

14th April 2026



MOORSIDE PRIMARY SCHOOL AND NURSERY NEWSLETTER

Dear Parents and friends,

Welcome back! I hope that you had an opportunity to have a restful break and enjoyed some family time together.

The children have settled straight back into their classroom routines and have some exciting launch days this week to introduce them to their new Geography topic for this term: Citizens of the World. The knowledge mats that include facts and key vocabulary the children will learn within their subject areas, as well as information letters, will be sent home to you on Friday so that you are able to support your child at home.



School Uniform

Summer:
School Sweatshirt/Cardigan
Grey Trousers or Grey Shorts
Blue/White Checked Dress
White Polo Shirt or Blouse
Appropriate School Shoes (no trainers, open toe sandals or flipflops)

Unless children are taking part in PE (including swimming) or Forest School sessions, they need to be in their school uniform with school shoes, not sandals please. Our school uniform guidance is on the website at: [Moorside Primary School and Nursery](https://www.moorsideprimaryschool.co.uk/) Could you also ensure that nail varnish and temporary tattoos are removed before they arrive at school please. Many thanks.

Swimming

Children in Lower Key Stage 2 will begin swimming lessons on Friday this week. We are hoping that they will be back to school as soon as possible at the end of the school day but with it being the first session, it will take them a little more time to get used to the routines. Please could children wear PE kit so that they are able to get changed quickly. They will walk back to school following their lesson so that parents who are collecting siblings can do this as usual. We cannot release children from the pool as this becomes difficult if parents are late as we need to start walking back to school.

PE and Forest School Days

We shared PE and Forest School days provisionally in our final Newsletter of the term. The only change is that Year 2 children will now have PE on a WEDNESDAY, NOT on a Monday.

Just as a reminder, the children will have PE and Forest School on the following days:

- Reception - PE on Thursdays and Forest School on Fridays
- Y1 - PE on Mondays and Forest School on Fridays
- Y2 - PE on Wednesdays and Forest School on Fridays
- Y3 - PE on Wednesday and swimming on Fridays
- Y4 - PE on Wednesday and Fridays
- Y5 - PE on Mondays and Forest School on Wednesday
- Y6 - PE on Thursday and Fridays

Late to School...

If your child is running late, please could you ensure that they sign in at the school office. Registers are closed by 9am. It was super to see that everyone was busy on their morning tasks so swiftly this morning! Let's keep it up!

Safeguarding

If you have any safeguarding concerns, please contact myself or Mrs Jemmett at school at your earliest opportunity. If neither of us is available, you may be directed to Mrs Hunton or Mrs Burland. Our Safeguarding Governor is Mr Lea, who is also our Chair of Governors.

Who to Contact.....?

We are currently in the process of recruiting a Parent Support Advisor but in the interim, as well as myself, Mrs Jemmett is our point of contact to discuss any attendance concerns. Mrs Hunton, who is our SENCo, is out of class on a Tuesday and Wednesday to provide any support with well-being or additional needs. Please email admin if you need one of us to contact you and we will get in touch as soon as possible to help!

Healthy Lunch Boxes!



Just another reminder that we are monitoring children's lunch boxes and suggest that there are minimal items containing sugar. I have attached our flyer with suggestions for balanced and healthy packed lunches, as advised by our Local Authority. Please could you only send children with fruit for a breaktime snack, no cereal bars/biscuits. Many thanks.

I hope that your child has had a great first day back at school and we look forward to another exciting term ahead! Please do get in touch if you have any questions or queries so that we can provide support as soon as possible. Thank you for your ongoing support.

With very best wishes,

Mrs Rowett
Headteacher

Diary Dates:

Monday 11 th - Thursday 14 th May 2026	SATS week
Monday 18 th May 2026	Class Photos
Friday 22 nd May 2026	Half Term
Monday 1 st June 2026	Back to School – no training day
Tuesday 16 th June 2026	Year 6 First Aid Workshop
Friday 3 rd July 2026	Dentist Visit
Monday 6 th July 2026	National Sports Week



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
- ✓ 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.

