



Marine Academy Primary Newsletter

September 2022

'Where Stars Shine Brighter.'

...providing an outstanding education that ensures all pupils reach their greatest potential and live by life's highest values.

Dear Parents/Carers of Marine Academy Primary pupils,

Welcome to the first Newsletter of the academic year! Everyone has hit the ground running at Marine Academy Primary with lots of new children joining Nursery and Pre-School, sixty children joining Reception and children joining other year groups too to fill them up. You will see when reading the updates from the class teachers that resoundingly each year group has settled into the routine and high expectations from the off. We are so proud of all of our impeccable learners who are true role models and will achieve great things when they are older.

It has been an exciting September, with a moment of low as well as a huge number of highs. The children were very mature and reflective when hearing about the passing of our longest reigning monarch Her Majesty Queen Elizabeth II and engaged brilliantly in two whole school assemblies about this. September has also seen thirty children from Years 5 and 6 visit the Theatre Royal Plymouth to watch 'Beautiful – The Carole King Musical', Members of Academy Parliament visiting the Citybus depot (where Mr Stevens, the Managing Director gave us an elephant that he won at the St Lukes Hospice auction!) and thirteen children take part in the Institute of Mechanical Engineers Cardboard Boat Race! The photo at the top of this Newsletter gives you a snapshot of the incredible vessels that our children built but we were also so proud of their resilience, teamwork and enthusiasm when taking part in the competition. All of them are definitely engineers of the future!

We are delighted to be able to ensure that the children are able to take part in as many events as possible and provide the children with as many opportunities as we are able to. We continue to think of innovative ways to raise children's aspirations, provide them with new experiences and create meaningful links in their learning.

Yours sincerely,

Mrs. Siobhan Meredith

FORTHCOMING EVENTS...

DATES FOR YOUR DIARY

- 3rd October: Some children from Years 5&6 to take part in Girls Football Tournament at Manadon Sports Hub
- 4th October: Year 5 Trip to The Box
- 4th October: Year 6 Trip to Bridging the Tamar Visit Centre
- 4th October: Clean Our Patch Litter Picking session with Global Citizens Extra-Curricular Activity
- 6th October: National Poetry Day
- 6th October: Some children from Years 1&2 to take part in Football Tournament at Ernesettle Community School
- 11th October: Janner Jurassic to visit Year 1
- 13th October: Year 1 Visit to Torquay's Dinosaur World
- 13th October: Phonics Workshop for Parents/Carers with Mrs Jones
- 14th October: Some children from Years 5&6 to take part in STEMFest at the National Marine Aquarium
- 17th October: Reception Trip to Kings Tamerton Woods
- 17th October: Year 3 Trip to Kents Cavern
- 20th October: Reception to Year 6 Flu Vaccinations
- 20th October: Some children to watch 'Bugsy Malone' at the Theatre Royal Plymouth
- 20th October: Some children to attend Cross Country Fun Run at Staddiscombe
- 21st October: Last Day of Term 1
- 3rd November: First Day of Term 2



New *this* Month

Year 6 – What a fabulous start Year 6 have had to their final year of Primary School. Everyone has come back to school with a great attitude to learning. This month, Year 6 have been looking at the four operations in Maths and are also well into their class book, 'There's a Boy in the Girls' Bathroom', which has brought up some in depth conversations about relationships with others. In History, learning about the Industrial Revolution has been great, especially with the children being able to relate it to their own lives and also, Plymouth. We are all really looking forward to the year ahead!

Reception – Reception have had the most amazing first few weeks starting Primary School. We have been blown away by the children's enthusiasm during their Phonics and Maths sessions and how well they have settled into the routines and expectations. The children have enjoyed making new friends, learning new sounds and showing their new teachers 'super sitting'. The children have been learning all about themselves this term, discussing their families, facial features and talking about what they enjoy. It has been wonderful to get to know the children's likes and dislikes, while building positive relationships with them. We are looking forward to a super year!

