

23/04/2021

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Dear Parents/Carers

Welcome back to the summer term! I do hope that you managed to have a restful break over the holiday with your children.

As we have now returned to school, I would like to take this opportunity to remind you of some of the procedures that are still in place, as part of the school's current risk assessment to ensure our whole school community stays as safe as possible:

- Only one adult per family group should enter the school site to drop off and collect children. We are noticing an increasing number of children being dropped off or by two adults and will be contacting individual families who do not comply with this expectation.
- The one-way system remains in place and must be adhered to by everyone who enters our school grounds.
- Please remember that a 2-metre distance should be observed by everyone on our school site as a good example to our children.

With very best wishes

Catherine Forrester

WEEK COMMENCING: 26/04/2021  
MENU WEEK 2



Please note the changes to PE days for the Summer Term

<b>Monday 26th April</b>	◆ Year 5/Year 6 - wear your PE kit to school on <b>Mondays</b>
<b>Tuesday 27th April</b>	◆ Reception/3F/3C - wear your PE kit to school on <b>Tuesdays</b>
<b>Wednesday 28th April</b>	◆ Year 1/3C/3P/5T/6JK/6M - wear your PE kit to school on <b>Wednesdays</b>
<b>Thursday 29th April</b>	◆ Year 2/4W/4D/5FB - wear your PE kit to school on <b>Thursdays</b>
<b>Friday 30th April</b>	◆ 4A/4D/6E - wear your PE kit to school on <b>Fridays</b>
<b>Monday 3rd May - May Day Bank Holiday - school closed</b>	

**ABSENCE FROM SCHOOL:** Please advise us by telephone (Option 1) or email if your child is absent from school. Call **01344 421046** or email: [attendance@meadowvaleprimary.com](mailto:attendance@meadowvaleprimary.com) Your message must include your child's name, class and reason for absence. There is a strict 48 hour exclusion if your child has had vomiting and/or diarrhoea.



**IMPORTANT - Updated Information:** Please remember, we aim to be as **nut-free** as possible. This is particularly important now that all children are eating in classrooms and we have a few children with severe allergies to nuts. **Please do not use Nutella or any other nut-based products** in your child's lunchbox.

*Thank you for your support*

**Headteacher: Mrs Catherine Forrester**  
Email: [secretary@meadowvaleprimary.com](mailto:secretary@meadowvaleprimary.com)  
Absence: [attendance@meadowvaleprimary.com](mailto:attendance@meadowvaleprimary.com)  
School office hours: 8.30am - 4pm

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## Stars of the Week

Week Commencing: 19/04/2021



<p><b><u>BADGERS</u></b> <b>FLORENCE</b> <i>For doing so well with her reading</i></p>	<p><b><u>SQUIRRELS</u></b> <b>RAFFI</b> <i>For making great progress with his phonics</i></p>	<p><b><u>RABBITS</u></b> <b>KONRAD</b> <i>For doing so well in maths</i></p>
<p><b><u>1C</u></b> <b>CHUTIPHON</b> <i>For drawing amazing pictures to go with the music in our lesson</i></p>	<p><b><u>1J</u></b> <b>FINLEY</b> <i>For fantastic maths learning this week</i></p>	<p><b><u>1H</u></b> <b>SASHA</b> <i>For persevering in all areas of her learning</i></p>
<p><b><u>2Q</u></b> <b>SCARLETT</b> <i>For trying so hard with her writing</i></p>	<p><b><u>2R</u></b> <b>LUCAS</b> <i>For always making us smile and laugh and trying his hardest</i></p>	<p><b><u>2H</u></b> <b>ALEX</b> <i>For approaching every task with buckets of enthusiasm</i></p>
<p><b><u>3C</u></b> <b>HENRIQUE</b> <i>For some fantastic independent map work with the atlas.</i></p>	<p><b><u>3F</u></b> <b>BEN</b> <i>For showing fantastic knowledge within our geography lesson</i></p>	<p><b><u>3P</u></b> <b>FRANCIS</b> <i>For being a super role model for all learning partners</i></p>
<p><b><u>4A</u></b> <b>TEGAN</b> <i>For persevering with fractions this week</i></p>	<p><b><u>4D</u></b> <b>EVELINA</b> <i>For persevering with fractions this week</i></p>	<p><b><u>4W</u></b> <b>ASEDA</b> <i>For persevering with fractions this week</i></p>
<p><b><u>5T</u></b> <b>ANJOLA</b> <i>For being very engaged with class discussions</i></p>	<p><b><u>5AB</u></b> <b>ISABEL</b> <i>For sharing some excellent reasoning explanations in maths</i></p>	<p><b><u>5FB</u></b> <b>AURORA</b> <i>For super effort and enthusiasm when writing her adventure story</i></p>
<p><b><u>6M</u></b> <b>LOGAN</b> <i>For a very positive start to the term</i></p>	<p><b><u>6E</u></b> <b>CASEY</b> <i>For writing lovely sentences about The Dreamgiver</i></p>	<p><b><u>6JK</u></b> <b>BENJAMIN</b> <i>For always having an excellent attitude and listening to advice</i></p>



