

Newsletter

We have been reading:

This Week:

This week we have been reading *Meet the Planets*. We zoomed off on an exciting space adventure in our rocket to meet all the planets in our solar system, travelling from shimmering Saturn to mighty Mars and beyond! We have been planning our own journeys through space in our space station home corner, using our imaginations to explore the universe. As part of our creative learning, we enjoyed junk modelling rockets from plastic bottles, creating colourful chalk galaxy artwork on black paper and making repeating patterns on moon craters. We also developed our fine motor skills through lots of cutting practice around the planets. It has been a fantastic week of space exploration and discovery! 🚀🌌🌟



Phonics

This week in phonics, we have learnt /g/ and /o/. We learnt to recognise the graphemes, say the phonemes correctly and form the letters. We then practised segmenting and blending CVC words containing these new sounds and had a go at writing them too. We also learnt the tricky word 'no'.



Check out our YouTube channel ! @hlcprimary5542

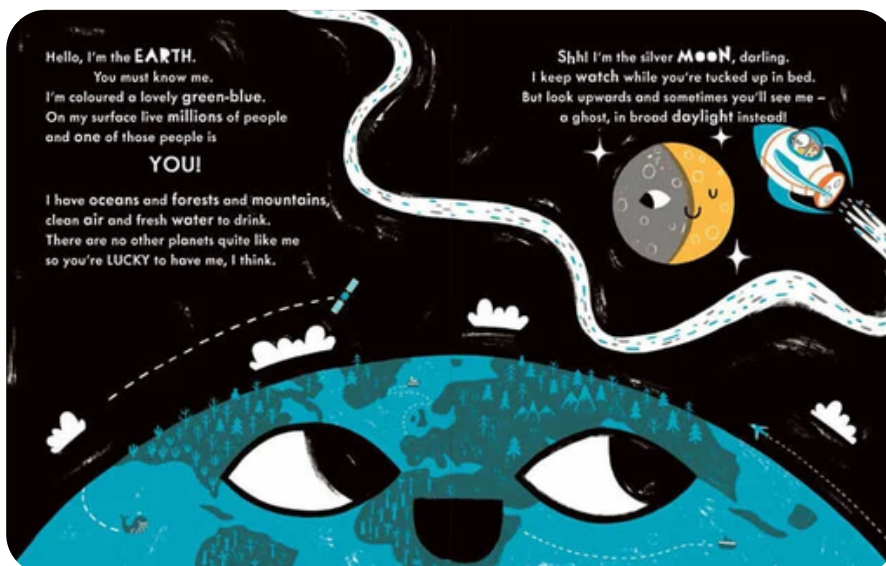
There are videos for letter formation and sounds practice.

Maths

This week in Maths, we have been learning about repeating patterns. We practised copying, continuing and creating simple repeating patterns using objects, pictures, colours and actions. We looked carefully to spot what came next in a pattern and explained how we knew. Through lots of practical activities, we explored how patterns repeat and had fun creating our own repeating sequences.

Next Week

'The Little Red Hen' by Mary Finch



Things to Remember



Read 4 times a week.
Bring your reading record in everyday.



PE is on a Wednesday.
Bring your PE kit in on a Monay.



Forest School is on Tuesday.
R1 come to school in your kit.
R2 an R3 bring your forest kit with you.

Reminders

October 2026

Black History Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1B Attlingham Farm Visit Lunch Menu Swap	2 1C Attlingham Farm Visit Lunch Menu Swap	
4	5 6pm Parents Evening Bookings System Goes Live On MCAS	6	7 6B Mosque Visit	8	9	10
11	12	13	14 6C Mosque Visit Flu Vaccination Day	15 Carpark Out of Use for drop off and collection	16 Y2 Nurse Doctor Dress Up Whole School Dress as a Footballer Day - K1	17
18	19 Last Session of Y1 Colouring Club Last Session of Y2 Construction Club	20 6A Weston Park Visit	21 6B Weston Park Visit	22 6C Weston Park Visit 13pm Y3 Harvest Performance Halloween Lunch Menu Last Session of Y2 Westonwood Club	23 PD DAY SCHOOL CLOSED	24
25	26	27	28	29	30	31

HALF TERM

Our Community; Our School



HADLEY LEARNING COMMUNITY




Free Breakfast Club

Bookings for the upcoming month go live on the **last Monday** of every month and will only stay open for **2 days**.

