

The Monega Messenger

Monega Primary School, E12 6TT



MONEGA - HEALTHY SCHOOL LONDON

Monega is part of the Healthy School London. If your child has a packed lunch, please ensure that items do not contain **nuts** and that it is healthy. Please see the information below as a reference of what a healthy packed lunch should consist of.

A Healthy Lunch Box should include...



A DRINK

Water is the best to keep your child hydrated. Milk is also a good alternative providing lots of calcium for strong healthy bones.



FRUIT and VEGETABLES

Include at least one portion:

For example: raw vegetables sticks such as carrots, cucumber or peppers

Quartered cherry tomatoes, grapes or strawberries

A pot of sliced up fruit, berries or fruit salad.



WHOLEGRAINS and STARCHY FOODS

Include at least one portion:

Sandwich on Wholemeal bread/Wrap/Pitta

Pocket/Bap/Roll/Bagel

Breadsticks/Crackers/Oatcakes

Pasta/Rice



DAIRY/CALCIUM

Include at least one source:

For example: cheese sandwich or as strips (try reduced-fat varieties of cheddar or mozzarella)

Yogurt such as Fromage Frais



PROTEIN

Include at least one source of protein...as a sandwich filling or on its own.

For example: lean meats (including chicken, ham or turkey), fish (including tuna or salmon), beans, pulses, humus or egg.



Not allowed in a Lunch Box...



No Fizzy drinks, Juice cartons or Fruit Shoots.



No Crisp Packs.



No Burgers or Chips

No Chocolate Bars



No Donuts

Please avoid bringing items that are high in SUGAR, SALT or FAT
Any items found, not to be healthy will be removed.

Thank you for your continued support and understanding.

Issue 02

Friday 15th September 2023

Head Teacher: Elizabeth Harris

Telephone: 020 8472 0533

Email: info@monega.boleyntrust.org



UPCOMING EDUCATIONAL VISITS

3A - British Museum

Tuesday 17th October 2023

3D - British Museum

Wednesday 18th October 2023

3M - British Museum

Thursday 19th October 2023

FLU VACCINATION UK - TBC

SCHOOL FLUORIDE VARNISH PROGRAMME

Wednesday 18th October 2023

LOST PROPERTY

Please ensure that you check the lost property on a daily basis for any items that may belong to your child.

Lost property will be out in both the KS1 and KS2 playground at the end of the school day.

We also have a growing collection of glasses and watches in the School Office. Please pop by and claim a lost item if it belongs to your child.

Thank you.

MONEGA RECEPTION STARTERS

The new cohort in Reception has settled in very well. They have been exploring their new environment and getting to know their peers and teachers. This week they have enjoyed making kites and flying them in the garden. They have quickly learned the new lunchtime routine and demonstrated their independence, carrying their own trays and using cutlery. We are very proud of the way that they have adapted to their new classes and would like to thank all of the parents for their support.



AFTER SCHOOL CLUBS

Please note, Autumn after school clubs will run from **Monday 18th September 2023 to Thursday 14th December 2023.**

All after school clubs will start at **3:10pm and finish at 4:00pm** with the earlier start time, **no snacks are allowed.**

CLUB	DAY	SPACES
EYFS Phonics	Monday	16
KS1 Art Club	Monday	3
KS2 Football	Monday	11
KS1 Phonics	Tuesday	4

We still have spaces available, please see list if you would like to sign your child up.

Please collect your child from Monega Road entrance.

Please note after school clubs **WILL NOT** be running on Parents Evenings.

STARS OF THE WEEK

RA - Sofia
 RB - Safa
 RT - Richard
 1H - Tanvitha
 1R - Blake
 2H - Mumthahina
 2A - Pearl
 2P - Idris
 3A - Anaya
 3M - Kiya
 3D - Saffiyah
 4L - Diana
 4C - Mikaeel
 4S - Riha
 5FR - Suhayb
 5M - Djamila
 5SH - Andreas
 6T - Abdul
 6A - Aferia
 6S - Rumman

SCHOOL REMINDERS

Please note the school day starts for all pupils at **8:30am** and finishes at **3:00pm**. When you are collecting your child, please wait until the teacher calls your child's name before taking your child home. Teachers have to ensure that each child is collected and dismissed correctly and with the correct adult. We ask that you do not take your child without informing the class teacher or adult responsible. This is to ensure the safety of all pupils.

Football and Pokemon cards are **NOT** allowed in school. Please ensure that your child does not bring them to school.



Thank you for your understanding and co-operation.



ATTENDANCE WINNERS

This week's attendance winners are

KS1: 1R with 95%

KS2: 5FR with 97%



FLU VACCINATION UK

Information was sent out via School Ping regarding the upcoming Flu Vaccination which will take place at school. The Flu Vaccination is for all pupils from **Reception to Year 6**. We ask all parents to use the link provided below to complete the online **E-Consent Form** for your child as soon as possible.

<https://london.schoolvaccination.uk/flu/2023/newham>



SCHOOL FLUORIDE VARNISH PROGRAMME



What is the a school fluoride varnish programme?

This programme aims to help prevent tooth decay in young children. Tooth decay is still very common in children and it can cause pain, stop children from eating, speaking, sleeping and also learning properly at school.

This programme will take place at school on **Wednesday 18th October 2023** for all pupils in Nursery, Reception and Year 1.



TIMES TABLES ROCK STARS



Times Tables Rock Stars is an award-winning maths learning platform where children can practise their times tables like a rock star! Times Tables Rock Stars is a maths programme that takes all the worry out of learning times tables and has a proven track record of boosting children's fluency and recall in multiplication and division.

Suitable for all learners aged 6 years and up, our question-based games automatically adapt to each child's unique learning needs, helping them to recall their times tables in record speed. Accessible on any device, via the app or browser, children can play anytime, anywhere. Plus, the engaging gamification and motivating rewards mean it is never difficult to entice children to play.

Please ensure that your child logs into their homework each week in order to help their class win this weekly competition. It is very important that all pupils are completing weekly homework tasks set by their teachers. Please encourage your child to read for 10 - 15 minutes everyday if possible.

Thank you for your continued support.