# CONGRATULATIONS!



## WELL DONE!

to Joshua in 5FB who was awarded a Blue Peter badge recently after sending in the 'Anglo-Saxon Stanza' poem he wrote in school. The letter from the Blue Peter team complimented Joshua on his rhyming skills and knowledge of the Anglo-Saxons. He will also receive a Blue Peter card giving him free access to over 200 Blue Peter badge attractions across the UK. Very well done, Joshua!



**YEAR 1:** Please save/send in any empty **shoe boxes** in preparation for a special 'beach box' project which starts after half term! Thank you



As part of Veg Power's on-going mission to encourage the UK to eat more veg, they would like to make it easier for parents and carers to **add more veg to children's lunchboxes**. Recent research from Leeds University found that only one in five children had any vegetables or salad in their packed lunch. To support parents, Veg Power has developed a '60 Second Lunchbox Hacks' leaflet for parents. It features easy-to-implement ideas and serves to make this task as simple as possible.

## 60-Second Vegtastic Lunchbox Hacks

Veg are a key part of a healthy diet but it can be a real struggle to get kids to eat enough of them. Adding an extra portion or two to their packed lunch will help to up their intake. Try these simple ideas to **veg-pack their lunchboxes** with limited faff.

**The basic toolkit:**

- Containers** (small and lidded for dips, leftovers and more)
- Cutlery** (if needed)
- Thermos** (any heat-retaining flask is great for soups, baked beans, leftovers, etc.)
- Bamboo kebab sticks** (optional, but helpful for making veggies more fun)

**Top tip:** Know your portions – a child's portion of veg is roughly 50g or what fits into a child's hand.

**#LunchboxHacks**  
@VegPowerUK  
f i t  
For recipes, tips and free downloads visit: [vegpower.org.uk](http://vegpower.org.uk)

## 5 easy #LunchboxHacks to add more veg in 60 seconds or less:

- 1. The Salad-on-a-Stick**

Get a bamboo kebab stick and thread on different veg such as cherry tomatoes, cubed cucumber, cubed beetroot, chunks of peppers, raw button mushrooms, crunchy lettuce, etc) in fun colours. If your child isn't a fan of veg, try starting off by alternating veg with cooked meat, cubed cheese, etc to ease them into it.

My Favourite veg was:
- 2. The Lunch Crunch**

1 carrot chopped into sticks (or pre-chopped carrot sticks) with a pot of hummus (or their favourite dip) adds a portion of veg.

I ate this many carrots:
- 3. The Sandwich Slice**

Slice 5cm cucumber (about the length of a small egg) and add to a sandwich for an extra portion of veg with minimal effort.

I ate this much cucumber:
- 4. The Helpful Handful**

Add a handful of ready-to-eat snacky veg to a container. Try cherry tomatoes, drained tinned sweetcorn, celery sticks, green beans, cucumber etc.

My Favourite veg was:
- 5. The Half-Baked Plan**

Heat through half a tin of baked beans (ideally low sugar and salt) and stick in a heat-retaining flask for an easy veg portion win.

This week my rating is:

**Top tip:** Keep trying! If they are not used to veg in their packed lunch, it may be picked out and ignored on the first few days. The more they see it and interact with it, the more the veg becomes "normal".

For recipes, tips and free downloads visit: [vegpower.org.uk](http://vegpower.org.uk)