Set your alarm for 6pm on the following dates:

- 28th September
- 26th October
- 30th November
- 28th December

Children should arrive at the main school gates, where they will be collected by a member of HLC staff at 7.45am.

The gates will close promptly at 7.50am.



Breakfast will include toast with a choice of spreads.



Fruit, squash and water are also available!



 Chartwells

HLC PRIMARY

HALLOWEEN

SPECIAL LUNCH MENU

THURSDAY 22ND OCTOBER

MAINS

Ghostly Chicken Goujons
or
Web of Cheese Pizza (v)

SIDES

Cauldron Chips
Potion Peas
Broomstick Beans

DESSERTS

Zombie Slime
or
Chocolate Orange Mummy Muffins

KS1 CHILDREN FREE

KS2 CHILDREN £2.90

No Deli or JP option available

All allergies and intolerances will be catered for

HLC PRIMARY

TT ROCKSTAR DAY

FRIDAY 16TH OCTOBER

£1 DONATION

CHILDREN CAN COME DRESSED AS A ROCKSTAR

FUN MATHS BASED ACTIVITIES AND COMPETITIONS

FOR THE CHILDREN TO TAKE PART IN!

$2+3=5$

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hlcprimary.reception@lct.education

Healthy Eating

Next week's menu:

SPRING/SUMMER 2026 MENU		WEEK 3				
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1	Cheese and Tomato Pizza with BBQ Potato Wedges	BBQ Chicken Meatballs with Wholemeal Pasta	Roast Chicken with Roast Potatoes and Gravy	Lasagne with Garlic Bread	Fish Finger Sandwich with Chips
	OPTION 2	Cheesy Bean Burrito with BBQ Potato Wedges	Cheesy Bean Burrito with Wholegrain Rice	Vegetarian Cottage Pie with Gravy	Vegetable Lasagne with Garlic Bread	Veggie Fingers with Chips
	OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta
HOT DISHES ARE SERVED WITH TWO VEGETABLES						
DELI DISHES	OPTION 4	Cheese Parini	Cheese and Tomato Parini	Roast Chicken Pitta Pocket	Cheese Parini	Cheese and Tomato Parini
	OPTION 5	Homous and Carrot Wrap	Ham Sandwich	Cheese Wrap	Tuna and Sweetcorn Pitta Pocket	Egg Mayonnaise Baguette
DELI DISHES ARE SERVED WITH MIXED SALAD						
DESSERT		Banana Loaf	Orange Glazed Sticky Sponge Cake with Custard	Chocolate Mousse	Lemon Drizzle Cake	Vanilla Ice Cream

BAKED POTATOES SERVED DAILY
With a choice of toppings

AVAILABLE DAILY
Fresh fruit, salad, yoghurt and water

Chartwells

Vegetarian Vegan Oily Fish Fruity! Wholegrain Nutritionist's Choice Halal Available

Stifford & Whiston
Cooperative Council

Protect, care and invest
to create a better tomorrow

TOP TIPS for celebrations

Healthy alternatives for birthdays and special occasions

It is common, that for birthdays and other special occasions, parents bring cake or sweets for the child to share with the other children. This can be complicated in terms of allergies but also contradict the setting approach to healthy eating. Department for Education guidance recommends that it should be suggested to parents that they bring non-edible options to celebrate such as bubbles or stickers. The guidance does also suggest food options such as fruit platters.

