

# Colyton Caterpillars

## Newsletter

### September 2021

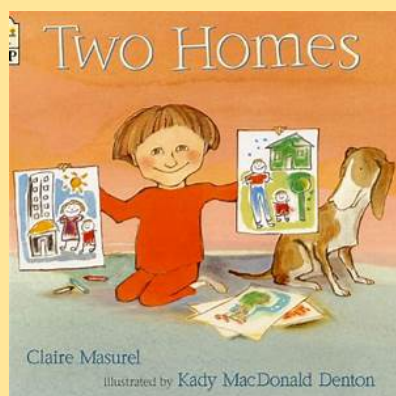
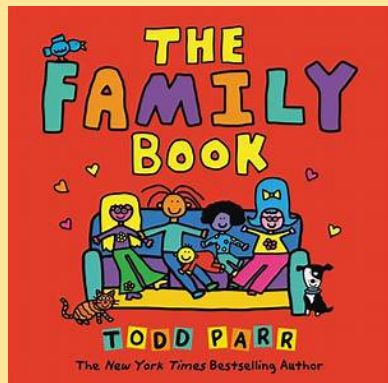
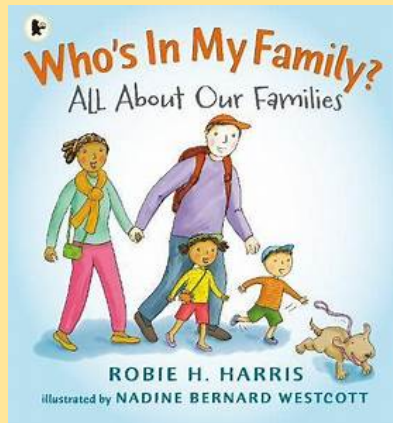


Welcome back after the Summer holidays! I hope you all had a wonderful Summer.

This half term we are continuing with our traditional tales alongside looking at our local community, families and friends and important landmarks.



## Stories to share at home;

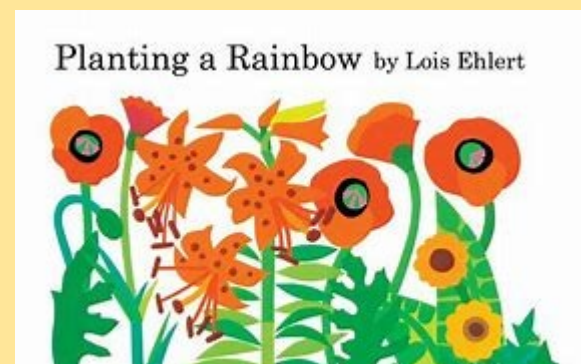


## Benefits of children gardening.

- Physical activity
- Independence and responsibility
- Engages all 5 senses.
- Healthy life style
  - Biology
  - Numeracy
  - Literacy
  - Teamwork
- Communication
- Self confidence

Take a look at:

<https://national.macaronikid.com/>



## Story of the week

Please ask about our story of the week.

This will also be shared on our Facebook page for you to learn and discuss with your children at home.

## Useful Numbers

Colyton Primary School

01297 552231

Seaton Primary School 0129720922

Uplyme Primary School

01297 442210

Kilmington Primary School

0129732762

Shute Primary School

01297 33348

Charmouth Primary School

01279 560591

## Term Dates

### Autumn term dates;

Monday 6<sup>th</sup> September –

Friday 17<sup>th</sup> December

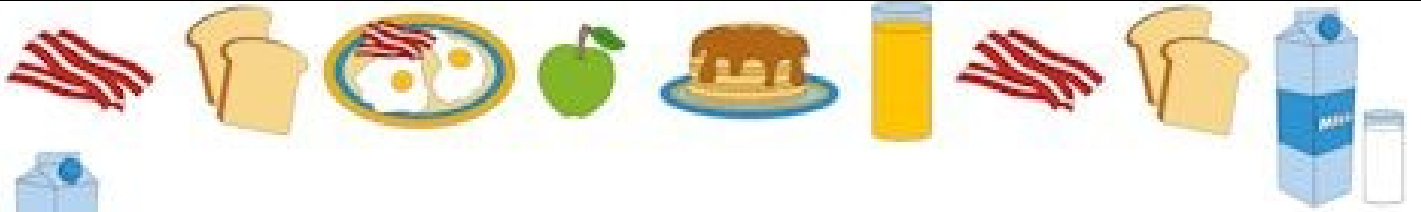
### Half term;

Monday 25<sup>th</sup> – 29<sup>th</sup> October



Please fill in the family tree and send in to us!





## Lunch Menu

Monday

- Cheesy toast, cucumber sticks, tomatoes
- Honey Greek yoghurt

Tuesday

- Pinwheel pizza, vegetable sticks
- Watermelon

Wednesday

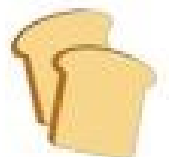
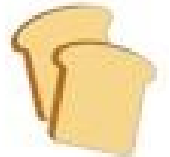
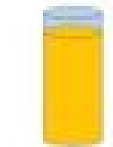
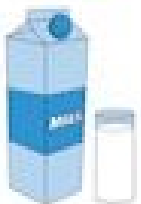
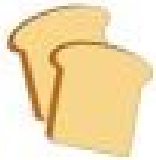
- Cheesy beans on toast
- Malt loaf and apple slices

Thursday

- Pasta bake
- Ice cream and banana

Friday

- Sausage, chips and corn on the cob
- Honey Greek yoghurt



## Healthy eating at Caterpillars

At Caterpillars, we encourage children and families to have a healthy diet and provide lots of ideas on our newsletters, Facebook page and website.

Children have access to fresh water during the day and fresh milk at snack and lunch times. Snack is around 10am and 2pm, and lunch is at 12 noon.



During mealtimes, we all sit together and chat in a family environment. From September 2020, we will be re-starting school lunches for £2.00 per day.

If you would like any additional advice on healthy eating, contact your health visitor or follow the links below. <https://www.nhs.uk/change4life/food-facts>

<u>Lunch Menu</u>	
Monday	<ul style="list-style-type: none"> <li>• Chewy toast, cucumber sticks, tomatoes</li> <li>• Honey Greek yogurt</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>• Pinwheel pizza, vegetable sticks</li> <li>• Watermelon</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>• Chewy beans on toast</li> <li>• Malt loaf and apple slices</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>• Pasta bake</li> <li>• Ice cream and banana</li> </ul>
Friday	<ul style="list-style-type: none"> <li>• Sausage, chips and corn on the cob</li> <li>• Honey Greek yogurt</li> </ul>

<https://www.foodforlife.org.uk/> <https://www.firststepsnutrition.org/eating-well-resources> <https://halff.org.uk/about-us/>

