



Eastern News

Friday 29th November

Christmas Concert times and tickets... £2 per ticket

The big day is nearly here, (not Christmas Day, but your school Christmas nativity production!) The whole school are hard at work learning songs, words and actions, and we are sure you will enjoy. So that we can make sure the school hall is safe, we will be selling only 2 tickets to each family first of all. Once everyone has had a chance to buy their tickets, we will then be selling all of the extra tickets on Friday 13th December. Please keep a look out for order forms and letters home to avoid disappointment!

Tickets for pupils in Mrs Thomas's N/R class, can buy their two tickets direct from the box office (Mr Houten and Miss Thomas!)

What is happening in our diary?

Wed 27/11/2019 to Wed 04/12/2019	School Book Fayre
Fri 06/12/2019	Year 5 - transition day Design and Technology Day 'Festive Fun'
Thurs 12/12/2019	Mrs Thomas's class Christmas concert 2:00pm
Fri 13/12/2019	Mrs Thomas's class Christmas concert 9:30am
Friday 13/12/2019	Christmas Jumper Day
Tue 17/12/2019	Christmas concert day - school hall 9:30am and 2:00pm
Wed 18/12/2019	Christmas concert day - school hall 9:30am and 2:00pm
Thurs 19/12/2019	School Christmas dinner day
Fri 20/12/2019	Last day of term
Mon 06/01/2020	INSET DAY
Tue 07/01/2020	Children back to school
Fri 31/01/2020	Y6 - transition / Humanities Day
Mon 17/02/2020	Half term
Mon 24/02/2020	Back to school
Tue 17/03/2020	Y5 - transition / Creativity at YCB 'Little Shop of Horrors'
Fri 03/04/2020	Last day of term
Mon 20/04/2020	Back to school
Mon 25/05/2020	Half term
Tue 16/06/2020	Y6 - transition / Science and Technology Day
Fri 26/06/2020	Y5 - Maths in the Park, Margam Park

Packed lunches...

As we all know keeping our children healthy does become a little more difficult as we lurch towards Christmas, especially with chocolate every morning in advent calendars! This is a plea to all mums, dads and carers who are busy making packed lunches to try to keep the amount of chocolate or sweets to a minimum! There are loads of good ideas on <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes> for packed lunches.



As tough as it is at times to pack a healthy lunchbox, it will help keep those bugs and sniffles away!

Update...

Thank you to all parents who have checked their children's phones, social media and internet settings. Making sure all pupils are safe is of paramount importance to us. Thank you also to nearly everyone in our school community for sensible parking when dropping off children - we have had very few instances of parking on yellow zig-zags! All good news! Only one request this week... please could all the dog owners keep their dogs away from the the school gates at the end of day when pupils are leaving school. Thank you .



School Contact Details

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LUNCHBOX BUILDER

CREATE A MAIN

USING A PORTION FROM EACH OF THE FOUR GROUPS BELOW



SNACK

NOW CHOOSE ONE OR TWO YUMMY SNACKS



FRUIT & VEG

FINALLY ADD TWO FROM YOUR FIVE PORTIONS A DAY



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

PUZZLES

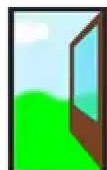
Say the Color of each Word!

(Don't read the word)

How Fast can you say it?

black white yellow green red blue
yellow red black green white red
white green red black yellow green
black white yellow green red blue
white green red black yellow green
yellow red black green white red
white green red black yellow green

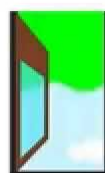
Which door is different ?



A



B



C



D