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THROUGH KNOWLEDGE WE GROW

Newsletter 4

Headteachers Welcome

Welcome to the latest edition of the newsletter. We have had lots of activities already this year and the children have as always worked hard and enjoyed themselves. We have also been looking at lots of ways to improve the school and make ourselves work smarter, our priority as always is providing the best that we can for our children. With that in mind this will be the last paper copy of our newsletter! We are driving through a number of initiatives to make school admin paperless, provide quicker communication and be more transparent. Later in the year we will be exploring more processes and going cashless. This newsletter is a bumper edition with a number of add-ons to bring you up to speed. If you have any questions or queries, please do not hesitate as always to speak with me or Trish in the School Office.

Governor News

We have had some changes to the Governors here at Northrepps. Coralie Murray has taken on a new challenge continuing her charity work and we have a new Chair of Governors, Sam Lee. Sam was already working on the Governor team and has now taken on the role of Chair. In addition, Lisa Stickells is now Vice Chair. We are welcoming three new governors: Amanda Hawkes and Catherine Fletcher as parent governors and Angie Johnson as a co-opted governor. We would like to wish Coralie all the very best and thank her for her tireless work supporting the Governors and extend a warm welcome to all our new governors. No doubt we will hear more from them very soon!

Pre School News

It is Transition Time so that our children are really ready for school in September! Over the last few weeks Mrs Leach our Pre School Manager has been working with Mrs MacMillan, Acorn Class teacher putting together a transition plan for our pre-schoolers. Earlier in the term the pre-school pupils began having sessions with Acorn class on a weekly basis. So far they have made chapattis and pancakes together and share at least 1 story time session. Those pre-schoolers due to transition to Reception in September will also begin to be collected from Acorn class after Easter as both parents and children then get used to the new routine in readiness for next year. The integration of the Early Years group and Acorn Class has had a positive effect on both groups and the children really love it! Whether your child enters Reception here or at another school we believe a positive approach now will help them manage the change positively and successfully!

Recently during our number day celebrations we had a lovely time with Acorn class making biscuits – and we even got to eat some ourselves!



Number day making biscuits

Acorn Class

We have visited the Indian Restaurant! Acorn class had the most amazing experience recently visiting LaBone Indian Restaurant in North Walsham. During the visit the children were able to participate on making and watching food being prepared and then everyone enjoyed an Indian feast of all sorts of new and favourite foods. We thoroughly enjoyed it!



Books for Schools

We did it! THANK YOU to everyone who donated – our books have arrived! And just before World Book day.



World Book Day

We had an amazing time on World Book Day and some brilliant costumes. We all shared our love of books reading and listened to different stories.



Information Regarding Payments to School for Lunches, Trips and Clubs

During the rest of this academic year there will be some changes brought in to the way we collect money for school. This is in a drive to tackle large outstanding debts accumulating and streamline the financial process. Most importantly, we are aiming to provide much greater transparency for you and greater control of what you pay and when. What does this mean for you right now?

This term we will require any outstanding debts for lunch money to be paid by Friday 22 March 2019.

We currently are running with outstanding debts of over £150. We are unable to support this and will be sending out details to you if you have an outstanding debt and how to clear it.

We require all lunches to be paid for regularly. Any monies owed of £22 or more will result in us being unable to book a hot lunch until such time as the account being brought up to date. From September all lunches will need to be paid for in advance. In addition, on our return from the Easter Break, all clubs, including Breakfast Club will be chargeable. These charges will be kept to an absolute minimum, however, we are unable to continue to provide these services free of charge.

We are aware that there will be a price rise for our hot lunches at some time this year. As soon as we know the details we will communicate this to you.

From 4 September 2019, the start of the next academic year, we will be going cashless. This rolls out the current option we have already in place to encompass all payments. Full details and support will be forthcoming over the next few terms. In the meantime please contact the School Office with any queries.

Healthy School

Ever wondered what the hot lunch is really like and what is provided? Then come and have lunch with your child! We will be sending out invitations for you to come and have lunch with your child and see what it's all about. Watch out for updates at the end of next term.

Reminder: as a healthy school, children can bring in a water bottle for fresh water to be available all day for them. Juices or other drinks are not permitted. Help us to promote healthy habits.