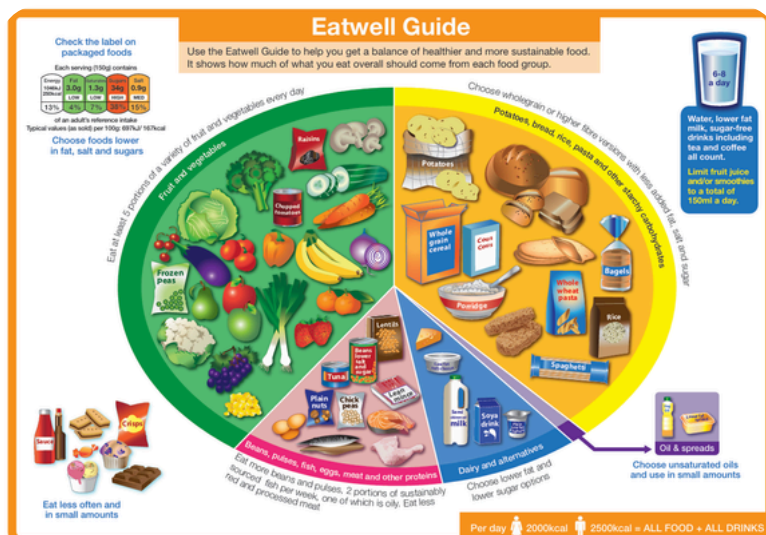
Here are some ideas on how to celebrate within your settings and comply with the new guidance.

How we can celebrate

- A cake with a candle - 'Happy Birthday' is sung to the birthday child/children and they can blow the candle out
- The birthday child picks a game for everyone to play
- A birthday card is made by the setting
- A favourite song is chosen for everyone to dance to together
- The birthday child wears the setting's birthday crown for the day
- The birthday child keeps the setting's 'birthday bear' with them for the day

What parents can send in to celebrate

- Bubbles
- Stickers
- Colouring packs



A healthy balanced diet for children

Food group	Examples of food included	Main nutrients provided	Recommended serving
Fruit and vegetables	Fresh, frozen, canned, and dried fruit, vegetables, and pulses	Carotenes (a form of vitamin A), vitamin C, zinc, iron, and fibre	At least 5 portions each day Provide a portion as part of each main meal (breakfast, lunch and tea) and with some snacks
Potatoes, bread, rice, pasta and other starchy carbohydrates	Bread, potatoes and sweet potatoes, starchy root vegetables, pasta, noodles, rice, other grains, breakfast cereals	Carbohydrate, fibre, B vitamins and iron	4 portions each day Provide a portion as part of each meal (breakfast, lunch and tea) and provide as part of at least one snack each day
Dairy and alternatives	Milk, cheese, yoghurt, fromage frais	Protein, calcium, and vitamin A	3 portions each day Provided as part of meals, snacks and drink
Beans, pulses, fish, eggs, meat and other proteins	Meat, poultry, fish, shellfish, eggs, beans, pulses, nuts	Protein, iron, zinc, omega 3 fatty acids, vitamins A and D	2 portions each day Provide a portion as part of lunch and tea (two to three portions for vegetarian children)

Department for Education

Lunchbox tips

- Keep them fuller for longer**
Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.
- DIY lunches**
Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.
- Mix your slices**
If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.
- Ever green**
Always add salad to sandwiches and wraps too - it all counts towards your child's 5 A Day!
- Cut down on crisps**
If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.
- Tinned fruit counts too**
A small pot of tinned fruit in juice - not syrup - is perfect for a lunchbox and easily stored in the cupboard.
- Switch the sweets**
Swap cakes, chocolate, cereal bars and biscuits for fruited toecakes, fruit breads or fruit (fresh, dried or tinned - in juice not syrup).
- Get them involved**
Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.
- Plan to Eatwell**
The guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. It can be really useful when thinking about what goes into kids' lunchboxes. [The Eatwell Guide](#)
- Freeze for variety**
Keep a small selection of different types of bread in the freezer so you have a variety of options - like bagels, pittas and wraps, granary, wholemeal and multigrain.
- Cut back on fat**
Pick lower-fat fillings - like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches. [See more healthier swap ideas](#)
- Always add veg**
Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.
- Cheesy does it...**
Cheese can be high in fat and salt, so choose stronger-tasting ones - and use less of it - or try reduced-fat varieties.
- Add bite-sized fruit**
Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.
- Swap the fruit bars**
Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.
- Yoghurts: go low-fat and lower-sugar**
Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.
- Variety is the spice of lunch!**
Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.

click for more ideas and tips

Screen Time

Screen Time Swaps: A Guide for Parents

Screens are a normal part of modern life. For young children, though, the most important things for healthy development are play, interaction, movement and connection with you.

