



Westfield Infant School

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Headteacher: Mrs J Ruane

Information/guidance for families returning to school on Tuesday 27th August 2024

<p>PE Kits</p> <p>PE KIT UNIFORM ESSENTIALS White or royal blue t-shirt or the Westfield Infant School PE t-shirt, Westfield school fleece or any plain zip up jacket (black or royal blue like picture), black or royal blue joggers/shorts and black plimsolls/trainers.</p>  <p>PE days for each year group – Autumn 2024</p> <p>Resource Base - Monday</p> <p>EYFS - Friday</p> <p>Year 1 – Tuesday and Friday</p> <p>Year 2 – Monday and Thursday</p> <p>Children are to come to school wearing their PE kit. They should wear black trainers or plimsolls. If you would prefer your child to have a change of shoe for PE, please send shoes with a name on and in a named bag.</p>	<p>Packed lunches and water bottles</p> <p>From August 2024, your child can choose to bring their own packed lunch. This must be a healthy lunchbox. Nuts and nut products are not allowed. A water bottle must also be provided containing water please. All items should be clearly labeled with your child's name.</p> <p>Please see the healthy lunch help sheet on the back of this page for guidance.</p> 
<p>EYFS base and KS1 classrooms</p> <p>From August 2024, the EYFS base will be in the Sunbeam building (current Y2 building). There will be a new tarmac playground where parents can wait when dropping off and collecting children. KS1 children</p> <p>Mr Harries' & Miss Myring's class (Door 1) Miss Turner's & Mrs Guest/Miss Ellis (Door 2) Miss Robinson's & Mr James' (Door 3)</p>	<p>School day timings</p> <p>Beginning of the school day Doors open daily at 8:35am. Doors close and registration 8:45am</p> <p>End of the school day Doors open at 3:15pm for all children to be collected.</p>

Everyone Learning Together Through Work and Play





Ready, Steady, Go!

Foods that contain carbohydrates are great for giving us long-lasting energy, meaning your child will have plenty of go power throughout the day. You should try to get two portioned sources of carbohydrates in your child's lunch, such as:

- bread
- pitta
- scone or English muffin
- plain biscuits
- wraps
- rice cakes
- quiche (a slice or child-size)
- rice
- pasta
- crackers



Tall and Strong

Foods containing calcium (like dairy products) can help to boost your child's bone growth, while protein-rich foods can help with muscle strength - that's why these foods are in the 'Tall and Strong' group! You should aim for one portion of these foods, which could include:

- yoghurt
- cheese slices, cubes or sticks
- fish (e.g. tuna)
- eggs (boiled or in a sandwich)
- chicken
- ham
- salami



Healthy Glow

Fruits and vegetables are fantastic sources of vitamins and minerals that keep your body healthy. They're also a good source of fibre, too. You should try to get two sources of these foods, including:

- fresh fruits like apples, strawberries or oranges
- canned fruits like pineapple or peach slices in juice
- cut vegetables like cucumber, bell peppers and carrot



No, No, No!

There are some foods that aren't appropriate for school lunches, including excessive snacks or fast foods. Many schools are also nut free, so precautions should be taken when considering nut products. The following foods can be enjoyed in moderation at home and should be avoided at school:

- takeaway (leftovers such as pizza)
- sugary biscuits
- sweets
- large bags of crisps (i.e. sharing packs)
- fizzy drinks



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All children should bring a separate water bottle containing water. This is so that children can have a drink when they need to in the classroom. **Please note that we will not be able to provide children with water bottles.**

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