



Weekly News



Pen Mill Infant and Nursery Academy

All of the information on this page can be found on:

- our website at www.penmillinfants.co.uk
- our school jotter App

2nd October
2020

Golden Book Pupils

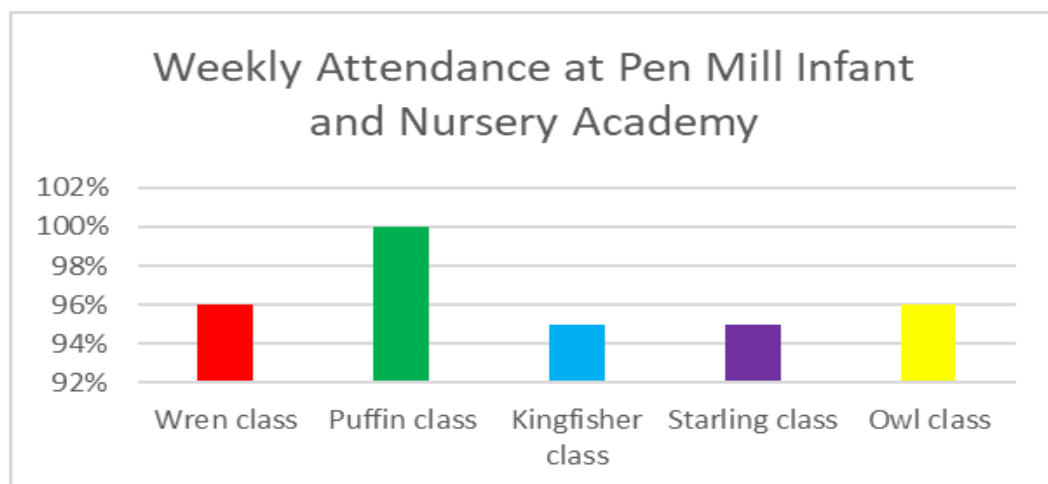
Awards were presented this week to the following children:

| | |
|------------|---------------------|
| Cygnets | Bradley & Ebony |
| Wren | Charlotte & Freddie |
| Kingfisher | Eli & Ozzie |
| Puffin | Ebony & Elijah |
| Owl | Carla & Kuzey |
| Starling | Hollie & Hollymay |

Attendance Awards

Pen Mill Academy attendance - **95%**

Our Attendance Bear was awarded to **Puffin class** who attained the highest class attendance this week with **100%**



Team Points

Well done to **Sycamore Team** who achieved the most team points this week with **119 points**

Healthy packed lunches

Just a small reminder to parents on what a healthy packed lunch should contain. Unfortunately we have had many lunchboxes that have had up to 3 chocolate bars in them recently. Please see below for healthier choices. 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 choice 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

www.phunkyfoods.co.uk

Design and print: longwaycreative.co.uk May 2018, LC 4066

Cygnets

Please can the children bring wellies in with them next week, as we would like to do some exploring on the field.

Thank you
Nursery Team

Upcoming Dates - all dates can be found on our website

| | |
|--------------------------------------|------------------------|
| INSET DAY | 23rd October 2020 |
| OCTOBER HALF TERM | 26th-30th October 2020 |
| NURSERY PORTRAITS AND SIBLING PHOTOS | 9th November 2020 |
| INFANT PORTRAITS AND SIBLING PHOTOS | 16th November 2020 |
| FLU VACCINATIONS | 18th November 2020 |

Become a school governor



**Pen Mill Infant & Nursery Academy
NEEDS YOU!!**

Want to
get involved in
your local
community?

Got
Skills
to share?

Interested
in
education?

CONTACT US
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