**Work hard, be kind
and amazing things
will happen.**

Year 4 – Welcome back to Year 4, we are so pleased with how well the children have settled into the routine of Year 4 and have made an excellent start to the year! In English, the children have been reading 'Meerkat Mail' and have enjoyed innovating the story to meet different animals in the Kalahari Desert. It has been fantastic to see how engaged the children have been with reading our Guided Reading text this term, 'The Nothing to See Next Here Hotel'. They particularly enjoyed writing their own Trip Advisor review for the hotel! In History, we have been learning about the Romans and how they conquered Britain, with great team work and organisation. This was linked in their Maths lessons, where the children learnt to recognise Roman Numerals to one hundred. Science has been fantastic as we have been investigating how sound is produced. The children have been particularly fascinated with how pitch can impact sound and we explored this by creating our own musical instrument. We are so excited for the year ahead!

Nursery – Turtle Class have had a lovely start to the term. We welcomed a few new children who have settled in very well. We started our first topic 'Incy Wincy Spider' and we have been practising and singing the rhyme daily. We have taken part in some spider themed activities such as counting spiders in the waterspout and making spider biscuits. We have also had the new canopy installed and the children have enjoyed spending as much learning time as possible outside. The children have made a great start to the term, joining in with daily Rhyme Time and Number Time sessions. We look forward to taking part in more activities focusing on 'Incy Wincy Spider'.

Pre-School – The Pre-School children have had an amazing start to the school year. They have loved making lots of new friends and have completed some amazing learning. They have embraced their new topic 'Look at Me' and have loved talking about how we are all different. The children have been busy looking closely at their own faces and painting their features. In Phonics, the children have created their own listening ears that they have used to go on listening walks around the school and identified all of the different sounds they could hear. All of the staff in Pre-School are very proud of how settled all the children are and are excited to see what they are going to learn next!

Year 3 – What a fantastic start to Year 3! The children have returned with fantastic attitudes towards their learning. This term has seen the introduction of our new History topic, Prehistoric Britain. We've discussed how people evolved and what animals were around at the time. In Maths, the children have been focusing on place value and how three-digit numbers are made up. They have also used the more or less signs to compare two or more numbers. This term the children have begun taking violin lessons. This has proved very popular with many children! Lots of children within Year 3 have made a super start with logging their books in school and quizzing to achieve their next reading certificate level with Accelerated Reader. A wonderful start to our Autumn term Year 3. Keep it up!

Year 5 – Year 5 have had a fantastic start to the new academic year; they have shown a super attitude to their learning and excellent pride in their presentation. In English, the children have expanded their sentence structures by using adverbials and relative clauses to create complex sentences. Having read the invention themed story of 'Weslandia', the unit culminated in the children producing their own invention stories that were engaging and creative. In Maths, the children have refreshed and then expanded their knowledge of place value to 1 million! They have also developed their confidence in finding and using negative numbers. In History, the children have made a super start to their learning about the West African, ancient civilisation of the Benin Kingdom. They have explored the items that were traded with European countries and the artwork which made Benin such a powerful empire. In RE, Year 5 have considered the concept of 'God as a divine being' and analysed how Bible extracts and hymns view him as being holy and loving. In Science, the children have learnt about mixtures, investigating examples of them and recognising how a formulation requires a particular amount of each substance. Well done Year 5 for a mature and enthusiastic start to the year!

Year 2 – Year 2 have had an amazing start to the year! They are busy getting back into school routines and catching up with their friends. This term our topic is Vile Victorians, where we have been exploring Victorian school life and what homes were like for Victorian children. The children were shocked by the strictness of Victorian schools and experienced some vast differences when exploring our Marine Academy Rules compared to the expectations Victorian children faced, day to day. In English, the children have written some fantastic stories based on the book 'No-Bot: The Robot with No Bottom'. In Maths the children have been exploring place value and the value of each digit in a 2-digit number. The children are incredible at recalling their Year 1 learning to support this Place Value Unit; they must have worked very hard over the summer holidays to keep up such amazing knowledge. In Science, we have been investigating how to stay healthy, including our minds as well as our bodies. We are looking forward to the rest of the term and are so thankful for the support and well wishes that have been sent into the Year 2 email address. Don't forget you can contact Miss Watson and Miss Uren with any questions, concerns or to celebrate your child's learning via: year2@marineacademy.org.uk

Year 1 – The Year 1 team are so proud of how all of the children have settled into life in Year 1 at Marine Academy Primary. During the first few weeks of term, the children have been adapting to new routines. Already the children are showing independence when handing in their reading books and Home Learning. The children look so grown up sat at their tables! They have a respect for their new classroom environments and have already earned lots of Dojo Points for following the Academy Rules. The Year 1 team have been blown away with the children's Phonics knowledge and have enjoyed recommending the teaching of Little Wandle Phonics. This term, the children have been learning about dinosaurs as part of their History topic. The children have found out and shared lots of interesting facts and even got to have a go at being palaeontologists. We cannot wait for the month of October and our trip to Torquay's Dinosaur World and the visit of 'Janner Jurassic'. We thank you for your continued support and look forward to another busy and exciting month ahead. Well done, Year 1!

