



Elmtree Echo

Issue 25



Respect - Ambitious - Curious - Resilient - Inclusive



A Message from Mrs Ohene

Dear Parents and Carers,

Spring has sprung! How lovely is it to see the sunshine and blue skies, hear the birdsong and wake up to lighter, brighter mornings? The changing of the seasons brings a renewed sense of hope and new beginnings. It is a time to enjoy what nature has to offer in abundance; to drink in the awe and wonder of our natural environment. I do hope you get out and about this weekend!

Send us a picture if you do, we'd love to see you in the great outdoors!

Parent consultations have been well-attended this week. Thank you for taking the time to come and hear about your child's learning. Our teachers work incredibly hard and a lot of preparation goes into these meetings to ensure you are fully informed about your child's learning and progress.

Reception attendance has been significantly below our expected 96% for the last few weeks.

Let's make every effort to have children in school every day for the rest of the term and beyond!

Moments matter. Attendance counts.

The children looked fabulous with all their crazy hairstyles and odd socks yesterday. The school was an array of colour. Thank you for your support for such treasured causes. Remember to make donations via the relevant links.

In other news, we welcome Mrs Garman our new Family Liaison Officer, who started with us this week. She will be with us on Wednesdays, Thursdays and Fridays and will provide valuable support for safeguarding, attendance and pastoral support.

The Book Fair will be here next week. With World Book Day not long behind us, why not treat your child to a brand-new book to share a story together or help encourage their love for reading?

There will be lots to choose from.

Have a wonderful weekend.

Mrs Ohene

Please NAME everything. It is that time of year when cardigans and jumpers come off. If they are not named then we cannot readily return them.





CELEBRATION ASSEMBLY

Aditya - Maple

Cleo - Oak

Ethan - Maple

Ava - Cherry

Kara - Cherry

Robyn - Oak

HAPPY BIRTHDAY

Amirah - Nursery

Dexter - Beech

HEADTEACHER AWARD

Colby - Maple

Attendance

School attendance over the last 7 days is **94%**

Below our expected 96%

Let's aim to be in **#SchoolEveryDay** next week

The champion year group this week is **Year 1**

Reception

87%



Year 1

97%



Year 2

96%



Remember that **#MomentsMatter**

We expect all children to attend school for at least 96% of sessions across the year.

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**



ATTENDANCE
EVERY DAY COUNTS!

Expected attendance means having no more than seven days off in the school year!

Attendance matters!

Below 90%
Serious Concern.
Persistent absence.

90 - 95.9%
Concern. Low
Attendance.

At least 96%
Expected
attendance.





Important Dates & Events



Elmtree Infant School - Term Dates & key Events



➔ Key Dates

26th March - Year one phonics meeting 2.30pm in the school hall

27th March - Oak Class Assembly 9am

1st April - Reception Class Assembly 9am

1st April - Eid/celebration clothing mufti day

28th April - Year 1 to Chesham Library - Parent help needed

29th April - Year 2 to Chesham Library - Parent help needed

♥ Upcoming Highlights

24th - 28th March - Bookfair In the school hall 3.10pm

23rd April - School nursing Reception height and weight

8th May - VE Day - Wear red, white and blue

16th May - EFF Mufti - Bring a bottle for Carnival

14th June - Chesham Carnival 'The Day the Crayons Quit'

5th July - EFF Summer Fayre (time tbc)

📌 Important Reminders

- Please book school lunches on the Schoolbitez website.
- If you would like to volunteer for Wild Woods or Reading please do let the office know.

📌 Stay Updated!

Keep an eye on our **school website** and **social media pages** for any last-minute changes or additional events.

Website: www.elmtreeschoolandnursery.co.uk

Contact: Office@elm.odbst.org / 01494 771474

CHESHAM CARNIVAL—JUNE 14TH

'THE DAY THE CRAYONS QUIT'

WE ARE THRILLED TO BE INVOLVED IN THIS YEAR'S CHESHAM CARNIVAL, WHERE OUR THEME IS INSPIRED BY THE DELIGHTFUL BOOK, **"THE DAY THE CRAYONS QUIT"**!

GET READY FOR A DAY FILLED WITH **COLOURFUL FUN**, CREATIVITY, AND EXCITEMENT.

