



SEATON ST. PAUL'S C OF E JUNIOR SCHOOL

WEEKLY NEWSLETTER

30th January 2026

'Joy, Hope & Aspiration-Life in all its fullness'.

Attendance

This week our whole school attendance figure is: 96% 🙏

Packed Lunches

Our school provides fantastic school lunches and a hot meal is a great choice for your child. If you choose to make a packed lunch for your child instead, please ensure that children are provided with a healthy lunch box.

A healthy lunchbox should:

- be based on starchy carbohydrates (bread, potatoes, rice),
- Any savoury snacks (including crisps) should be less than 100 calories
- include fresh fruit and vegetables/salad
- include a source of protein such as beans and pulses, eggs, fish, meat, cheese (or dairy alternative). Jam and chocolate spread are not an acceptable filling in a sandwich.
- include a side dish such as a low-fat and lower-sugar yoghurt (or dairy alternative), tea cake, fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar-free jelly
- include a drink such as water, sugar-free or no-added-sugar drinks

Please do not include, fizzy drinks, chocolate bars or sweets.

Due to children with severe allergies, please do not include nuts/products containing nuts in your child's packed lunch. (No Nutella/Chocolate Spread).

Please always check the packaging.

Swimming Lessons – 4T

Children in 4T (Miss Linton's class) will begin their course of swimming lessons next week. They will go swimming every day next week and will need to bring the appropriate kit to school each day.

A separate letter was sent home earlier in the week with more details.

Long Hair

Please can we remind parents that children with long hair, need to have it tied back for school. This is for safety reasons & to prevent the spread of headlice in school.

Earrings

Please can we remind parents that children's earrings must be removed on the days that they have PE lessons. If for any reason, children are unable to remove earrings, please ensure you send them to school with plasters to cover over their earrings. Thank you



Tuck Shop Friday

Don't forget that every Friday we sell cartons of flavoured milkshake & Mrs Magill's home-made cakes at morning break time. Milkshake is 70p & cakes are 50p! This is very popular with our children & a lovely treat on a Friday! Please, wherever possible, send children into school with the correct change.

'Show & Tell Assemblies'

'SHOW & TELL' ASSEMBLY	YEAR GROUP
Friday 6 th February	Year 5 & 6
Friday 13 th February	Year 3 & 4
Friday 27 th February	Year 5 & 6
Friday 6 th March	Year 3 & 4
Friday 13 th March	Year 5 & 6
Friday 20 th March	No Show & Tell Assembly

PE Days for w/c 2nd February are as follows:

YEAR GROUP	PE DAYS
Year 3	Tuesday & Wednesday
Year 4	4A - Wednesday & Friday 4T – Friday only
Year 5	Monday & Friday
Year 6	Monday & Tuesday

DIARY DATES FOR PARENTS

4T (Miss Linton's Class) Swimming Week	Swimming every day w/c 2 nd February
Whole School Sunday	Sunday 8 th February
Valentines Discos Year 3 & 4 @ 4.30pm-5.30pm Year 5 & 6 @ 6.00pm-7.00pm	Tuesday 10 th February
Year 4 Chester Residential	11 th – 12 th February
Young Voices in Manchester	Thursday 12 th February
Break up for February half term @ 3.30pm	Friday 13 th February
School re-opens after the half term break	Monday 23 rd February
Year 5 – Class 5O Family Feast	Tuesday 24 th February
Year 5 – Class 5N Family Feast	Tuesday 10 th March

Hope you all have a lovely weekend! 😊

Kindest regards
Mrs Lynn Carini
Headteacher