In this guide, we'll share simple ideas to help you find a balance that works for your family.



What does the current guidance say?

Rather than strict rules, current guidance is about embedding healthy habits around the use of screens in the early years:

Under Twos

Screens are best avoided where possible. If they are used, it works best when it's something you do together, like video calling with family or looking at family photos and talking about them.

Ages Two to Five

Keeping screen time to around an hour a day (or less where you can) helps make more space for play, movement and interaction.

Screen-free Spaces

Mealtimes and bedrooms are best kept screen-free so children can focus on food, sleep and connection.

Background Screens

Having the TV on in the background can be distracting, even if no one is really watching. Switching it off can make a big difference.

Let's look at what this might look like in practice.



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Screen Time Swaps: A Guide for Parents

Instead of screens, try these alternatives:

- Instead of screens at the table, try background music, chatting about your day, simple games or colouring.
- Instead of screens before bed, try sharing a story, looking at books together or quiet play.
- Instead of putting on the TV as soon as you get home from school or nursery, try a snack and a chat about your day.
- Instead of handing over a device while you're in the car or out and about, try songs, rhymes or keeping a small toy or book to hand.
- Instead of starting the day with screens, try music or simple games as you get ready together.



How does screen time affect my child's development?

Your child's early years are a time of rapid growth and development. By the time your little one turns five, most of their brain development is already well underway. During this time, everyday moments matter most – talking, playing, responding and spending time together.

Young children learn best through warm and responsive relationships. Chatting, playing games and reading stories help build important skills and these early interactions lay the foundations for communication, thinking, relationships and emotional wellbeing.

While screens can be a part of family life, too much time spent on them can start to take the place of these important experiences and interactions. Higher levels of screen time use have been linked to challenges in areas like language development, social skills, sleep and physical health.



Why swap screen time for play?

Even short moments of play can support so many areas of your child's development. When you play a simple game, talk or explore together, your child is building language, learning to think critically and developing confidence.

They're also learning how to manage feelings, take turns and connect with others. These are skills that grow best through real interactions – it doesn't require expensive toys or screens!

If you're looking for simple ideas to get started, take a look at our [Screen Time Swaps: Games](#) resource for quick and easy activities you can try.



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Screen Time Swaps: A Guide for Parents

How can I reduce screen time without a battle?

It can really help to think in terms of swapping screen time, rather than taking it away. Offering something else – especially if it's something you can do together – can often make the transition feel much easier. Let's take a look at some of the different approaches you can take.

You might find it helpful to implement new routines into your day – a chat and a snack after nursery instead of a TV programme, or a story before bed instead of a screen.

Giving your child a heads-up can also help them feel more prepared and involved: 'After this, we're going to...'

If you can, try to keep screens in shared spaces and turn off background TV.

If and when your little one uses a screen, joining in and talking about what they're doing can make it more of a connected, meaningful experience.

When you're out and about, songs, games (like I Spy) or a small toy or book are easy alternatives when you need them!

Some resistance is completely normal, especially at first. Change takes time, so it's OK to go slowly.

Is the advice the same for children with Special Educational Needs and Disabilities (SEND)?

For some children with SEND, screens can play a really important role in supporting communication, engagement and regulation. Because of this, families may need a more tailored approach that reflects their child's individual needs.

That said, all young children benefit from plenty of time for play, sleep and interaction with others, so it's still important to protect opportunities for screen-free time where you can.

Disclaimer: This resource is provided for informational and educational purposes only. As far as possible, the contents of this resource are reflective of professional research at the time of writing. This resource is not intended to be used to replace professional training or advice. This resource refers to activities which may require supervision and an adequate risk assessment. If you require advice, you should contact a suitable qualified professional.

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