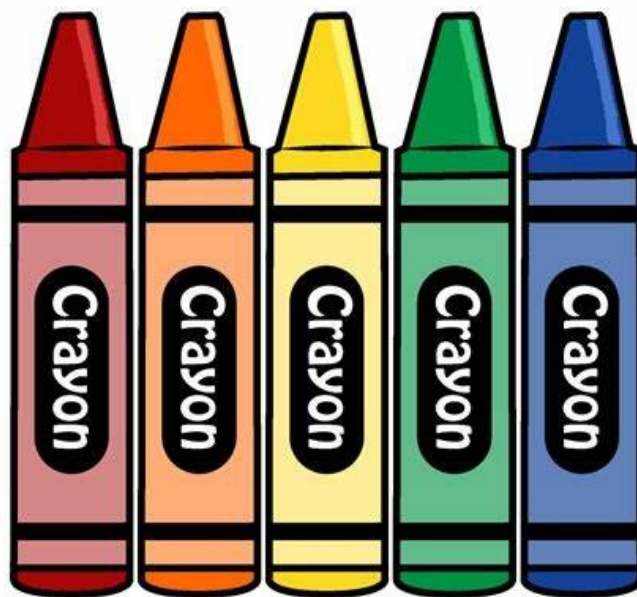
IT'S A FANTASTIC OPPORTUNITY FOR FAMILIES TO COME TOGETHER, CELEBRATE, AND **MAKE WONDERFUL MEMORIES.**

DON'T MISS OUT ON THIS **VIBRANT EVENT!** PLEASE SIGN UP AND JOIN US FOR A DAY THAT PROMISES TO BE AS FUN AND IMAGINATIVE AS THE CRAYONS THEMSELVES.



WE CAN'T WAIT TO SEE YOU THERE!

**THE DAY the
CRAYONS QUIT**



CRAZY HAIR DAY FOR COMIC RELIEF

ODD SOCKS FOR WORLD DOWN SYNDROME DAY



<https://donation.comicrelief.com>

<https://www.paypal.com/pools/c/9diiRrot7Q>

PLANTING OUR FRUIT TREES - PEAR, CHERRY, PLUM AND APPLE



Healthier lunchbox recipes

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 we've got you covered with our range of quick, easy, healthier lunchbox ideas and tips.



Creamy hummus dip with pitta bread and vegetable sticks recipe

This creamy dip is fun to eat and makes a change from sandwiches. This works well with a banana and a pot of sugar-free jelly.

Prep: 10 mins
Serves 1

[+ Nutritional information](#)



Ingredients

- 2 heaped tablespoons tinned chickpeas
- Juice of half a lemon
- 1 tablespoon low-fat Greek style yoghurt
- 1 tablespoon olive oil
- ¼ teaspoon paprika (or to taste)
- ¼ teaspoon cumin (or to taste)
- 1 clove of garlic (peeled)
- 1 large wholemeal pitta bread, cut into strips
- 1 small carrot, cut into sticks
- 1 stick of celery, cut into sticks

Complete your lunchbox with:

- banana
- sugar-free jelly pot
- small bottle of water

Method

1. Put the chickpeas, lemon juice, yoghurt, oil, spices and garlic in a bowl.
2. Using a hand blender, mix together until smooth.

Make the hummus the previous evening and store in the fridge. As well as saving time, the flavours will have time to develop.

3. Serve with the pitta bread strips and carrot and celery sticks.

Hummus makes a great after-school snack. If you're using a shop-bought hummus, choose a reduced-fat version.

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Spicy chicken and salad wrap recipe

Wraps are a popular alternative to sandwiches. Complete your child's lunchbox with some homemade popcorn and fresh fruit.

Prep: 10 mins

Serves 1

[+ Nutritional information](#)



Ingredients

- 1 tablespoon low-fat Greek style yoghurt
- ¼ teaspoon of curry powder, to taste
- large pinch of chilli powder, to taste
- 85g cooked chicken breast, chopped into small pieces
- 1 large wholemeal wrap
- small wedge of lettuce, to give 2 tablespoons when shredded
- 3 slices of cucumber, chopped
- 1 slice of pepper, chopped

Method

1. Mix the yoghurt and spices to taste and add the chicken.

This is a great way to use leftover roast chicken.

2. Spread the chicken mixture on the wrap, then sprinkle on the lettuce, cucumber and pepper.

Try other salad vegetables – grated carrot and chopped celery work well, too.

