

6<sup>th</sup> February 2026

This week, we have been reviewing our curriculum to make sure it continues to meet the needs of all our children across the school. We were delighted to welcome our Chair of Governors, **John Betney**, on Thursday. John has been part of our school community for almost **15 years**, starting when his eldest son joined our Reception class.

Governors play an important role in making sure our school stays on the right track and that every child receives a high-quality education.

One important area we focus on is **healthy living**—helping children and families understand how to make good choices for long-term health and well-being. This includes enjoying a balanced diet, choosing healthy foods, but having the occasional treat as well.

We've been asked to share again, guidance on how to pack a **healthy lunch box**, along with some simple alternatives to highly processed foods.

Many pre-packaged lunch-box items sold in supermarkets contain very high levels of **salt, sugar and fat**, and offer very little nutritional value. They can cost more than a school meal, which is **£2.80 per day**. Our school lunches meet strict nutritional standards to give children a healthy, balanced lunch every day.

We have included some helpful links for you to explore at home, and a **printed lunch box guide** has also been sent home with your child.

[Lunchbox ideas and recipes – Healthier Families - NHS](#)

[Healthier food swaps - Food facts - Healthier Families - NHS](#)

[75 Kids' Lunchbox Recipes | Good Food](#)

[Lunch Ideas For Kids | Recipes For Kids | Tesco Real Food](#)

The printed sheets are also on the bottom of this newsletter for you and can be found on these links.

[Eatwell Guide](#)

[A Healthy lunch box poster](#)





We hope you have a really good weekend.

Jessica Balado and the Thurlton Team

Figure 1: foods high in salt, fat and sugar



**In our celebration assembly today the following children were celebrated:**

	<b>Star</b>  <b>Great progress</b>	<b>Superhero</b>  <b>Great attitude</b>	<b>Reader</b>  <b>Great reading</b>	<b>Writer</b>  <b>Great writing</b>
<b>Hedgehogs</b>	Evie-Moon	Delaney	James	Carter
<b>Rabbits</b>	Hope	Evie	Maria	Henry
<b>Badgers</b>	Aaliyah	Zachary	Lilli	Maggie and Arthur

**Dates for week beginning 9<sup>th</sup> February**

Monday	9 <sup>th</sup>	
Tuesday	10 <sup>th</sup>	Safer Internet Day
Wednesday	11 <sup>th</sup>	Mr Reeve in school for PE and dodgeball after school club
Thursday	12 <sup>th</sup>	
Friday	13 <sup>th</sup>	Forest school for all classes

**Half-term holiday:**  
Monday 16 - Friday 20 February 2026

## **Other useful information**

**After school sports club** – We will be running dodgeball again next half term. This will run from 25<sup>th</sup> February to 25<sup>th</sup> March. The cost will be £20 per pupil. Places are limited. To enrol please complete the attached booking form and pay on Wisepay, under the general payments tab.

## **Letters sent home this week:**

If you require a paper copy of any information please let Mrs Payne know.

<b>Diary dates for your diary</b>			
February	Monday	16 <sup>th</sup>	½ term
March	Monday	2 <sup>nd</sup>	Class photos
	Thursday	5 <sup>th</sup>	World Book Day
	Tuesday	17 <sup>th</sup>	Parents evenings
	Thursday	19 <sup>th</sup>	Parents evenings
	Saturday	21 <sup>st</sup>	PFA Bingo
	Friday	27 <sup>th</sup>	LAST DAY OF TERM
* Dates may be subject to change			

# Pack your child a HEALTHY LUNCH BOX

Choose a variety of foods from each food group



<b>Fruit</b>					
+					
<b>Vegetables</b>					
+					
<b>Dairy</b>					
+					
<b>Wholegrains</b>					
+					
<b>Lean meat &amp; alternatives</b>					
=	<b>A Healthy Lunch Box</b>				



