredibly supportive and we will be introducing a revised food policy in the summer term.

We have had a lot of questions about 'what's a treat', 'what's a healthy packed lunch' etc. so we thought it may be helpful to include the answers to some of the questions that you might have here:

### **Why are you introducing more rules? As parents we would like to decide what to provide in our children's packed lunches**

- *Being a Healthy School means we want to do everything we can to encourage healthy food and drink choices and we want to work with you to do this.*
- *Evidence shows that some packed lunches can be less nutritionally balanced compared to school meals.*
- *We hope that the policy will provide a simple guide for parents and that it will help to clarify confusing food marketing messages found on many packaged foods.*

### **How can I get my child to eat more fruit and vegetables?**

- *You could provide your child with a wide variety of fruits and vegetables in their packed lunch and find out which ones your child likes.*
- *Praise your child for eating fruits and vegetables and try to avoid making negative comments.*
- *Changing from packed lunches to school meals may encourage your child to eat a greater variety of fruits and vegetables.*

| <b>Fruit ideas</b>                       | <b>Vegetables ideas</b>                           |
|--|---|
| Canned fruit in natural juice            | Grate vegetables for sandwich filling e.g. carrot |
| Fruit pieces in natural or Greek yoghurt | Vegetables sticks with dip                        |
| Banana or strawberry sandwich            | Pasta, rice or couscous salad with vegetables     |
| Add apple to green salads                | Canned vegetables e.g. no added salt corn         |

## What is considered a healthy drink? Isn't fruit juice healthy?

- *Water and milk are the best choices for hydration and to strengthen children's teeth.*
- *Current UK dietary recommendations outline that no more than 5% of total dietary energy should come from free sugars, which are found in 100% fruit juice, fruit juice containing less than 100% fruit and other sweetened drinks. Many children are currently consuming on average, three times the recommended amount of free sugars, which can contribute to tooth decay and weight gain.*
- *The recommendation is that 100% fruit juice or home-made fruit smoothies should be limited to no more than 150ml per day to prevent tooth decay. They can provide a good source of vitamins, minerals and calcium but need to be limited due to their high sugar content.*

---

### Healthy drink ideas

Water (can be flavoured with fresh mint and cucumber)

Milk

100% fruit juice diluted with 50% water (more tooth friendly when eaten with a meal)

Homemade fruit smoothies (more tooth friendly when eaten with a meal)

---

## Children on school meals receive a pudding treat on a Friday, so why can't children with packed lunches have sweet cakes and biscuits?

- *School meal puddings adhere to the National School Food Standards, and are fruit or dairy based and contain reduced amounts of fat and sugar.*
- *Providing a fruit or dairy based pudding can be a great way of encouraging children to eat more fruit and dairy foods and is a treat on a Friday.*

---

### Fruit and dairy based pudding ideas

Fruit salad

Tinned fruit in natural juice with yoghurt

Plain custard

Plain rice pudding

Fruit based cakes or crumbles

100% dried fruit or 100% fruit based snacks (more tooth friendly when eaten with a meal )

---

## Are baked crisps OK in packed lunches?

- *Although the fat content of baked crisps may be less than original types, the salt content still remains high.*
- *Too much salt in a child's diet affects their hydration and can lead to high blood pressure later in life.*

---

### Healthy snack ideas

Rice cakes with cream cheese

Plain pop corn

Rice cakes with tomato slices

Fruit pieces

Bread sticks with beetroot dip

Vegetable sticks

---

## What types of yoghurts are best?

- *Low fat natural yoghurt, Greek yoghurt or fromage frais are best for children to have in their packed lunches daily.*
- *Including a portion of dairy in your child's packed lunch is important for the development and growth of their bones and teeth.*
- *Sugary flavoured yogurts such as Muller corners and Frubes contain free sugars, which can contribute to tooth decay and weight gain.*

---

### Yoghurt ideas

Natural yoghurt with fresh, dried or tinned fruit

Natural yoghurt with cinnamon and nutmeg

Greek yoghurt with un-toasted muesli

Greek yoghurt with fruit compote

Bircher muesli

---

### How can I reduce the fat content of my child's packed lunch?

- *Reducing how often packaged foods are in your child's packed lunch will help. Many packaged foods such as pepperoni, croissants, brioche buns, sweet biscuits and cakes contain surprisingly high amounts of fat.*

---

### Healthier options

Hummus with crackers

Cream cheese and crackers

Tinned corn and beans mixes

Pieces of cheddar or mozzarella cheese

Bagels or English muffins

Tinned tuna in spring water or oil and crackers

---

Just to confirm confectionary, cakes, biscuits, crisps and sugary drinks should NOT be included in packed lunches. These items are not needed as part of healthy diet and are high in fat, sugar and salt which can lead to weight gain and health problems in both the long and short term, such as tooth decay, heart disease and diabetes.

We will send more information about our revised Food Policy in the Summer Term.

**Best wishes for a relaxing and restful time the Easter break.**

**We look forward to welcoming the children back on Tuesday 23 April 2019 at 8.55am as normal.**

**For those families who will be back a little later because they are celebrating Passover – we look forward to seeing you after the celebrations.**