

16<sup>th</sup> March 2026

## MOORSIDE PRIMARY SCHOOL AND NURSERY NEWSLETTER



Dear Parents and friends,



A super science week was enjoyed by all last week! Children were coming up with their own lines of enquiry to investigate....

Year 1 investigated the question:

Why do the frogs come back to our school pond to lay their frogspawn?

They were lucky to observe the frogs laying their eggs and it sparked off some great questions. They learnt that tadpoles have gills so can only breathe in water so they must lay their frogspawn in water. Year 1 collected some newly hatched tadpoles from the pond to observe them to see if they could see their frilly gills. They also learnt that when the tadpoles become frogs, they grow lungs so they can then survive on land.

We also enjoyed welcoming lots of Mums, Aunties and Grandparents to our Mother's Day brunch on Friday..... we hope that everyone had a lovely time together in school! The children certainly enjoyed having a more leisurely breakfast to start the day before starting their lessons! Thank you to everyone who joined us!

We hope to see as many parents as possible at our Year 1 Phonics information session this afternoon and at our showcase for Years 3 and 4 on Thursday at 2pm this week!

### Rescheduled School Trip

Our children in Years 1 and 2 will have the opportunity to attend their school trip to Fountains Abbey, which has been rescheduled for Thursday 19<sup>th</sup> March due to the weather conditions last week which meant that the Abbey was closed. Please ensure that they have comfortable and sturdy footwear for the trip!



### Open Day – Allerton Waste Centre

Our children in Year 5 are fantastic ambassadors for our Carbon Zero project and have initiated an improved rubbish system in our hall to reduce food waste!

The Allerton Waste Recovery Centre visited our school, to host an assembly and workshops in January to support our Carbon Zero project too. They are holding a free Open day on 1<sup>st</sup> April - we are sure that the children would enjoy seeing them again and visiting their site!



## Attendance

This week's overall attendance for the whole school has been 96.58%! Well done everyone! The winning class with 99.20% is Year 1!

Only two weeks until a break for everyone so I am hoping that everyone will be able to be in school to enjoy end of term activities in the build up to Easter, including showcases, school trips and, of course, our sponsored bounce!



w/c	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
23.02.26	95.14%	99.6%	88.76%	98%	97.69%	95.86%	93.04%
02.03.26	95.50%	97.6%	96.47%	97%	98.46%	95.86%	94.64%
09.30.26	97.59%	99.20%	92.66%	97%	95%	95.97%	98.64%

## Parent Consultations

Our booking portal for parent consultations will close at 9am tomorrow morning, if you have not made an appointment but would like one. After this time, please contact the school office. We will direct your enquiry to the class teacher, who will inform you about their availability as soon as they can.

## Packed Lunches

We have noticed that some children do not have a balance of appropriate healthy choices in their packed lunches. There is a lot of chocolate-based snacks, crisps and sugary foods, which causes them to have a sugar 'high' and then 'crash' in the afternoon!

I have attached some suggestions below for you to consider some alternatives for your child if they are having a number of items including chocolate and crisps.



As we are coming up to the end of term, we would be grateful if all outstanding dinner money, Buddies and Nursery fees could be paid promptly please.

We look forward to seeing you at our parent consultations next week but please do get in touch if you have any concerns or anything to share that will enable us to support your child in school. Have a super weekend everyone.

With very best wishes,



**Mrs Rowett**  
Headteacher

## Diary Dates:

Monday 16 <sup>th</sup> March 2026	Phonics Screening Check Parent Information Meeting
Thursday 19 <sup>th</sup> March 2026	Years 3 and 4 Showcase at 2pm
Thursday 19 <sup>th</sup> March 2026	Year 1 and Year 2 Trip to Fountains Abbey
Monday 23 <sup>rd</sup> March 2026	Years 1 and 2 Showcase at 1.45pm
Tuesday 24 <sup>th</sup> March 2026	Parent Consultations
Wednesday 25 <sup>th</sup> March 2026	Parent Consultations
Wednesday 25 <sup>th</sup> March 2026	Sponsored Bounce
Thursday 26 <sup>th</sup> March 2026	Year 3 and Year 4 Trip to the Yorkshire Museum Year 5 and Year 6 Showcase 2.15pm
Friday 27 <sup>th</sup> March 2026	Break-up for Easter Holidays
Monday 13 <sup>th</sup> April 2026	Teacher Training Day
Tuesday 14 <sup>th</sup> April 2026	Children Return to School After Easter Holidays
Monday 18 <sup>th</sup> May 2026	Class Photos



## Why do we need a healthy packed lunch?

Print me and stick me on your fridge



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](#) 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
- ✓ pasta
- ✓ noodles
- ✓ potatoes

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 bones and teeth!



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

- ✓ apple
- ✓ banana
- ✓ satsuma
- ✓ pear
- ✓ plum
- ✓ mango
- ✓ melon
- ✓ small box of raisins
- ✓ cherry tomatoes (chopped)
- ✓ handful of grapes (halved)
- ✓ fruit salad or kebab

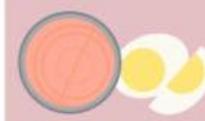
Fruit and vegetables give you vitamins, minerals and fibre to stay healthy. Part of your '5 a day'

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



#### PROTEIN

- ✓ meat e.g. sliced lean ham, chicken or beef in a sandwich
- ✓ fish – try to include oily fish such as salmon or sardines at least once every 3 weeks (tuna doesn't count – sorry!)
- ✓ eggs
- ✓ lentils, beans, chickpeas

Helps your body to grow and develop

**DRINKS** – plain tap water is the best option, especially for teeth. Please send your child to school with their own named, clean water bottle each day.

Drinking enough each day helps keep your body working well and your skin looking healthy!



#### Me-sized meals

Young children don't need as much food as teenagers and adults. When they eat more than they need, the excess energy is stored as fat in their bodies.

