



Issue 158

Chapel Chat

The weekly news from Chapel St Leonards Primary School

Attendance this week:

Rec: 95%

Y1: 89.41%

Y2: 90.53%

Y3: 91.25%

Y4: 91.11%

Y5: 97.78%

Y6: 97.83%

Well done Y6, keep up the good work.

Diary Dates

Monday 19th September
Bank Holiday – School Closed

...

Thursday 6th October
Individual Photos

...

Monday 10th and Wednesday
12th October
Parents' Meetings

...

Friday 21st October
Last day of Term 1

Dear Parents and Carers,

What a busy and exciting week we have had in school: children are into the swing of things and learning is really starting to blossom already.

We have welcomed Lincolnshire Music Service into school who will be working with staff and children over the year to develop our music skills and prepare some dazzling performances for you in the coming weeks.

Next week, Friday 23rd September, we would like to welcome KS1 parents into our achievement assembly to share the amazing learning that has happened around our school. The green KS1 gate will be open between 2:30 – 2:40pm. Access to assembly will not be allowed after 2:40pm. We look forward to sharing with you.

Mr Shaw

Congratulations to our new House Captains

Our very brave Year 6 children wrote and performed a speech to the school as a campaign for votes. Congratulations to all the children that had the bravery to do this in front of the school.

A special well done to the winners:

Sandilands

Shania and Kye

Gibraltar Point

Kayden and Mason

Donna Nook

River and Daisy

Anderby Creek

Kian and Macy-Mae

Healthy Lunches and Snacks

We are a healthy school and want to ensure the children are making healthy choices. Please encourage children to bring in fruit and healthy snacks for break (KS1 get fruit).

Sweets and chocolate are not allowed as a snack. More information can be found below. Thank you



Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:

1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

Choose ONE EVERY DAY from:

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes

Choose wholegrain



Use a thermos flask to keep pasta warm



Get kids involved in the choosing/making

2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

Choose TWO EVERY DAY from:

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



Add salad to your sandwiches



Use a thermos flask for delicious soups

3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

Choose ONE EVERY DAY from:

- ✓ Milk
- ✓ Cheese – hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard



Choose low sugar dairy products



Reduce sugar: choose plain yoghurt and have fruit on the side

4 Protein Foods

for growth and repair

Pack a protein punch!

Choose ONE EVERY DAY from:

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans

Keep processed meat to a minimum

Choose oily fish like salmon once every 3 weeks



5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk – or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie

Milk, water or 150ml juice



Occasionally!

- Meat products such as sausage rolls, pies, sausages
- Plain cakes/sponges and biscuits of appropriate portion sizes



Plain cakes occasionally

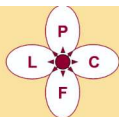
For more healthy packed lunch ideas and recipes visit www.phunkyfoods.co.uk/recipes

Hypnotherapy with Nicole

Please encourage parents to join LPCF for a free 90-minute Zoom session to help improve mental health & wellbeing.

Nicole from Hummingbird Hypnotherapy will be providing proven techniques to help us make positive changes to our lives.

These sessions are for LPCF members only. Please encourage parents to join up on the sign up page of the website.



Lincolnshire Parent Carer Forum

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Lincolnshire Parent Carer Forum

Recognised and supported by the Department for Education (DfE) under the Special Educational Needs and Disability Code of Practice (2015)

LPCF is specifically tasked with working alongside the Local Authority and Health to help ensure that the services they plan, commission, deliver and monitor meet the needs of children with Disabilities and Special Educational Needs.

More About LPCF

The Charity

The Charity is an independent members organisation overseen by a members elected group of Trustees who are mostly parents and carers of children with disabilities and/or Special Educational Needs.

The Volunteer Trustees and Volunteers are responsible for communicating and supporting parent carers and professionals, to participate with strategic decision makers and represent the views of our large membership of parents and carers.

LPCF Events



See more detail in our Events Page



Latest News



Postponement of Homework Battles workshop

due to the bank holiday for Her Majesty's funeral.

