



FLO Newsletter

Welcome to Mrs Wright's Monthly Newsletter, a chance to share advice, support and tips linked to adult and child wellbeing.



Spotlight on a Service Help Your Child Thrive

Help Your Child Thrive is run by Una Archer, an Educational Psychologist who runs workshops and information sessions aimed at parents and carers.

"My work with parents is about figuring out how we can navigate the challenges and what steps will help to nurture your connection and reduce tension at home."

On Friday 21st March, Una is running a **FREE** online workshop about helping your children feel safe and loved through separation.

Please talk to Mrs Wright for further information.



Healthy Eating

As a school, we encourage healthy lunchboxes and would like as many children as possible to eat our delicious school dinners provided by Contract Dining. We actively promote low sugar meals as sugary food and drinks can make holes in milk teeth very quickly.

Healthy ideas include:

- Varying the bread in sandwiches - wholemeal, tortillas, bagels etc.
- Low sugar fillings- marmite, tuna, egg, cheese, cold meats.
- Fresh fruit and Veg
- Chicken drumsticks, cheese chunks, plain crisps (occasionally), dried fruit, plain yoghurt or fromage frais.



Attendance

Thank you for your ongoing support with your child's attendance.

It is important that we work together to ensure children are in school, learning and thriving. The class with the best attendance in February was Chestnut (again!) with 97.7%.

Well done Chestnut!



Young Carers

Young Carers Action Day is on Wednesday March 12th and this years theme is **"Give Me A Break"**, focusing on the importance of rest and respite for young carers.

According to BBC research there are 30,000 Young Carers living in Kent, many of which are hidden, hard to reach or unaware they are in a caring role! It is important that they know they are not alone.

Please visit imago.community for more information.

Happiness

Progress

Success