Potty Training Advice and Tips

Potty training your child is a significant milestone and can be a different experience for each child. ERIC, an organisation that supports families with bladder and bowel development, has produced a helpful guide for families which can be found [here](#).



Peripatetic Music Lessons



Mr. Clennel-White is really pleased to have seen so many children already wanting to take up learning a musical instrument this term; astounding! If there are any more children who want to take up one of the instruments on offer, but haven't yet had a chance to, please contact him via the [Primary email](#) and he will do his best to get them into a lesson as quickly as possible! The gift of musicianship is one that lasts for a lifetime and can lead a child's life into all sorts of amazing careers and activities! The lessons we currently have available are: Drums, Piano/Keyboards, Guitar and Singing. Mr Clennel-White hopes to hear from you soon!

RN FPS Community Support CROWNHILL COFFEE MORNING

CROWNHILL COMMUNITY CENTRE
Crownhill Fort Road, Plymouth, PL6 5BX



CROWNHILL COFFEE MORNING

Every Tuesday Term Time 0930-1100

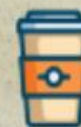
*Offering a space to gain support from
RN FPS and other Service Families*

Tea and Coffee available

Children are welcome please provide their snacks



£1.00 contribution



Reading at Home

Evidence suggests that children who read for enjoyment every day not only perform better in reading tests than those who don't, but also develop a broader vocabulary, increased general knowledge and a better understanding of other cultures. In fact, reading for pleasure is more likely to determine whether a child does well at school than many other factors. Parents are the most important educators in a child's life – even more important than their teachers and it's never too early or late to start reading together. Please remember to log your child's reading every time they read on the BoomReader App (formerly GoRead) as it helps us to support them in school with their reading journey. If you have any difficulties, please speak to your child's class teacher and they will be happy to help. Further advice about reading at home for children who are learning to read can be found [here](#).

YOUR SCHOOL NEEDS YOU! TO LOG READING ON BOOMREADER



Search: Boomreader Parent



boomreader.co.uk/parents

The more that you read,
The more things you will know.
The more that you learn,
The more places you'll go.
-Dr. Seuss

We Are Readers



TOP
10

Number of Words Read This Month:

1	Aashna (6AW) 238,794
2	Oliver T (6DK) 199,057
3	Silun (5AD) 119,057
4	Chloe (6AW) 97,644
5	Jessica (5AD) 78,713
6	Oliver M (6DK) 59,711
7	Sophie (5LI) 57,614
8	Lily (6AW) 56,591
9	Gracie-May (6DK) 55,846
10	Chase (6DK) 52,020

The total number of books and words read by children on Accelerated Reader so far this year currently stands at...

884 books and 2,456,026 words so far this year!

WOW!

SUPER READER SHOUT OUTS!

It has been an amazing month for reading and quizzing! Well done to these superstars who have been reading lots!

Daisy (RHR), Savannah (RTG), Hadley (1SU), Malakai (1SA), Victor (2CW), Noah (2JU), Joseph (3CC), Sophia (3MM), Alyssa (4LG), Zack (4NH), Ellie-May (5AD), Lennon (5LI), Lincoln (6AW) and Amelia (6DK)!

There are lots of children well on their way to becoming a word millionaire. We look forward to welcoming more member of the word millionaire club.



Healthy Eating

Recommend A Recipe!

Here is another teacher recommending a yummy, healthy recipe for you from the Change 4 Life website to try at home. We would love it if you could try these recipes at home and send in a picture of you eating the recipe with your families or a food review to primary@marineacademy.org.uk

Autumn lentil soup recipe

A lunch the whole family can enjoy together on colder days. A delicious blend of vegetables and lentils served with slices of wholemeal bread. Freeze the extra portions for handy future meals.