Lunch box ideas: ever get stuck on what to provide? End up with the same old stuff each day? We have included some tips and ideas to jazz up what your child has and promote a healthy lunch box. Please note chocolate bars and sweets are not permitted.

Diary Dates & Events

Date	For Whom	Event
Mon 18 March	All	Mental Health Awareness training – FREE workshop for parents looking at how to support your child. 2:35pm at School. No booking required.
Fri 15 March	All	RED NOSE DAY – Mufti day £1. Come with your craziest hair and wear something red. We will also be looking for children to tell a joke in assembly!
Fri 22 March	Oak & Acorn	BOOK LOOK - PARENTS/CARERS – Oak from 2:45pm - Acorn Class from 3:15pm Please come and see your children's work books and have a chance for an informal chat with their teacher.
Fri 22 March	Acorn	Acorn Visit to Norwich Cathedral – All day (We will be back for Book look at 3:15pm)
Thu 4 April	All	Easter Bonnet Parade, Friends of Northrepps Cake Sale & Treasure Hunt! More details to follow.
Fri 5 April	All	Easter Church Service St Mary's – more details to follow Last Day of Term
Easter Holidays	All	Mon 8 April to Monday 22 April
Tue 23 April	All	First Day of Term

School packed lunch inspiration

- By [Lily Barclay - Family editor - bbcgoodfood.com](#)
- **Log on to find all the recipes listed below**

Bin the soggy sandwiches and get inspired with our healthy, speedy and scrumptious school packed lunch ideas.



Thinking of healthy and exciting packed lunch fillings can be a daily challenge – especially if you can't envisage your child happily trotting off to school with a box of sprouting mung beans, and you're not bowing to the crisp and chocolate demands. Here are some simple, fast and scrumptious ideas to bring new life to the dreaded lunchbox – and remember, the power of novelty is not to be underestimated. Healthy and happy

According to [NHS choices](#) a balanced lunchbox should contain:

- Starchy foods like bread, rice, potatoes or pasta
- Protein foods like meat, fish, eggs or beans
- A dairy item, like cheese or yogurt
- Vegetables or salad and a portion of fruit

Try something new

Cheese and pickle is not to be knocked, but if your kids are tired with the same old sandwich fillings then why not try something new?

Omelette in a bun



Combine two lunchtime favourites for the ultimate mealtime mashup your kids will love. These hearty [omelette rolls](#) can either be served warm for a quick dinner or wrapped up for a satisfying veggie packed lunch the next day. Fill the omelettes with juicy cherry tomatoes, crumbled feta and spinach for a mouth-watering bite. You could add extra salad if you like, and older children may like a touch of salsa or pickle as well.

You're a star sarnies

Use a star-shaped cutter to stamp out [six bread stars](#) from the wholemeal bread (freeze the off-cuts to make breadcrumbs). Swirl the red pesto through the cream cheese and spread onto both sides of the stars. Close the sandwich, wrap in cling film and chill in the fridge if making the night before.

Green club sandwich

Double decking bread just makes sandwiches more exciting – fact. But it also gives you license to squeeze in extra good stuff. This [green club sandwich](#) is high on energy, so kids should feel extra alert all the way through double maths. Lesley Water's sandwich filler ideas are also a great way of adding extra variety by getting creative with simple ingredients.

Super salad wraps



Help your kids to pack in the veggies with these super tasty and colourful [salad wraps](#). We've added lots of crunchy veg for texture, whilst cheddar cheese and hummus give a flavour hit. Alternatively, add tuna, chicken or egg.

For more tasty tortillas, try our [carrot & hummus roll-ups](#) or [chicken roll-ups](#).

Cheese and apple

Mix their favourite grated hard cheese with grated apple, chopped spring onions, a squeeze of lemon and a little mayonnaise. Delicious with wholemeal bread or rolls.

Creamy smoked mackerel

Skin and flake smoked mackerel fillets, then mix with a little mayonnaise and Greek yogurt. Spread onto thick wholemeal bread and top with crisp lettuce leaves.

Marmite, cheese and cucumber

Try Marmite, grated cheddar and sliced cucumber in a crusty baguette or ciabatta roll. They'll either love it or hate it.

Sandwich swap

Want to bin the sandwich altogether? There are plenty of carby options that kids should love and that can help add a bit of variety into your child's diet.

