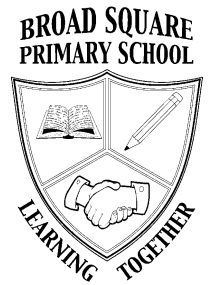




**BROAD SQUARE PRIMARY SCHOOL**  
**BROAD SQUARE**  
**LIVERPOOL**  
**L11 1BS**



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**Email: [office@broadsquare.liverpool.sch.uk](mailto:office@broadsquare.liverpool.sch.uk)**

**Headteacher: Mrs. Charlotte Foden**

<b>Overall attendance</b>	<b>91.5%</b>	
Early Years	<b>Well-done to our nursery children who had 96.9% attendance</b>	
Years 1&2 winning class	<b>Class 1H</b>	98.3%
Years 3&4 winning class	<b>Class 4B</b>	96.2%
Years 5&6 winning class	<b>Class 6R</b>	95%

Dear parents and carers,

As another fantastic week comes to an end, it is safe to say that time certainly does fly when you are having fun. It has been another busy but successful week at Broad Square.

**Reading certificates**

We have launched our reading certificates in this week’s assembly to celebrate children who are trying hard with their home reading. Thank you to parents and carers who support us with this, it really is making a difference. Watch out for our award winners on Twitter - (@Broad\_Square).

**Year 6 Residential**

Some of our year 6 children are looking forward to their upcoming residential to Barnstonale on 17<sup>th</sup> October. If any parents or carers have any questions please speak to our year 6 staff team.

**Year 3 food tasting**

Our year 3 children have enjoyed having Chartwells (our lunch providers) in to school to discuss healthy eating. They made red pepper hummus with chopped up vegetables. Ms. McNamara was so impressed with the amount of different vegetables that the children tried and enjoyed.

**Curriculum information**

Parents and carers should receive year group curriculum information sheets early next week. These provide information about what our children are learning in school this term. If you have any further questions please speak to class teachers.



**Enjoyment, Compassion, Excellence, Perseverance, Respect, Community, Responsibility**

### Maths visit

This week Miss Earle welcomed a group of teachers from other schools from across the North West to Broad Square to look at the fantastic maths teaching and learning that we have at our school. All of our visitors commented on the excellent behaviour and manners of our children.

### The Broad Square Scarecrow Festival

During the last week of term, children will be working in their classes to design and make a scarecrow. We will then display the scarecrows around our school site for children and families to enjoy. The children will be taking reading and writing opportunities from this as well as having a lot of fun. I am very excited to see the finished scarecrows as I can already sense a bit of competition between staff!

### Snacks

Our Nursery, reception, year 1 and year 2 children are provided with a fruit snack that they have mid-morning. As funding does not continue into the juniors, we allow junior children to bring in a **piece of fruit** to have for their snack. This is just a piece of fruit **not** a chocolate bar, crisps, sweets etc. As we are a healthy school, we must try our hardest to promote healthy lifestyles to our children. Thank you for your support with this.

### Water bottles

Keeping with the healthy eating message, can I remind parents and carers that if any children bring a water bottle to school it should just be filled with water and not juice.

### Healthy packed lunches

At the end of this letter, we have included guidance on what makes a healthy packed lunch. Whilst we recognize that children are going to have a small and sensible treat in their packed lunches, we cannot allow fizzy drinks or sweets to be part of our packed lunches.

### Parents evening

As I mentioned last week. Our meet parent's evenings will be held on Wednesday 2<sup>nd</sup> November. Letters will be sent out closer to the time to select suitable timings.

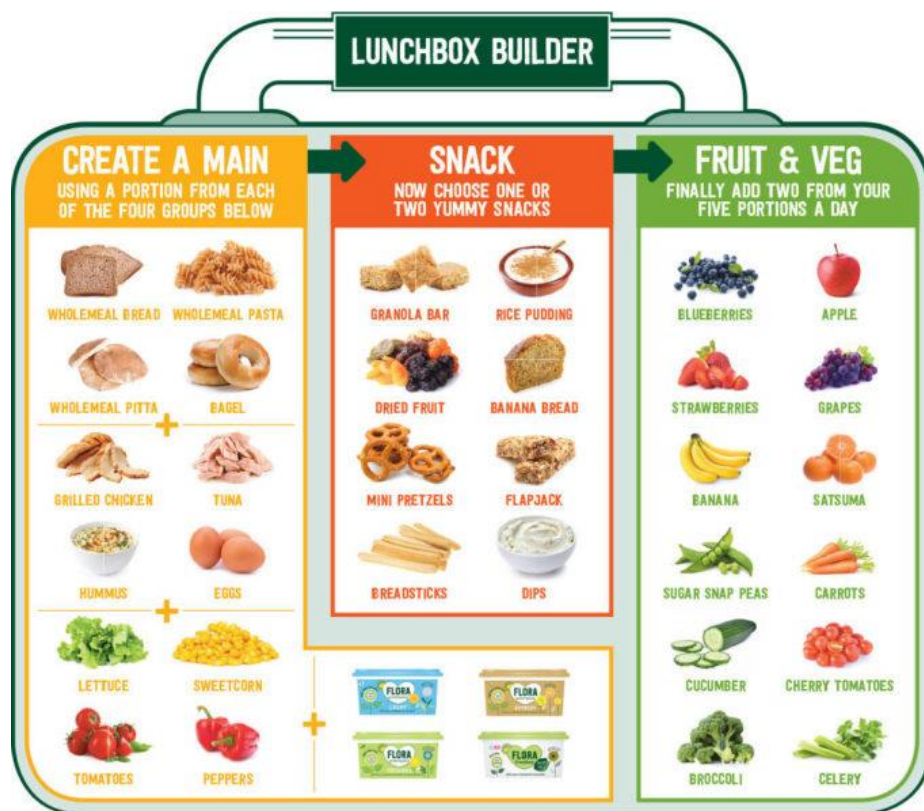


**Communication**

Myself and other senior leaders, including the safeguarding team and Ms. Jones SENCO are available to talk to anyone with any concerns or questions each morning and after school. Please let us know if there is anything that we can help you with.

Thank you again for your continued support. Have a great weekend.

Many thanks  
Mrs C. Foden  
Headteacher





# 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 soup warm



Get kids involved in the choices/decisions

## 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 sandwich



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](http://www.phunkyfoods.co.uk/recipes)

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Liverpool Attendance Quality Mark



School Improvement Liverpool