Ingredients

160g butternut squash, peeled (approx handful)

¼ large red pepper, deseeded (50g)

¼ medium onion, peeled (40g)

1tsp vegetable oil

½tsp mixed dried herbs

260ml water

30g dried red lentils

Small slice wholemeal bread (1 portion)



Method

- 1 De-seed butternut squash and pepper and dice into small pieces. Dice the onion.
- 2 Heat the oil in a pan and add the butternut squash, pepper and onion. Cook until starting to soften, approx 5 minutes.
- 3 Add the dried herbs, water and lentils. Bring to the boil, cover and simmer gently for 15-20 minutes until the veg is soft and the lentils are cooked. Add a little more water during cooking if needed.
- 4 Set aside to cool a little before blending or mashing until smooth. Then put ¼ of the soup into a bowl, and freeze the other three portions for other days.
- 5 Toast the slice of bread and cut into toasted fingers to go on the side



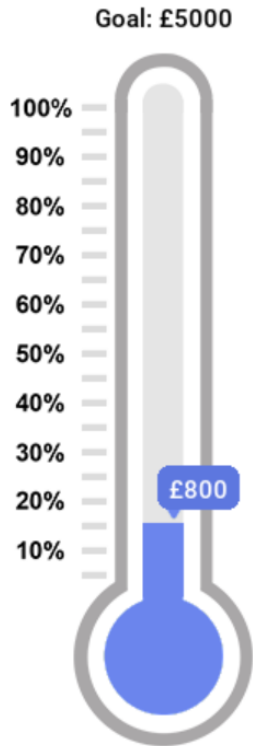
I would like to say a huge thank you on behalf of FATMAP for all of your amazing support at the Summer Fair. It was wonderful to have our community back together again. An extra special thanks to Mr Andrews, Mr Wilson and Mr Cuzner for letting the children throw wet sponges at them.

We raised £1300.00!

Look out for the Polytunnel and flowers that FaTMAP have donated to Mrs Bell. This will help the children to grow vegetables all year round.



This year, we are working towards raising **£5000** for a class set of 32 chrome books.



Creating a balanced digital diet

Like a healthy meal, a healthy digital diet can help children **to develop good online habits**. Use our **digital diet tips** to help children prioritise screen time activities in a balanced way.



**ARE YOU
ONLINE SAFETY
AWARE?**

Online Safety

Each month, we will continue to share with you some advice to further support your child to be safe online. This month's focus is 'Roblox' and how you can support your child with having positive experiences if you provide permission for them to use this.

Also, there is guidance below ensuring that your child has a balanced digital diet, including uses of the internet that you may not have considered yet. If you have any questions or concerns then please do contact our Computing Leader, Mr Druce by emailing: primary@marineacademy.org.uk FAO: Mr Druce. You will also be able to arrange a time to meet about Computing and Online Safety.



Roblox

Roblox is one of the most popular video games on the market. It offers a huge amount of creative freedom: it lets players create their own gaming experiences with the Roblox studio to build custom levels and games, which can then be shared with other players online. Roblox fosters creative thinking and enjoys a robust community of fans. In the guide, you'll find tips on a number of potential risks such as online daters, in-app purchases and contact with strangers.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many games which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about ROBLOX

Roblox is one of the most popular video games on the market. By 2020, the game's makers were claiming that more than half of children in the USA play it. As a 'sandbox' title, Roblox offers a huge amount of creative freedom: it lets players create their own gaming experiences with the Roblox studio to build custom levels and games, which can then be shared with other players online. Roblox fosters creative thinking and enjoys a robust online community of fans.

PEGI RATING 7+

WHAT ARE THE RISKS?

CONTACT WITH STRANGERS
Roblox encourages players to communicate online (including a group chat facility). This could expose children to risks such as scammers, online predators, harassment, griefers and more. The in-game chat has some filters, but isn't perfect: players can still send harmful messages to others – such as scam links or general hostility – while predators can reach out to children directly.

ONLINE DATERS
These are also called 'ODers' and are quite common in Roblox. An ODer is an individual who joins a game with the intention of finding someone to date online – and eventually meet in person. Such online dating is against the Roblox community guidelines, but this usually doesn't deter ODer's. Some player-built Roblox game worlds have even been designed with online dating specifically in mind.

IN-APP PURCHASES
Roblox is actually free to download and play, but bear in mind that there are some hidden costs. Players are encouraged to make purchases in the game, for example, using real money. People can also buy extra Robux (the in-game currency) to spend on cosmetic items in the game, which it's possible to purchase a private or VIP server.

PUBLIC SERVERS
Roblox has private or VIP servers which allow people to play exclusively with their friends, but this costs money. Most Roblox players will instead be on public servers that anyone can join. Servers can host games which focus on all kinds of aspects, including direct player interaction. Some games and servers, therefore, will put children more at risk of contact from strangers than others.

Advice for Parents & Carers

SET PARENTAL CONTROLS
Roblox comes with several parental control options, which are explained well on the game's official website. It's essential to enter the correct date of birth for your child, as that allows Roblox to automatically apply the appropriate chat filters. The game also allows parents and carers to set monthly spending restrictions and monitor their child's account.

DISABLE PRIVATE MESSAGING
Roblox's private messaging function raises the risk of children being contacted by people they may not want to speak with – potentially leading to bullying, harassment, toxicity and scam attempts. The game allows you to disable messages from anyone who hasn't been added as a friend on your child's account.

PRIVATE SERVERS
If your child has some genuine friends to play Roblox online with, paying for a private or VIP server decreases the risk of contact from strangers. Even then, however, some players could invite other people – who might not necessarily be child friendly – into the private server. If your child is a Roblox fan, it's important to talk with them regularly about who they are playing the game with.

MONITOR SPENDING
If they don't understand they're using real money, it's easy for children to accidentally spend a sizeable amount in the game. Using parental controls to place limits on their spending will help avoid any nasty financial surprises. Ensuring that you have two-factor authentication on your payment accounts also makes it harder for your child to spend money inadvertently.

DEALING WITH STRANGERS
At some point in their development, your child will need to learn how to deal with strangers online. Show them how to block and report any users who are upsetting them or asking uncomfortable questions. Talking to them about what's OK to discuss – and what they should never tell a stranger online – will help them understand how to communicate with other people online safely.

Meet Our Expert
Clare Goodwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.

NOS National Online Safety
#WakeUpWednesday

Source: <https://www.warpcorn.com/2017/12/28/334318/roblox-over-half-of-us-kids-are-using-it-what-parents-should-know>

www.nationalonlinesafety.com @atnlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 07.09.2022



SPORTS CALENDAR

Sports Events across the World this Term

- ★ FIBA Women's Basketball World Cup 2022 Australia
- ★ Alfred Dunhill Links Championship men's golf tour
 - ★ F1 Singapore Grand Prix
 - ★ London Marathon
 - ★ F1 Japanese Grand Prix
- ★ NFL 2022 London Game: New York Giants vs Green Bay Packers
 - ★ F1 United States Grand Prix
- ★ Men's Golf: WGC-HSBC Championships



At the start of each academic year class teachers produce a presentation and accompanying video to detail key information for you about the year ahead. Links to these videos and presentations can now be found on the Academy website [here](#), this page also shares detailed information about the timings of the Academy day. The links to the 'Welcome to...' presentations and videos can also be found below:

Nursery - [Video/Presentation](#)

Pre-School - [Video/Presentation](#)

Reception - [Video/Presentation](#)

Year 1 - [Video/Presentation](#)

Year 2 - [Video/Presentation](#)

Year 3 - [Video/Presentation](#)

Year 4 - [Video/Presentation](#)

Year 5 - [Video/Presentation](#)

Year 6 - [Video/Presentation](#)

Ask me five ways you can save your baby's life

What to do if your baby is choking

1. Slap it out

- > Lay your baby face down on your thigh and support their head
- > Give up to five blows between their shoulder blades



2. Check their mouth

- > Carefully pick anything out

3. Squeeze it out

- > Lay your baby on your thigh face up
- > Using two fingers, give up to five chest thrusts
- > Check the mouth. If the obstruction hasn't cleared call 999/112 for emergency help



4. Call 999/112

- > Take your baby with you and call 999 or 112
- > Repeat steps 1 to 3 until help arrives or your baby stops choking.

What to do if your baby is unresponsive

1. Check for a response

- > Tap their foot and call their name
- > If no response, shout for help



2. Open their airway

- > Gently tilt the head back



3. Check for breathing

- > Look, listen and feel



4. If they are breathing

- > Hold them in the recovery position (see below)
- > Call 999/112 for help

If they are not breathing

- > Call 999/112
- > Give CPR until help arrives.

What to do if your baby has stopped breathing

If your baby is unresponsive and they are not breathing, follow these steps to perform CPR

1. Call 999/112 for an ambulance

- > If you're alone, give one minute of CPR before calling on a speaker phone

2. Breathe

- > Open airway
- > Put your lips around their mouth and nose and blow steadily for up to one second
- > Give five initial rescue breaths



3. Pump

- > Using two fingers in the centre of the chest, give 30 chest compressions at a rate of 100-120 per minute



4. Repeat

- > Give two rescue breaths followed by 30 chest compressions
- > Continue CPR until help arrives.

What to do if your baby has a seizure (fit)

Make it safe

1. Clear objects that may cause your baby injury

2. Don't try to restrain them

- > Put soft padding around them

3. Cool them

- > Take away bedding and remove a layer of clothing when the seizure has stopped

4. Put them in the recovery position

5. Call 999/112 for emergency help

- > When seizure has stopped, put them in the recovery position while you wait.



How to hold a baby in the recovery position

1. Cradle them in your arms, with their head tilted downwards



2. Call 999/112 for emergency help

3. Monitor their breathing, pulse and level of response



ACTIVE AUTUMN

Here are some ideas to promote mental and physical wellbeing this Autumn...

- ★ Go for an Autumn walk amongst the carpet of red, yellow and orange leaves!
- ★ Go rock pooling to see what creatures you can find!
- ★ Collect conkers
- ★ Collect pinecones- why not make decorations or a bird feeder
- ★ Watch an Autumn sunset
- ★ Toast marshmallows
- ★ Make hedgehog bread
- ★ Go pumpkin picking
- ★ Go star gazing
- ★ Fly a kite



Hedgehog Bread

Ingredients

340g strong white bread flour

1 ½ tsp quick yeast (about half a packet)

1 tsp sugar

A pinch of salt

1 tbsp vegetable oil

220ml hot water (cool enough to touch)

Handful raisins for the hedgehog's face

Method

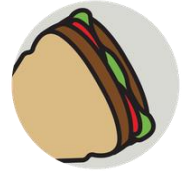
1. Put the dry ingredients into a bowl and combine them.
2. Add in the tablespoon of vegetable oil and then the water.
3. Start to mix together. As it starts to come together, get your hands in the bowl and start to knead the dough.
4. If the mixture is a little sticky, add some more strong flour and if it's a little dry, sprinkle on some more water.
5. Once the dough is combined, turn out onto a lightly dusted surface and knead the dough. It needs around 5 minutes of kneading.
6. Once the dough is kneaded, divide into 4 or 5 small rolls and shape them into mini hedgehogs.
7. Using scissors, make little snips on the back of the hedgehog to create spikes.
8. Add little faces to the hedgehogs using the raisins.
9. Leave the hedgehogs to rise for an hour.
10. Put the hedgehogs into the oven for about 25 mins on 200°C.

Lunchbox Tips

It can be tricky thinking of ideas for a healthy lunchbox; below are some useful tips from the NHS.

Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.

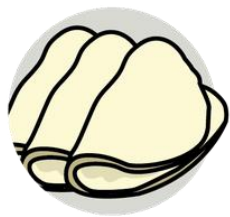


Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.

DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[Healthy swap ideas](#) can be found here.

Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



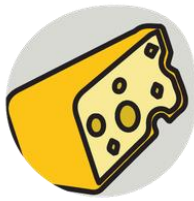
Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.

Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!





Cheesy does it...

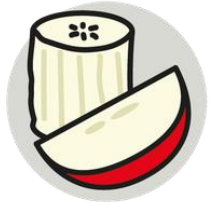
Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.

Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-sized fruit



Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.

Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



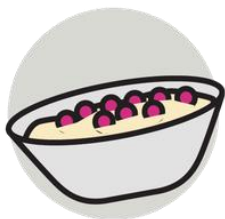
Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.



We are recruiting volunteers to join the Friends and Teachers of Marine Academy Primary (FaTMAP)

Do you have any time that you could spare?

Would you like to help fundraise for our school and meet other parents?

Would you like to become part of a team at the heart of our school community?

Many parents worry that it will be a huge commitment of time but this is not the case. You can give as little or as much time as you have available.

Please scan this QR code to register your interest and one of the members of FaTMAP will be in contact to answer any questions you may have.



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Friends & Teachers
Marine Academy
Primary