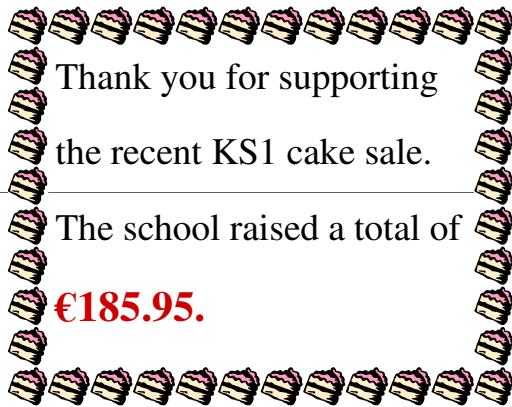


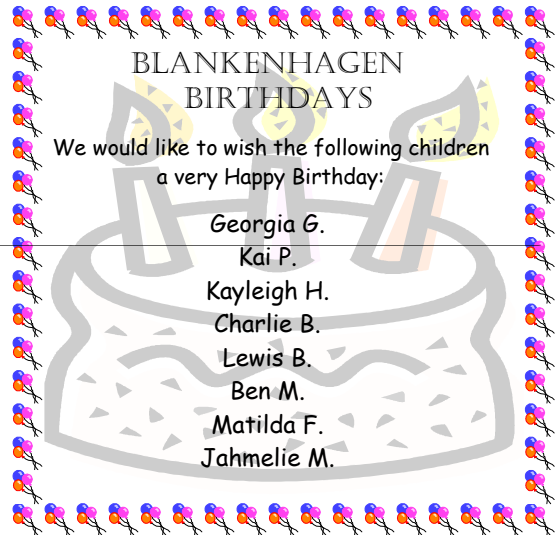


Blankenhagen Primary School

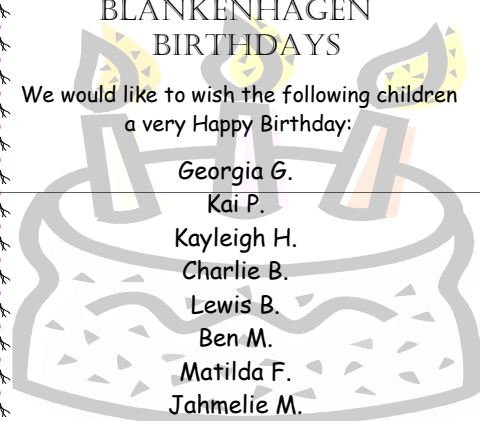
# WEEKLY NEWSLETTER

30th April 2010

  
Thank you for supporting  
the recent KS1 cake sale.  
The school raised a total of  
**€185.95.**

  
BLANKENHAGEN  
BIRTHDAYS  
We would like to wish the following children  
a very Happy Birthday:

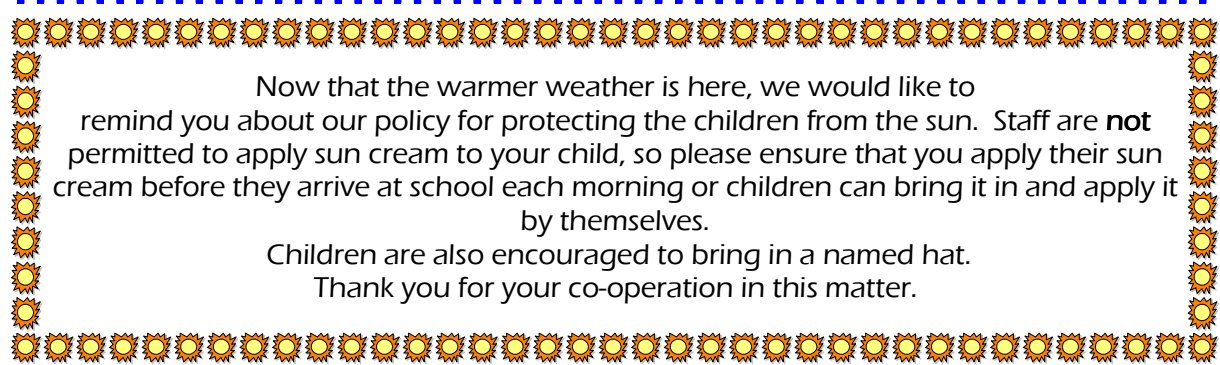
- Georgia G.
- Kai P.
- Kayleigh H.
- Charlie B.
- Lewis B.
- Ben M.
- Matilda F.
- Jahmelie M.



Dear Parents and Carers,

The theme for this half term's work on social and emotional learning is 'Relationships'.  
Over this half term the children will be considering the important relationships in their  
lives and some of the feelings that go with these.  
In the next few weeks your child may bring home some cards with activities on them.  
These will help your child tell you about what we have been doing, suggest some things  
to do together and provide some ideas for you to try out in your family.  
We will be happy to talk about this with you if you would like to.

With best wishes,  
Ben Turner

  
Now that the warmer weather is here, we would like to  
remind you about our policy for protecting the children from the sun. Staff are **not**  
permitted to apply sun cream to your child, so please ensure that you apply their sun  
cream before they arrive at school each morning or children can bring it in and apply it  
by themselves.

Children are also encouraged to bring in a named hat.  
Thank you for your co-operation in this matter.

Blankenhagen School  
Gütersloh, BFPO 47  
Tel: 05241 35108 Fax: 05241 300006  
[www.blankenhagenschool.com](http://www.blankenhagenschool.com)

## Top Tips for Summer Packed Lunches

As the summer months approach we all need to take extra care in the preparation and storage of packed lunches.

### Great things to put in packed lunches

Some foods go off more quickly than others e.g. foods high in protein (cooked meats, eggs, etc) are perfect breeding grounds for bacteria, particularly when combined with moisture and warmth.

There are no refrigerators in school for the storage of sandwiches and therefore ingredients should be chosen with care.

### Suitable lunch box ingredients include:

- washed fruit
- canned meat
- jam/spread
- hard cheese
- salad ingredients (lettuce/tomatoes)
- dried fruits
- ambient yoghurts (e.g. those which do not have to be refrigerated)
- healthy muesli bars/biscuits (nut free)



### Tips for preparing packed lunches

- Store prepared food in a refrigerator until the last possible moment.
- Ensure your hands are clean before starting to prepare the food.
- Wash and dry your hands in between handling raw foods and cooked ready-to-eat foods.
- Use clean, separate utensils for separate ingredients;
- Do not place ready-to-eat foods on a surface which has just had raw foods on it;
- Do not keep food at a warm or ambient temperature. Food that is used for sandwiches should be cooked and cooled quickly and then refrigerated, e.g. chicken, beef. This also applies to food items such as pasties, quiches etc. Always wash fruit, vegetables and salad in clean, cool running water.



### Storage of Packed Lunches

- Containers should be clearly marked with your child's name and be strong and sufficient in size to contain all their lunch.
- Never put fresh food into unwashed containers.
- Do not re-use food wrappings such as polythene bags or cling-film.

Once the packed lunch is completed, store in a refrigerator prior to being taken to school.

### Storage of Packed Lunches in School

- As mentioned earlier, we do not have refrigeration.

## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

