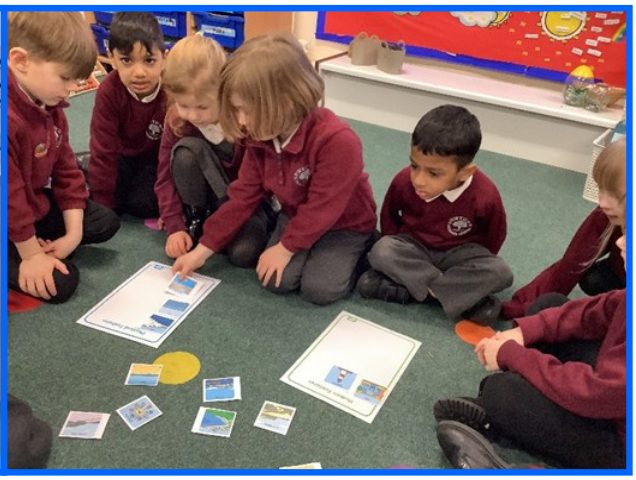
Newsletter

Thursday 22nd January (No.18)

A message from Mrs Bieda & Miss Titchener from Sycamore Class

Sycamore Class have been working incredibly hard this week. The children have been really stuck in using a range of resources to support their maths learning and build their confidence. In geography, they have been exploring the seaside, learning to identify and sort features of the seaside into human and physical. Finally, in our English lessons, we were incredibly impressed with the adventure stories that were written about a character called Sam who goes on an exciting journey on the deep, blue sea.





Willow, Sycamore and Maple classes also had a wonderful time at our Bedtime Stories event. The children enjoyed listening to stories in a softly lit room by a roaring fire, took part in a thrilling bear hunt around the school using torches, and finished the evening with hot chocolate and biscuits. A truly magical experience enjoyed by all!









Safeguarding

Healthy eating

Recently, we have noticed that children's packed lunches are including chocolate bars and sugary snacks. Please can we ask you not to include these items in your child's packed lunch, but to save them as an occasional treat to have at home. Similarly, children should only be bringing fruit or vegetables to have as their snack at morning break time.

Whether squeezing it in before the school run in the morning or before bed on busy midweek evenings, preparing your child's lunchbox can seem like just another thing on the list. School meals are a great choice, but if you do make a packed lunch for your child, then why not have a look at the healthier lunchbox ideas and tips below.



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.



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.



Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



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.



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.



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.



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.



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.

BOOKING ESSENTIAL DON'T MISS OUT!

Little Voices

Production of

ROALD DAHL'S

Matilda THE MUSICAL JR.

BOOK DENNIS KELLY MUSIC & LYRICS TIM MINCHIN

AUDITIONS

AGES 5 - 18

EVERYONE WELCOME NOT JUST LITTLE VOICES PUPILS

Sunday 1st March 2026

SEMINGTON VILLAGE HALL, BA14 6JR

Team BRUCE (Trowbridge/Westbury Team) 10am-1pm

Team MATILDA (Melksham/Chippenham Team) 2pm-5pm

To book your audition email bath@littlevoices.org.uk

Rehearsals Sundays from 8th March.

Team BRUCE in Trowbridge. Team MATILDA in Melksham.

Show Venue - Neeld Community & Arts Centre, Chippenham, SN15 3WL

Please note: this is a step-only access theatre for performers.

Show date Team MATILDA: Saturday 30th May 2026

Show date Team BRUCE: Sunday 31st May 2026

This amateur production is presented by arrangement with Music Theatre International
All authorised performance materials are also supplied by MTI www.mtishows.co.uk



TROWBRIDGE A.S.C

LEARN TO SWIM

MAKE FRIENDS

GREAT FUN!

SUNDAYS: 1.30-4PM. 30-45 MIN SESSIONS* MIN AGE 4YRS**

** MUST BE ATTENDING SCHOOL

Www.swimtrowbridge.co.uk

Membership@swimtrowbridge.co.uk

Facebook @ Trowbridge ASC

Swim England | the asa swim for life | SwimMark ESSENTIAL CLUB | SwimMark NETWORK MEMBER

*Entry subject to trial with junior development coach and/or Level 2 Teacher
All sessions held at Trowbridge Sports Centre



Year 5 Open Mornings

DATES
(9:15-10am)

Thursday 19th March
Tuesday 28th April
Wednesday 20th May
Thursday 25th June
Thursday 9th July

To book a place on one of the above dates, please follow the Eventbrite link or scan below:

https://bit.ly/StLYear5

BOOK HERE:

St Laurence School
Care • Inspire • Succeed

Superstars



Kit,
Emilia,
Elijah,
Emilia,
Arlo &
Libby

Attendance

147 children had 100% attendance in the last week, are awesome!

Oak Class were the best at being in & on time every day last week.
Well done Oak class!

2 Penalty Notice Applications have been made so far this academic year.

Absence line 01225 752678 option 1



Congratulations to Beech & Oak class who are top of the leader board this week! Please encourage your child to log on and play.

Home - Times Tables Rock Stars

Reporting an absence

Please report your child's absence using the absence line:

01225 752678
Option 1
Thank you !

School drop off

Please can we kindly ask people do not stop by the crossing to let children out of cars in the morning. Please use Wesley Road Social Club car park for drop off and pick up.

Thank you!

Dates for Diary

13/02/2026	Last day of term 3
23/02/2026	First day of term 4 - children back to school