



## Volunteers

We have been overwhelmed by your responses to our request for volunteers and we are so grateful to you all for your willingness to lend a hand. Our task next week is to begin to plan just exactly how you can help us, based on your availability. We will be in touch very soon.

The deadline for submitting Christmas card designs and cheques has been extended to Monday 9<sup>th</sup> October.

## The school orchestra is welcoming new members!

We rehearse on Friday lunchtimes and regularly perform a range of repertoire from classical, film and pop music. We welcome any string, woodwind, brass or percussion players who are equivalent to about grade 1 standard. Please let Mrs Bryan know if you are interested in joining.



## Would you like ideas for Healthy Lunches?



According to *NHS choices* a balanced lunchbox should contain:

- Starchy foods like bread, rice, potatoes or pasta
- Protein foods like meat, fish, eggs or beans
- A dairy item, like cheese or yogurt
- Vegetables or salad and a portion of fruit

Please remember that we are a healthy school, and we ask that crisps, chocolate bars and sweets are not included in lunchboxes.

Go to this web page for more ideas:

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Lighterlunchboxes.aspx>

## Year 4 at Fulham Palace



Year 4 enjoyed their school trip to Fulham Palace this week to support their studies on Roman Britain. They learned about archaeology, river transport and domestic life on the Palace site. They were able to use the handling collection of real and replica objects, and wear costumes. How authentic they look! Who's that lovely Roman Lady they seem to have met along the way?