

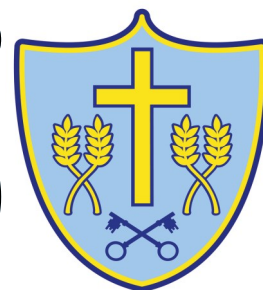
## St. Peter's Elwick CE Primary School

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News to You - Weekly Newsletter

Week 5 - Summer Term - 18.05.18

### Message from the Head Teacher

Dear Parents/Carers,

The first thing to say is how proud we are of our Year 6 pupils this week taking their SATS tests. Their attitude was fantastic and they certainly lived up to our motto of 'Always our best'. Their morning dancing has certainly kept me entertained this week, and I think my dancing may have amused them! We are really proud of them all so well done! A big thank you to Mrs. Wilson and all of the teachers and TAs for their hard work with preparing the Year 6 pupils for the exams.

You may have seen the news that our ducklings have begun hatching this week. To date we have three and they kindly arrived each morning before three SATS papers so were also a welcome start to the day for our Year 6 pupils! They are being ably looked after (and named) by the Year 1/2 pupils and a thank you to Mr Tilly-Pentlow for loaning school the incubator equipment as well as advice on caring for the eggs and ducklings.

Today has seen great Royal Wedding celebrations with a wonderful 'wedding breakfast' style lunch and wedding activities.

Wishing all our families a lovely relaxing weekend.

Mrs. Heaton

#### Government packed lunch advice

The UK government produced packed lunch guidance to support the implementation of school food standards for school lunches and ensure that children benefit from eating quality food during the school day. The guidelines are...

-One portion of fruit and one portion of vegetables or salad every day to be included in packed lunches.

-Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel.

-An oily fish, such as salmon, should be included at least once every three weeks.

-A starchy food, e.g. bread, pasta, rice, couscous, noodles, potatoes or cereals, should be included daily.

-A dairy food, e.g. semi-skimmed/skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day.

-Free, fresh drinking water should be available at all times.

-Include only water, still/sparkling, fruit juice, semi-skimmed/skimmed milk, yoghurt or milk drinks and smoothies.

-Snacks such as crisps should not be included. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.

-Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should *not* be included. Cakes and biscuits are allowed but these should be part of a balanced meal.

-Meat products such as sausage rolls, individual pies corned meat and sausages / chipolatas should be included only occasionally.

**We appreciate your support in ensuring these guidelines are adhered to within school.**

#### Award Winners

##### Super Star

Early Years - Freddie Mounter

Year 1/2 - Maddy Moore

Year 3/4 - Freddie Elsdon

Year 5/6 - Matilda Elsdon

##### Golden Quill

Early Years - Rocco Da Rocha

Year 1/2 - Oliver Storm

Year 3/4 - Archie Hamilton

Year 5/6 - Euan Kirk

##### St. Peter's Key

Early Years - Marielle Corrigan

Year 1/2 - Abigail Lavelle

Year 3/4 - Isla Watson

Year 5/6 - All Year 5!

##### Maths Award

Early Years - Sophie Lavelle

Year 1/2 - Ava Hughes

Year 3/4 - Olivia Clark

Year 5/6 - Maya Hall

**Please see the next page for dates for your diary and other information...**



### Dates for your diary and other information...

**Tuesday 22nd May** - Skipping Final - Year 3/4 will be going to Brierton Sports Centre to compete in the Skipping Final.

**Wednesday 23rd May** - Year 3/4 Maypole Dance.

**Friday 25th May** - EYFS Trip to Tweddle Farm - A letter will be sent home with more details.

**Friday 25th May** - Half term holiday. School closed for one week.

**Monday 4th June** - Return to school.

**Tuesday 5th June** - Year 1/2 Trip to Salthome. More details to follow.

**Tuesday 5th June** - Year 3/4 All Stars Rugby Taster session at High Tunstall. More details to follow.

**Wednesday 6th June** - Year 5/6 Athletics at High Tunstall - A letter will be sent home if your child is taking part.

**Friday 8th June** - Phototronics - Year 6 Leavers & Sports Group photos.

**Wednesday 13th June** - Y6 Leavers Service in Durham Cathedral. More details will be sent home shortly.

**Thursday 14th June** - World Cup Football Tournament - Brierton Sports Centre - A letter will be sent home if your child is taking part.

**Thursday 21st June** - KS1 Feel Good Games event - Brierton Sports Centre - More details to follow.

**Friday 22nd June** - Sports Day.

**Monday 25th June** - Reserve Sports Day.

**Monday 25th June** - Tees Valley Cross Country Finals - A letter will be sent home if your child is taking part.

**Wednesday 27th June - Friday 29th June** - Year 5/6 York Residential.