

The Oaks Primary School

Rochester Drive, Ellesmere Port, CH65 9EX 0151 305 5940

admin@theoaks.cheshire.sch.uk



@theoakscp



The Oaks Primary School



Good afternoon families,

Next week is Children's Mental Health week across the country and as a school, we will be starting a programme called My Happy Mind. The children will be learning about how their brain works and how to stay healthy.

We have increased the amount of PE and other activities that children can get involved in this academic year to support the health of all children. We will now be focusing on healthy eating.

Our school meals are supplied by Edsential, who source meat from local butchers, ensure that all products meet the highest food standards and ensure that there is the advised amount of each food group on the children's plates. Packed lunches in some cases are a cause for concern.

We will be talking to the children about the amount of sugar that is in various food and drink items. We ask for your support in ensuring that the following items are never in packed lunches or brought in for snack:

- Sweets and chocolate bars
- Fizzy drinks
- Energy drinks such as 'Prime'

When children get a sugar rush, it is followed by a dip which can cause fatigue and hinders concentration. Any of the above items will be kept aside and sent home at the end of the school day.

Examples of a healthy snack could be fruit, crackers or cheese. Water is much better for children's teeth than juice.

Many thanks for your support.

Mrs Louise Roberts—Headteacher

Our Food Festival takes place at 3:30pm on Thursday 9th February. Please bring a donation to our food bank. Each person will be given one ticket for a bowl of food of their choice. All are welcome and we look forward to seeing you. Food is not prepared on school premises therefore we cannot guarantee allergens.

Forthcoming dates for your diary:

Breakfast club is open daily from 8:00am priced at 50p per day

Thursday 9th February 3:30-4:30pm

Food Festival in hall—all welcome

Friday 10th February

Cricket festival at The Oaks with St Bernard's school visiting. Information will come out on a separate letter

Thursday 16th February

Year 5 & 6 girls group to mini basketball event

Friday 17th February 3:15pm

School closes for half term break

Clubs are on as normal.

Monday 27th February 8:45am

Back to school for all children

St Thomas' have extended their kindness and supplied us with food hampers for the half term period. If you have not already signed up, all hampers have now been allocated.

Children entitled to free school meals will receive a £20 ASDA voucher before February half term. We will send out a text when these are ready to be collected.

Don't forget: