

## Our School Values

Respect

Responsibility

Resilience



Horncastle  
PRIMARY SCHOOL

# School News

March 2026

## NOTICES



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### Happy Days Developments

We now offer varied and freshly cooked on site food for children in our after school wraparound club (longer session). The new menu can be found below...

### Comic Relief

Please note this will be on Friday 20<sup>th</sup> March.

### Healthy Packed Lunch Guidance for Parents/Carers

We have noticed lunchboxes could be much healthier. Please see the posters on the Newsletter for further information on a healthy packed lunch

### Parents Evening (2)

Our 2<sup>nd</sup> parents evening of the year will take place on **Thursday 26<sup>th</sup> March.** Appointments can be booked via Arbor.

### Hair Dye and Extensions

We kindly ask that pupils do this during school holidays.



# AFTER SCHOOL CLUB MENU



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FROM DATE:

## WEEK ONE

- MON** Flaky pastry sausage rolls with baked beans
- TUE** Tomato and pasta bake
- WED** Barbeque chicken wrap
- THU** Jacket potato with cheese or baked beans
- FRI** Pizza wrap



## WEEK TWO

- MON** Baked cheese pasty
- TUE** Cheese and tomato pizza
- WED** Chicken bites and potato wedges
- THU** Tomato and bacon pasta bake
- FRI** Toasted cheese panini



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# Healthy Packed Lunch Guidance

## Healthy Packed Lunch Guidance for Parents/ Carers with Children at Primary School

A healthy packed lunch will give children the energy and nutrition they need to get the most from their school day – helping them to stay healthy, feel good and be ready and able to learn. Just like school meals, packed lunches should be made up of foods from the main food groups in the Eatwell Guide [www.nhs.uk/live-well/eat-well/the-eatwell-guide](http://www.nhs.uk/live-well/eat-well/the-eatwell-guide) and portions should be appropriate for a child's age and size. This will ensure every child has a healthy and nutritionally-balanced lunch.

What should I include in my healthy packed lunch?

Please try to include ONE of each of the following in your lunch each day



**STARCHY CARBOHYDRATE**

- bread, wrap, pitta, bagel, rolls, baguette
- rice or couscous
- noodles or plain pasta – avoid flavoured instant packet products and limit canned pasta
- potatoes
- oatcakes, rice cakes or crackers

Wholemeal/wholegrain options contain more fibre and keep you fuller for longer

**Gives you energy for the day ahead!**



**DAIRY FOOD** (or non-dairy alternative)


- cheese – hard, soft, spread
- yoghurt or fromage frais
- milk
- custard

Choose low fat, low sugar options where possible

**Good for healthy teeth and bones!**

**FRUIT** (fresh, frozen, tinned or dried)

- apple
- banana
- satsuma
- pear
- plum
- mango
- melon
- dried fruit e.g. raisins, apricots, dates. Add to meals and not as a snack
- cherry tomatoes (chopped)
- handful of grapes (halved)
- fruit salad or kebab





Wash fruit and vegetables prior to preparing. Ensure canned fruit is in juice not syrup.

**Fruit and vegetables give you vitamins, minerals and fibre to stay healthy. Part of your '5 a day'**  
How much? A portion is one child-sized handful.

**VEGETABLES OR SALAD**

- chopped vegetable sticks (e.g. carrot, cucumber, pepper)
- salad in sandwiches
- vegetable soup
- Baked beans count as a vegetable but only once during a week. Ensure beans are reduced in salt and sugar if you are using canned products, choose those without added sugar and salt.

**PROTEIN**

- meat e.g. sliced lean ham, chicken or beef in a sandwich
- fish – preferably try to include oily fish such as salmon, tinned mackerel, sardines and pilchards. Aim to have one portion a week
- eggs
- lentils, beans, chickpeas
- alternative meat free option
- Try to limit processed foods e.g. sausages, meatballs, fishfingers, fishcakes, sausage rolls

**Helps your body grow and develop**

**DRINKS** – Plain tap water is best, especially for teeth. All children have their own water bottle provided by school and water is available on all tables at lunch times.  
**Drinking enough water each day helps your body work well and your skin look healthy!**



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# Healthy Packed Lunch Guidance

## SNACK TIME!

The best options for snacks are:

- Portion of fresh fruit (no dried fruit as snacks please as the sugar can stick in teeth).
  - Vegetable sticks.
- Other ideas for healthy snacks could be rice cakes, bread sticks, bag of plain popcorn.



## Top tips for packed lunches

- Freezer packs can keep food cool. Freeze a (reusable) bottle of water which will be ready to drink by lunchtime.
- Get your child to help pack their lunch box – they are more likely to enjoy it.
  - Love to dip? – cut up pitta bread or veg sticks to have with a dip.
  - Use pastry cutters to cut funny-shaped sandwiches.
- Protect your fruit by putting it in a small plastic container e.g. apple/banana guard.



## SCHOOL DINNERS!

Making packed lunches can be time consuming and expensive – why not try school dinners?

School meals provide your child with a nutritionally-balanced variety of foods. Every infant child (aged 5-7) is entitled to a FREE school lunch.

Also, FREE school meals for all age groups are provided to families who receive qualifying incomes such as income support and universal credit. For further information please visit <https://www.leeds.gov.uk/schools-and-education/apply-for-free-school-meals>



## ITEMS NOT RECOMMENDED

- ✗ Sweets and chocolate bars – these foods are high in sugar and calories, low in goodness, and are harmful for teeth.
- ✗ Squash or fizzy drinks – water is best for teeth

## Be Safe!

Please cut up food into small sizes for young children. Cut grapes and cherry tomatoes in half (lengthways if oblong).

For more information to help your family stay healthy please see

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

**NUT FREE**



Reminder - Due to children with severe allergies, we are a nut free school



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# MORE DATES FOR YOUR DIARY

- **Comic Relief** - Friday 20<sup>th</sup> March
- **Parents Evening** - Thursday 26<sup>th</sup> March
- **Last Day of Term** - Thursday 2<sup>nd</sup> April
- **Pupils return to school** - Monday 20<sup>th</sup> April



**#EXPERIENCESFORALL**



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# WHAT WE'VE BEEN UP TO...



We went ALL IN for #WorldBookDay as part of the National Year of Reading!



Year 4 have enjoyed the scooter zone at break and lunchtime this week! #fun



Great learning in our Y3 after-school booster sessions this week!



Year 1/2 had a great time at Normanby hall learning about plants and mechanisms. We also had fun using their great outdoor areas! #experiencesforall



Oh no! The Big Bad Wolf visited Reception, blew over our furniture, and left us a letter!

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# FOLLOW US ON TWITTER



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@HorncastlePri



Year 1 and 2 showed terrific resilience practising their tuck, straddle and stretch jumps today! 🎉 #fun



See what we're up to by  
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and Facebook

@HorncastlePri

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On Monday we launched March's Spotlight on Displays! 🌟 🇪🇺  
This month's theme is "Books Where YOU Are in the Story!"  
Step inside the pages, dodge the dragons, solve the mysteries and  
choose your own adventure... 👁️ ✨  
We can't wait to bring these stories to life! #ReadingForPleasure

