



# ST. JOHN'S CE INFANT AND NURSERY SCHOOL (VC)

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Acting Executive Headteacher: Mrs A Aharon  
Acting Head of School: Mrs D Leggett

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[www.stjohnsradlett.herts.sch.uk](http://www.stjohnsradlett.herts.sch.uk)

Friday 19<sup>th</sup> May 2017

Dear Nursery Parent/Carers

## Trip to Aldenham Country Park

I am delighted to inform you that we have booked a trip for the Nursery children on **Tuesday 20<sup>th</sup> June** to go to Aldenham Country Park. They will be travelling by coach which will be leaving school at **9:15 am** and returning at **2:30 pm**. Please ensure your child is in school at **9:00 am** on the day and pick up at **2:30 pm** at their classrooms.

As part of developing the children's Understanding of the World, we will be learning about what a bear needs to survive in the wild. The children will go on a bear hunt and then create their own bear dens in the woods.

The voluntary contribution for this trip is **£12.59**. If you receive benefits and would like financial assistance please see Ms Hameed confidentially at the office. Please pay for your trip using your Gateway account by the 9<sup>th</sup> of June.

Please provide a fully disposable packed lunch, including a carton of juice, for your child for the trip.

Your child will need:

- A bottle of water
- Packed lunch
- Sun hat
- Sun cream

If you have any further questions about the trip please ask Mrs Stride or Mrs Leggett at the end of the school day.

Yours faithfully

Alice Aharon  
Headteacher

✂ .....

Child's name.....Class.....

I give permission for my child to go on the Nursery trip to Aldenham Country Park via my Gateway Account/  
Cheque/Cash \*

I would like to help on the trip ..... (print name)

Signed.....Date.....



## **PACKED LUNCHES - GUIDELINES**

At school we aim to encourage all children eat a healthy balanced meal at lunchtime.

Nutritional guidelines state that every child should have a meal including one piece of fruit, one vegetable, one milk or dairy item, one portion of meat, fish or other protein and one starchy food such as bread, pasta or rice.

The lunchtime staffs encourage the children and also monitor what the children are eating. If any problem arises the senior meal time supervisor will share this with the child's class teacher so they can discuss further with the child's parent/ carers.

All food that is not consumed will be sent home so parent/ carers can monitor themselves what the children are consuming.

### **Packed Lunch Containers**

Pupils and parents/carers are responsible for providing a suitable packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

Foods are at risk of bad bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container.

**Pupils who provide their own packed lunch for school trips should ensure it is fully disposable including the drink container. The school has purchased 60 backpacks with a reusable cold gel pack to be used by the children on a trip.**

A "**Healthy lunchbox**" would be one that contained a healthy mix of foods, including something savoury. We suggest the sandwich be savoury rather than sweet.

### **The children also seem to like:-**

- Cherry tomatoes (cut in half)
- Sticks of carrots, celery, and cucumber
- Grapes (cut in half) and other fruit
- Yoghurts
- A drink
- A small piece of cake

### **Don't forget to include things that are easy to open and handle.**

- Please ensure your child has a drink (no fizzy drinks)
- No chocolate bars, sweets or crisps please. Rice Cakes would be an alternative.

We suggest you provide a variety of foods in small portions that can be eaten by your child in approximately 30 minutes

**NO NUTS, NUTELLA OR PEANUT BUTTER ALLOWED DUE TO CHILDREN WITH NUT ALLERGIES.**