Pasta perfection



Perk up their lunchboxes with a gorgeously creamy [pesto pasta salad](#). Customise with cooked veg such as peas, green beans and courgettes, as well as an assortment of protein. Chicken, ham, prawns, hard-boiled egg or cheese are all good options, depending on dietary preference.

For more pasta inspiration, follow the 'make it for kids' swap on the [store cupboard pasta salad](#); whip up a speedy Mediterranean-style [tortellini with pesto & broccoli](#); or try this flavourful [BLT pasta salad](#) for a lighter version of a classic British sarnie.

Healthy bites



For something a little lighter yet still filling and flavoursome, make our speedy [coronation chicken salad](#). This deliciously creamy recipe uses pre-cooked roast chicken pieces along with a grain punch to save time.

Our [chicken taco salad](#) and [two-bean tuna salad](#) also work really well in the summer months. If you're worried about keeping your child's lunchbox cool, why not freeze an extra bottle of water overnight to work as a cooler – it'll give them a refreshing afternoon drink, too.

Discover plenty more [healthy lunchbox ideas for kids](#).

Feasts in a flask



If your kids fancy something warm and comforting for lunch, why not stir them up a tasty soup, a veg-packed curry or even some Swedish-style meatballs. Pack them in a wide-necked thermos flask to take to school. With these super satisfying recipes, they'll be the envy of the class on chilly winter days...

[Big-batch chicken soup](#)

[Creamy lentil & veggie curry](#)

[Super-versatile meatballs](#)

Crisp and chocolate swaps

Cutting out foods that are high in salt and sugar is a huge step to creating a healthy lunch for your child. Simply swapping crisps, sweet biscuits and chocolate bars for foods like unsalted nuts, dried fruit, chunks of cheese or a low-sugar yogurt is a huge step forward. But if you want to get creative, we have plenty of interesting ideas for [lunchbox snacks](#) that kids should fall in love with...

Fruity sundae



A sweet and fruity treat for kids needing a boost at lunchtime - yogurt swirled with mashed strawberries and topped with berries.

Seeded oatcakes

These super easy and moreish oatmeal bites are not only bursting with wholesome flavour, but also only take 30 minutes to prep and bake. Your kids might never ask for shop-bought versions again...

Sweet potato crisps

This super-simple veggie snack takes no time to make. Thinly slice a sweet potato and roast in olive oil – no added salt is needed.

Spiced apple crisps

These spiced apple crisps take a bit of time to bake, but couldn't be simpler to make. Try packing them in a paper bag to make them look more like sweets.

Melon & crunchy bran pots

Fibre, yogurt and fruit make a winning combination in these scrumptious crunchy melon pots.

[Melon & crunchy bran pots](#)

Welsh rarebit muffins

Get the kids to help make up these yummy muffins, and they can show off the results to their friends at lunchtime.

[Welsh rarebit muffins](#)

Rhubarb & custard crunch



These are great for a Friday treat. Tuck shops might not be as popular as they once were, but this classic combination of rhubarb and custard never really went out of fashion.

[Rhubarb & custard crunch](#)

New ways with fruit and veg



Creating a pick-and-mix effect can make fruit look much more attractive to kids, even if all it involves is a few extra minutes peeling and dicing an apple or adding in a couple of grapes.

It sounds ridiculous, but securing fruit and cheese on a stick can really work wonders when it comes to getting kids to eat their 5-a-day, and it takes just minutes to prepare. Whizzing up healthy dips or homemade hummus to accompany vegetable sticks is another great trick, and so much easier than you might think. Here are some ideas...

[*Rainbow fruit skewers*](#)

[*Cheese & fruit sticks*](#)

[*Smashed bean dip*](#)

[*Frozen fruit sticks with passion fruit drizzle*](#)

[*Red lentil & sweet potato dip*](#)

Discover more lunchbox ideas for kids...

[*5 easy lunchbox mains*](#)

[*Healthy lunchbox ideas for kids*](#)

[*10 budget ideas of kids' lunchboxes*](#)

[*Quick lunchbox ideas for kids*](#)

[*Kids' lunchbox recipe collection*](#)

[*10 snacks under 100 calories*](#)

[*Best kids' lunchboxes review*](#)

If you've got any ideas on what to pack in your child's lunchbox we'd love to hear them – or let us know how you got on with our lunchbox recipes...