



Friday 9th May 2025

Dear Parents/Carers,

I hope you have had a lovely Bank Holiday weekend and rest of this week.

I am writing with my usual weekly letter of news and information. I can be contacted at exehead@aspire-kent.org.uk between 8am - 5pm Monday to Friday for queries and questions. Also Lauren my PA can be contacted at lriby@aspire-kent.org.uk. Any requests for meetings or appointments can be made through Lauren - thank you.

Packed Lunch Guidance-

Recently there has been new guidance regarding healthy eating for children. This forms part of the nutritional guidelines for children in early years. We all know that this can be tricky, so I thought it would be helpful to share some of the suggestions from this as a helpful guide.

Make sure your packed lunch contains:

Bread, Rice, Potatoes, Pasta: These starchy foods are a healthy source of energy. Good choices include rolls, bread, wraps, chapatti, pitta bread, pasta or rice salad. Wholemeal varieties are good options as they contain more fibre than white varieties.	Fruit and/or Vegetables- Eating these foods keep children healthy and reduces the risk of disease in later life. Lunches should include at least one portion of fruit and one portion of vegetables.
A portion of dairy- yoghurt or calcium rich alternative- These foods provide calcium for healthy bones and teeth. Include one portion at lunch, for example a drink of semi-skimmed or skimmed milk or unsweetened (fortified) soya milk, an individual cheese portion or pot of plain or low sugar yoghurt, or dairy free alternative.	Beans, Pulses, Fish, Eggs, Meat: These foods provide protein for growth. Packed lunches should include one portion of these foods each day. Suggestions include boiled egg, ham, chicken, soya, Quorn, tuna, mackerel, salmon, hummus, chickpeas, lentils or beans.
A healthy drink- The best drinks options are always plain	What About Treats? It is fine to add an extra treat on occasion – maybe once a week. Still try to make sure it is a healthier choice.

water or milk (semi-skimmed, skimmed or unsweetened (fortified) alternative). Try to avoid fruit juices and fizzy drinks – if necessary, switch to no-added sugar cordial instead or add a slice of orange or lime to add flavour to plain water.	Some good options include: - A slice of malt loaf or banana bread, a teacake or low sugar flapjack / cereal bar, rice pudding pot or sugar-free jelly -Unsalted pretzels, plain popcorn, seeds, rice or corn cakes with cream cheese, crackers & cheese, vegetable or bread sticks with a dip And remember, treats don't have to be food – why not add a little note, sticker or joke in the lunchbox to make your child smile instead?
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The British County Show-

The British County Show will take place on **Sunday and Monday 25th and 26th May, 10am-5pm at Wings of the Morning Field, 1 London Road, Wrotham, Sevenoaks, Kent, TN15 7NS.**

This event will include music, food and drink, attractions (including archery, birds of prey, cookery demo tent and much more), local trade stands and much more.

Discounted tickets are available online, but can also be purchased on the day. Under 5's go FREE. This is also a dog friendly event- www.britishshow.co.uk

Carers Week 2025-

Carers Week is approaching **9th-15th June** with this year's theme '**Caring About Equality**'.

The Young Carer focus day for this week is Thurs 12th and they are asking for Young Carers to share videos/poems/write ups/drawings of their lived experience. If you know anyone that would want to submit to this it can be emailed to hello@imago.community

Sporting Event Opportunity-

Oakwood Park Grammar School is hosting a Primary Links event on **Thursday 22nd May 2025, 4pm-5.30pm** for boys in Year 4 and Year 5. This is an opportunity for students to have a taster of handball, table tennis and basketball.

There are 60 spaces available and to book a space you can email- office@opgs.org.



ASPIRE Sports- Claire Liddicoat

A group of KS1 children from across Aspire, took part in a multi-skills festival at Aylesford Secondary School.



Activities included, shuttle runs, skipping, target throw and slalom. The morning was very busy, with all children trying their best and representing Aspire with pride.

Well done to all those who took part, and to Mrs Malton for supporting me at this event.



Wishing you all a wonderful weekend.

Kind regards,

Emma Hickling
Executive Headteacher