

[Newsletter and Weekly Achievement 29.9.22](#)

[INSET Days 2022-23](#)

Friday 30th September  
Monday 5th June  
Friday 21st July

[Healthy Packed Lunches](#)

Schools are an influential setting and can have a significant impact on improving the health and wellbeing of our children. Packed lunches can contribute to almost a third of a child's weekly food intake, therefore we want to encourage healthy packed lunches for those children who bring them into school. Over the next few weeks, we will send out different healthy packed lunch recipes/suggestions which you might want to try at home.

[Some benefits of a healthy packed lunch:](#)

- It will help your child to consume a healthier diet & encourage life-long good eating habits
- They will have better levels of concentration & energy throughout the day
- It will support your child to have better oral health & to maintain a healthy weight
- A healthy packed lunch can be a great opportunity to contribute to your child's 5-a-day
- You know exactly what is included in their lunch so can see what is eaten, as well as control portion sizes
- It can reduce food waste - eg. leftovers from home can be used to make a healthy lunch

[Some healthy snack options include:](#)

breadsticks, banana bread, unsalted pretzels, malt loaf, rice cakes,  
vegetables sticks, plain popcorn, sugar free jelly

**Sample Healthy Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
Pitta with ham, cheese & sliced mushrooms	Salmon, pea & sweetcorn pasta salad	Hummus & grated carrot wrap	Cheese & tomato sandwich	Mixed vegetable frittata
Carrot & cucumber sticks	An apple	Chopped fruit salad	Tinned pears (in juice), <i>drained</i>	A banana
Slice of malt loaf	Small pot of rice pudding	Plain yoghurt with sliced fruit	Plain popcorn	Cheese and crackers
Skimmed milk	Water	Water	Skimmed milk	Water

Thank you to everyone who donated cakes and contributed to our cake sale today. We have raised over £100.

The Coding Show

The children had a fantastic time participating in 'The Coding Show'. They enjoyed first-hand experience of playing on computers, games, cameras and phones from previous decades. Children in Year 4 described it as, 'fun, amazing, enjoyable and fantastic'. It was also lovely to see parents joining in with this incredible experience after school.

	Weekly Attendance	Weekly Bennett Award	House Points	Learning Mindset - Be Kind
F2		Enaaya Mahmood Enaaya is such a polite, friendly and bright little lady. She has taken to school life really well and enthusiastically shows us what she can do	Ted Brearley	Riley Green
Y1		Toby Farnell Pratchett Toby has contributed positively to class discussions this week and is always eager to share his knowledge, particularly in science. Well done Toby!	Charlie Short	Seren Mullan
Y2		Luca Jannasch Luca has produced some fantastic writing over the past few English lessons. He has listened carefully to the instructions and taken on board all the feedback given to him. Well done Luca!! 😊	Jesse Jackson	Amelia Hudson
Y3		Olive Allington Olive has worked very hard in Maths this week. She has carefully tackled challenges and shown herself to be a resilient learner. She has also produced some excellent	Teddy Tew	Ethan Spooner

		sentences using a variety of conjunctions. Well done Olive!		
Y4		Jai Sidhabatuni Jai always works as hard as he can in all his lessons. I have been especially impressed with his effort in Reading this week. Keep it up Jai!	Kyle Hunter	Matilda Avery
Y5		Isla Carr-Colliver Isla is a model pupil. She works hard and listens attentively which means she makes super progress in all subjects. Thank you for being such a fantastic role model!	Tommy Pellegrina	Stanley Rackstraw
Y6		Sulaiman Akhtar Sulaiman is such a hard worker. He always listens well and tries to act upon advice. Keep it up	Isabelle Coe	Isabelle Smith

### Our Awards

If you have any awards you would like to share please email Mrs Short: [sshort@coit.sheffield.sch.uk](mailto:sshort@coit.sheffield.sch.uk)

Isla Carr-Colliver has achieved her level 2 in aerial hoop.

Amelia Taylor has passed stage 7 swimming.

Archie Deakin has moved up a level in swimming this week.

## Parent Teacher Progress Meetings

With parents' evening happening over the next two weeks, we would like to share with you some questions you might want to ask the class teacher in order to gain a deeper understanding of your child's strengths, progress and attainment in all areas of school life.

- What does my child do well?
- What skills does my child need to develop further?
- What activities can we do at home to strengthen those skills?
- Does my child do his/her homework efficiently and conscientiously?
- Is my child facing any struggles in class not related to her/his schoolwork?
- Is my child receiving additional help?
- How does my child get along with other students?

### Meeting Tips

- Talk to your child about school before the meeting. Ask how they think they are doing and how the teacher can help them meet their goals.
- Decide what you want to know. Make a list of what you want to know before you go into the meeting. You can even prepare questions ahead of time if it will make you feel more at ease.
- Be open and honest. Feel free to add your own observations around your child's behaviour, strengths and weaknesses.
- Find out what they're learning. Ask curriculum questions, find out what your child has learned and what is coming up in the term ahead. Know the skills your child will need to be successful in the term ahead (i.e. knowing how to multiply and divide fractions)
- Ask about strengths and weaknesses and possible solutions to gaps in learning
- How you can work together. Ask what you can do at home to help your child. Make a commitment to support your child by monitoring their homework, and helping them learn specific skills.