MAKE WATER  
YOUR DRINK



PACK ICE BRICKS  
TO KEEP FOOD  
COOL

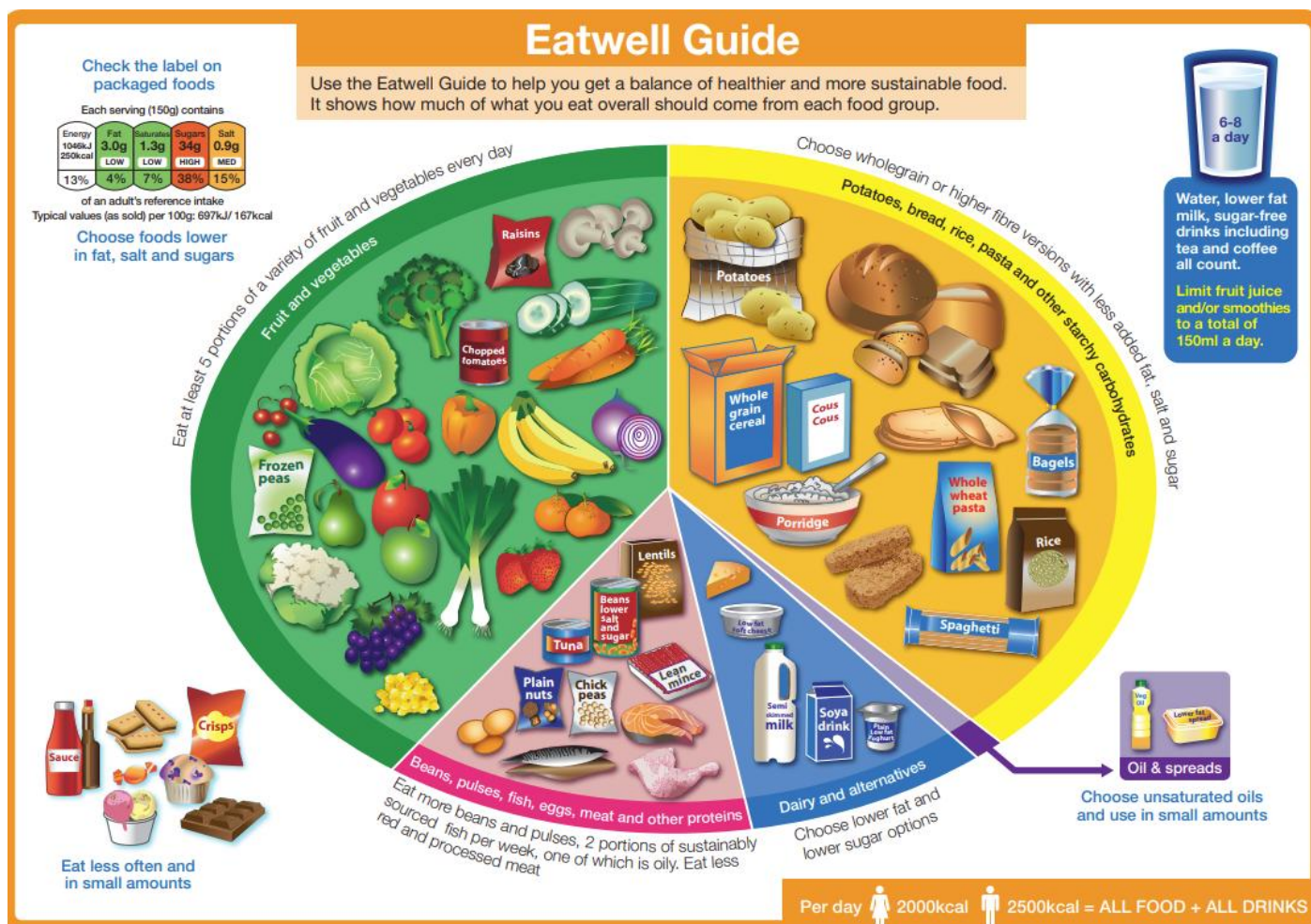


USE A THERMOS  
TO KEEP FOOD  
WARM



Health





## 2025 – 2026 ACADEMIC CALENDAR

### Spring term

Tuesday 6 January - Friday 27 March 2026

### Half-term holiday:

Monday 16 - Friday 20 February 2026

### Easter holiday:

Monday 30 March - Monday 13 April 2026

### Summer term



**INSET: Monday 13<sup>th</sup> April - the school will be closed to pupils on this day**

Tuesday 14 April - Friday 17 July 2026

(Monday 4 May is a bank holiday)

**Half-term holiday:** Monday 25 - Friday 29 May 2026

**Summer Holidays:** Monday 20<sup>th</sup> July – 3<sup>rd</sup> September

## **2026 – 2027 ACADEMIC CALENDAR**

### **Autumn term**

**INSET: Tuesday 1<sup>st</sup>/ Wednesday 2<sup>nd</sup> September - school will be closed to pupils**

Thursday 3<sup>rd</sup> September- Friday 18<sup>th</sup> December

**Half-term holiday:**

Friday 23<sup>rd</sup> October (school closed on this day) - Friday 30<sup>th</sup> October 2026

### **Spring term**

**INSET: Monday 4<sup>th</sup> January 2027 - school will be closed to pupils**

Tuesday 5 January - Friday 27 March 2027

**Half-term holiday:**

Monday 15 - Friday 19 February 2027

**Easter holiday:**

Friday 26<sup>th</sup> March - Tuesday 13 April 2027

### **Summer term**

**INSET: Monday 12<sup>th</sup> April - the school will be closed to pupils**

Tuesday 15<sup>th</sup> April – Wednesday 21<sup>st</sup> July 2027

(Monday 3<sup>rd</sup> May is a bank holiday)

**Half-term holiday:** Monday 31<sup>st</sup> May - Friday 4<sup>th</sup> June 2027

**Summer Holidays:** Friday 22<sup>nd</sup> July – 3<sup>rd</sup> September