



Newsletter

Dear Parents / Carers,

Healthy Eating

I am sure you will agree that eating healthily is really important for everyone.

We have many lessons at school where we speak to the children about a healthy balanced diet and 'The Eatwell Guide'. Our school dinner menu has healthy options for puddings throughout the week such as yoghurt and fruit; every Friday we have a 'Treat Friday' where the pudding could be anything from mini doughnuts, a cupcake to jelly.

Lunch is an important meal for children and provides energy and nutrients to keep them going throughout the afternoon. A packed lunch made at home can be a healthy and delicious choice and gives you control over the foods and ingredients included. We encourage school lunch boxes to have healthy options throughout the week with a sweet treat on a Friday. Healthy lunchboxes play a role in developing lifelong healthy eating habits and packing healthy lunchboxes with your child can help develop an understanding of what healthy foods are and the range of choices that are available.

Alongside this, we encourage children to come to school with a water bottle every day to stay hydrated and be ready to learn. They can refill these at regular intervals throughout the day.

So far this year, Year 1 have made fruit smoothies in the Cookery Corner, Year 2 have created their own salads, Year 3 have taken part in workshops with Quorn Foods and Year 6 have made their own vegetable soup.

We hope you all have a lovely weekend.

Yours sincerely,

Mrs Robson
Headteacher

Scooters and Bikes

A reminder that children should not be riding their scooter or bike across the playground. This is to keep everyone safe. Thank you!

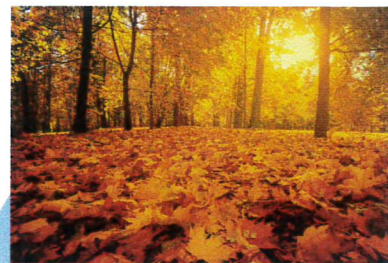
PROUD MOMENT...

Eco-Committee have been working hard to come up with initiatives to save the planet. We cannot wait to see the children's Christmas baubles displayed in the classroom as an alternative to sending Christmas cards. Together we can save the planet!



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Term 2 23-24

Week 3

Friday 24th November

Attendance

The classes with the best attendance this week are:

Kingfishers (Y1)

Puffins (Y2)

Foxes (Y4)



WELL DONE!

Upcoming Events

30.11.23 Seals Class Assembly

01.12.23 Christmas Fair 3-4:30pm.

Children can be collected at 3pm.

04.12.23 Year 6 at Rochester Cathedral for carol concert.

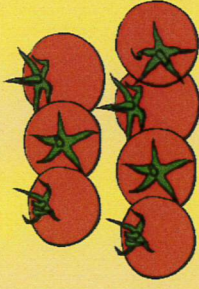
04.12.23 FS Tours 1:30pm and 2pm



What Counts Towards My 5 a Day?



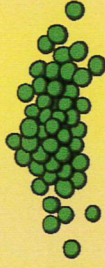
1 handful
of grapes



7 cherry
tomatoes



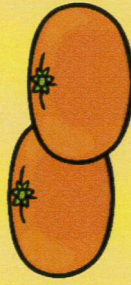
$\frac{1}{2}$ an
avocado



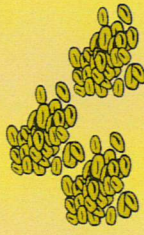
3 tbsp of
peas



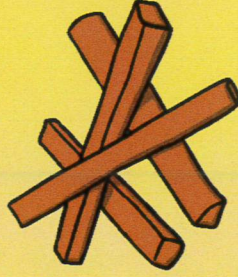
1 banana



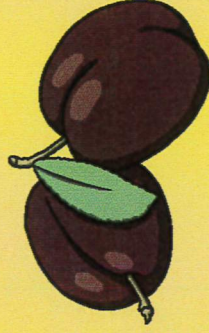
2
satsumas



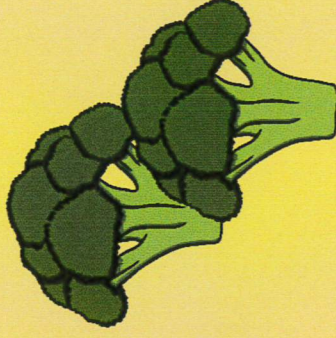
3 tbsp of
sweetcorn



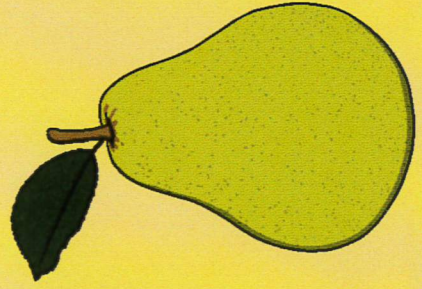
1 handful of
carrot sticks



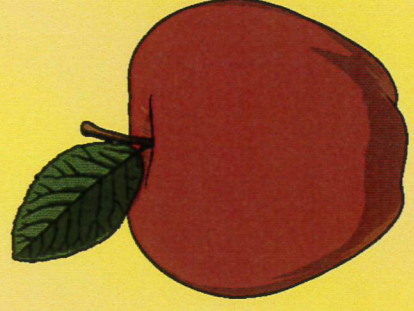
2 plums



2 broccoli
florets



1 medium
pear



1 medium
apple

**Can you eat
5 a Day?**