



St. Peter's National School Drogheda

August 2018

School Newsletter

From the Principal's desk

Dear Parents,

I hope that everyone enjoyed their summer and the recent Fleadh and we now look forward to welcoming all our pupils on **Thursday the 30th of August** for the start of the new term. We understand that this can be an exciting and sometimes anxious time for children with new classes and/or teachers. Please speak with the class teacher if you are concerned and let us know if we can do more to make the transition go as smoothly as possible.

Please read the reminders about the school's **Healthy Eating Policy** and particularly I would remind you not to send nut or products containing nuts to school. The start of the school year is a good time to take stock and improve the healthiness of the lunch you provide for your child especially if it had begun to slip towards the end of last year.

Finally, all parents are invited to the **PTA AGM** which will be held on the 11th of September at 7.30pm, followed by a Guest Speaker from The Stay Safe Programme. Stay Safe is a primary school based approach to the prevention of child abuse and bullying and is taught in St. Peter's. This short seminar is particularly for parents. Refreshments provided by the PTA will follow.

See you soon!

Ms McCullen



Back to School Service and St. Mary's Parish Fundraiser

With blessing of children and their schoolbags
(bring your bags along)

in St. Mary's Church, Julianstown

at 10.30am on Sunday 26th August

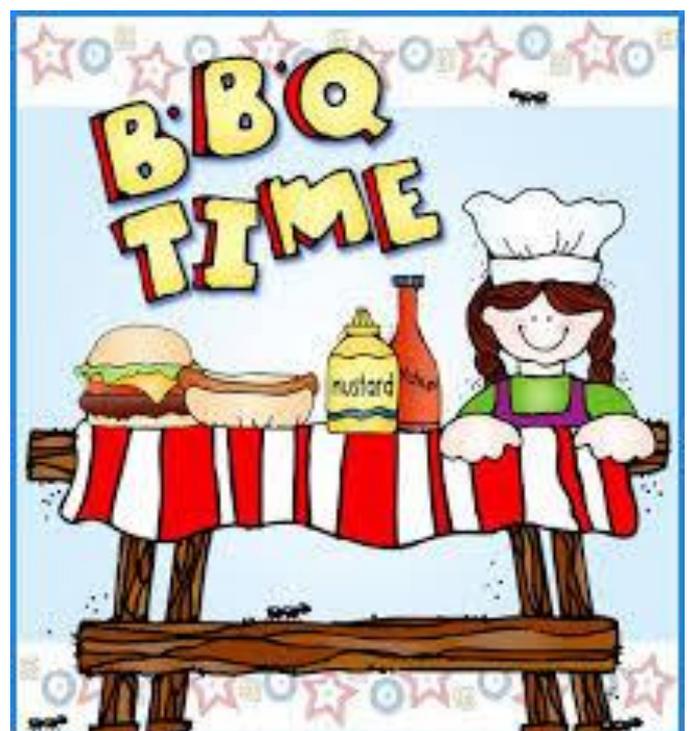
Everyone welcome

Tea and coffee in the Rectory following
Service and after that

Barbecue in the Church Grounds

Cost €10 per person of €25 for a family

Please text 086-8290828 before Thursday to
confirm numbers



REMINDERS OF SCHOOL HEALTHY EATING POLICY

Some of the healthy snacks that we encourage include fresh fruit, vegetables, cheese, standard yoghurts (non-dessert), plain rice cakes, crackers.

All pupils are encouraged to bring water or plain milk to school. Water will also be made available throughout the day if children need to refill their bottle. A water drinking font is provided on the yard and water in the classrooms is fit for consumption following the 2015 renovation and upgrade of plumbing systems in the school.

Pure unsweetened juices or well diluted sugar free squashes (1 part squash: 8 parts water) may be included but only as part of children's main lunch meal.

We ask you to be vigilant in the following:

- Avoid peanuts or any other type of nut in school lunches.
- Avoid giving peanut butter sandwiches, chocolate spreads containing nuts such as Nutella, nut based breads and cereal/health bars containing nuts or labelled "may contain nut traces" in school lunches.
- Ask children not to share their lunches.
- If your child has eaten peanuts/nuts before coming to school, please be sure your child's hands and face have been thoroughly washed before entering the school.

Chocolate spreads, chocolate/cheese dips and chewy /sticky bars, sweets, chewing gum, crisps, cereal bars, biscuits, fizzy drinks and juice drinks are not permitted during the week. However, on a Friday, a small treat is allowed. It is important that the portion of this treat is appropriate e.g. a small bag of crisps or a small bar.

In keeping with our participation in the Green Schools Initiative, foods which have wrappers are to be kept to a minimum. Wrappers should be returned to lunchboxes and brought home including yoghurt cartons.

Sweet treats for birthdays such as cakes, buns, sweets, party bags etc should not be brought into school as there may be so many birthdays that sweet treats would be too readily available.

Teachers and staff can from time to time reward children with stamps, as per our Discipline for Learning Policy, for making healthy choices and children may also be asked to return items to their lunchboxes to be taken home.