



Mellor News

Issue 10

Working in Partnership

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Healthy Pack Lunches

Please remember that we are a nut free school so ask parents to avoid putting nuts into children's packed lunches e.g. Nutella/chocolate spread, peanut butter and some cereal bars do contain nuts and should not be included in packed lunches.

The Children's Food Trust recommends including a piece of food from each of the following categories:

- starchy foods like bread, pasta or potatoes
- fruit and veg, so sticks of cucumber, celery or carrot, alongside a piece of fruit
- meat, fish, eggs and beans - strips of chicken or bean dips
- dairy food such as cheese in a sandwich or a yoghurt or fromage frais
- a drink - milk or water are the best choices for children's teeth



No energy drinks

But foods and drinks high in saturated fat, sugar and/or salt, like crisps and chocolate biscuits, should be avoided, the trust says. Please note that energy drinks are not permitted at school, including on school trips, as these contain high levels of sugar (approximately 11 teaspoons in one 500ml bottle). Please support us in maintaining the health and wellbeing of all of the children at Mellor by encouraging your child to bring water into school.

Leicester Libraries eResources

Leicester libraries are focussing on providing free e-resources in this lockdown period. It is free for families to join online www.leicester.gov.uk/libraries and access children's and adult e-books, e-comics and e-magazines to keep the whole family reading during lockdown.

Talent 25

Talent 25 is an opportunity for parents who have babies under one. It is a 25 year action research project, funded by De Montfort University, and Arts council England, looking into creativity in the early years. The first four years of the project involve delivering free, quality creative sessions for families with babies aged 3-12 months, in eligible areas of the city. All of the creative input is delivered by professional artists from different disciplines including dance, music and visual arts. T25 also offer other one off events such as theatre trips and visits to galleries to participating families. The best part is that all of the sessions and activities are free of charge for participating families. Please see the attached poster for more information.

COVID Guidance

Please continue to follow the guidance from the Local Authority to help keep our school COVID free. We all play a part in helping to reduce the risk of infection.

You must stay at home and not attend school if you:

- **Have symptoms of coronavirus**
- **Have tested positive for coronavirus**
- **Are waiting for the results of a coronavirus test**
- **Live with someone who has symptoms of coronavirus**
- **Live with someone who is waiting for coronavirus test results**
- **Have been identified as a close contact of someone who has coronavirus.**

Always follow current self-isolation guidelines.



leicester.gov.uk/coronavirus

