



Newsletter Date — 17 January 2025



Happy New Year to you all. We hope you all enjoyed your Christmas break!

Can I please remind you to ensure your child has their PE kit at school every day and in this cold weather that all children wear a coat to school.

### School dinners

Our ladies in the kitchen serve up some very tasty meals at lunchtime for the children at RLK. Can we please ask that when booking school dinners for your child, please ensure that payment is made at the time of booking. Unfortunately, if your child's account goes into arrears the ability to book further meals for your child is withdrawn until the outstanding balance is cleared.

All children in Reception, Year 1 and Year 2 are entitled to free school meals. Your Year 3-6 child may also be entitled if you are in receipt of certain benefits. To apply please complete the 'Free School Meal Eligibility & Pupil Premium Application Form' available from the office. Alternatively, we can send a copy for you to complete as a form on parentmail

## Packed lunches

The start of a New Year for many of us brings a resolution to eat more healthily, particularly if we've over indulged during the school break so now seemed a good time to revisit the kinds of items that should be in a child's packed lunch.

At RLK we encourage you to send in a healthy packed lunch, based on foods that your child likes, or would be willing to try. An easy way to plan a packed lunch is:-

#### Choose a main food

Choose a starchy based food in each packed lunch e.g. sandwich, wraps, bagels, pitta, rice, pasta, potatoes or couscous.

Choose a protein e.g. cheese, tuna, ham, chicken, hummus and/or salad.

#### Add some fruit or salad

Choose a piece of fruit or salad in each packed lunch, carrot or pepper sticks are a great option.

#### Add a little something else

Choose an item that is low in sugar e.g. Rice cakes, popcorn, plain or low-sugar yoghurt and/or a packet of crisps

We ask that you do not send in sweets or chocolates and please limit the amount of sugary food packed, such as biscuits.

For some great recipe ideas and tips on how to make a packed lunch healthier have a look at <a href="https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/#swaps">https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/#swaps</a>, great advice for adults and children alike!



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The email address for all correspondence is officerlk@robertlekyng.bluekitetrust.org



Our aim is to develop each pupil's musical potential according to their individual needs and aspirations. Quality of teaching is monitored through regular observations of all our teachers.

## For more information or to apply please scan the QR code below







More information

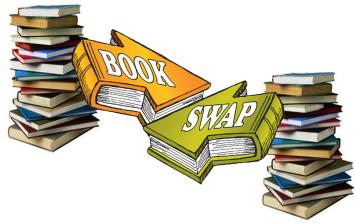
Swindon Music Co-operative, Astoria House, 165/166 Victoria Road, Swindon, SNI 3BU 01793 781973 • info@swindonmusiccoop.co.uk • swindonmusiccoop.co.uk





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## SUPPORTERS NEWS



# Reading for Pleasure – The RLK Book Swap

A reminder that we will be holding our Book Swap on 31<sup>st</sup> January. To make this as successful as our previous Book Swaps, we are asking for the children to bring in any good quality children's books from home that you no longer want. We will be ready to receive books

from next Wednesday (21st January).

Please can we have all books by Thursday 30<sup>th</sup> January as this will give us the opportunity to sort them before the swap on the Friday. Donations of books can be given to your child's class teacher.

## **Key Stage 1 Pantomime**

On Thursday, the children in Key Stage 1 were treated to a lively performance of Cinderella, by the M & M Theatre Company. The children thoroughly enjoyed themselves and the cast members were also very complimentary about the behaviour and enthusiasm of our children. A big thank you to the RLK Supporters for supporting the cost of this experience for our children.

The new term is under way and the RLK Supporters will be having their first meeting later this month. More details will follow shortly. If you would like to know a little more about what we do please see Mrs Beale or email the Supporters at <a href="mailto:supporters@robertlekyng.bluekitetrust.org">supporters@robertlekyng.bluekitetrust.org</a>





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Just search for 'Robert le Kyng Primary School' on Facebook, look for the RLK school logo and select 'Like' to follow our page.

We use this page for general updates, photos and sharing of useful education based Facebook links.



Please note that the main platform for school communication is Parentmail, telephone calls and the school office email address. (The Facebook page does not allow messages between parents and school and any personal posts added will be removed)

2024 -2025 remaining TD DAYS

14th February

24th February—School closed

Blue Kite Trust
Collaboration Day

27th June

Our breakfast club is open from 7.45 am every school day. Please contact the office if you'd like to book a space for your child.

A number of different activities are available each day and of course breakfast.

Booking and paying in advance for the next term attracts a 20% discount on the price.