3. Fold opposite edges of the wrap, to keep the filling in, then roll up and cut in half.

Complete your lunchbox with:

- peach and strawberry slices
- homemade popcorn (flavoured with cinnamon, for example)
- 150ml fruit juice drink (with no added sugar)

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Lunchbox tips



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



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.



Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[See more healthier swap ideas](#)



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.

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Lunchbox and lunchtime swaps

When lunchtime rolls around, it's easy to eat more sugar or salt than we might realise.

Try some of our simple swaps, and remember to check out our page for [loads more lunchbox inspiration](#).



Swap from

- ✗ Split pot yoghurts and pudding pots
- ✗ Cake bars and cereal bars
- ✗ Muffins and chocolate
- ✗ Crisps
- ✗ Juice pouches and fizzy drinks
- ✗ Tinned soup
- ✗ Ham and cheese sandwiches



Swap to

- ✓ Lower-sugar fromage frais or plain natural yoghurt
- ✓ Sugar-free jelly
- ✓ A slice of malt loaf or a fruited teacake
- ✓ Fresh or tinned fruit (in juice, not syrup)
- ✓ Plain popcorn, plain rice cakes or raisins
- ✓ No-added-sugar juice drinks, or water with berries and chopped fruit
- ✓ Homemade [spiced chicken and vegetable soup](#) or [harvest vegetable soup](#)
- ✓ Our delicious [beefed up sarnies](#)

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Snack and pudding swaps

Whether it's fighting the after-school tummy rumbles or rounding off dinner with a tasty pud, sugar is the main watch-out here.

But even if they don't taste of it, some of these snack foods can contain a lot more salt (and fat) than you might realise too!

Give these easy swaps a go, then head to our [healthier snacks](#) page for loads more ideas, suggestions and tips.



Swap from

- ✗ Biscuits
- ✗ Chocolate
- ✗ Cake bars
- ✗ Chocolate pudding pots
- ✗ Doughnuts
- ✗ Muffins
- ✗ Crisps
- ✗ Salted peanuts
- ✗ Split-pot and higher-sugar yoghurts



Swap to

- ✓ A slice of malt loaf or fruited teacake
- ✓ Fresh or tinned fruit (in juice, not syrup) or fruit salad
- ✓ A scotch pancake or crumpet
- ✓ Sugar-free jelly or lower-sugar custard
- ✓ Crackers topped with lower-fat cheese
- ✓ Bread or toast with lower-fat spread
- ✓ A bagel topped with sliced banana
- ✓ Plain popcorn or rice cakes
- ✓ Unsalted mixed nuts
- ✓ Chopped veg with lower-fat hummus
- ✓ Lower-sugar yoghurts or lower-sugar rice pudding



Dinosaur Talk with Barry Taylor

Family Event at Chesham Library

Saturday 22nd March | 2.00pm - 3.00pm

Join Barry Taylor the 'Dinosaur Man' for an afternoon of fun and facts from the Jurassic age and make your own Dino to take home. Make sure to book your **free** ticket at the Library or online.

Buckinghamshire Libraries

01296 382415 | To use Text Relay dial 18001 01296 382415

www.buckinghamshire.gov.uk/libraries





You're invited

Lowndes Park Playground **GRAND OPENING!**

29th March, 10am

With special Easter activities

www.crowdfunder.co.uk/love-lowndes



Easter Holiday Events

30th March - 20th April

Easter Egg Hunt

Hunt our gardens for eggs to win a prize! Best for age 3 - 11.
Pre-book or drop in. £3.15 per child. Not available Mon & Sat.



Tues 8th & Wed 9th April

Discover & Make: Royal Swans of Wycombe

Craft a paper swan, and then make paper crowns for yourself and your swan! Age 4 - 11. Pre-book. £4.50 per child.



Tues 15th & Wed 16th April

Discover & Make: Trick Your Eyes or Mind?

The Victorians loved opticals illusions. Get inspired & have a go at making your own! Age 4 - 11. Pre-book. £4.50 per child.



Just for toddlers

Fri 11th

Tiny Talk Time

Toddler story time, crafts and fun.
We'll be reading 'Can't Take an Elephant on the Bus'
Pre-book. £3.90 per child.

Thu 17th

Forest School

Exploring, cooking and singing around the campfire, natural crafts and more. For 18mth - 5 yrs.
Pre-book. £8.90 per child.

Book at wycombemuseum.org.uk

