

### School Contact Details

Telephone: 01538 702355 option 3



: Dilhorne Endowed Primary School Update Page

Email: [office@dilhorne.staffs.sch.uk](mailto:office@dilhorne.staffs.sch.uk)

Website: [www.tmpf.staffs.sch.uk](http://www.tmpf.staffs.sch.uk)

### Diary Dates

**Monday 3rd May— May Day**

**Tuesday 4th May—Parent Forum on TEAMS 4.00 pm**

**Thursday 6th May—School Photographer—Leavers and Class Groups**

**Tuesday 18th May—Bikeability (Years 3 & 4)**

**Wednesday 19th & Thursday 20th—Bikeability (Years 5 & 6)**

**Friday 28th May—School Closes for Half Term**

**Monday 7th June—School reopens**



Welcome Back to the Summer Term at Dilhorne, let's hope it's a sunny one!

As the weather is now getting warmer, would you please ensure that your child has a named water bottle and hat in school, and that they are wearing sun-cream when necessary.

Pupils may bring in sun-cream (labelled with their name) to apply themselves on very sunny days (spray on types seem to be easier for children to apply).



### Reminder

The school office is closed on Wednesdays.

Mrs Massey is still contactable by email, or on the school mobile, 07711007072. If you need to collect your child before the end of school, please phone/text ahead.

### COVID-19 Reminders

Reading books should be brought in for changing on Tuesday morning and will be returned on Friday.

We request that adults continue to wear masks and social distance on the playground.

Thank you for helping to keep us all safe.



VEGPOWER

# 60-Second Vegtastic Lunchbox Hacks

Veg are a key part of a healthy diet but it can be a real struggle to get kids to eat enough of them. Adding an extra portion or two to their packed lunch will help to up their intake. Try these simple ideas to **veg-pack their lunchboxes** with limited faff.

## The basic toolkit:

- 🍅 **Containers** (small and lidded for dips, leftovers and more)
- 🍅 **Cutlery** (if needed)
- 🍅 **Thermos** (any heat-retaining flask is great for soups, baked beans, leftovers, etc.)
- 🍅 **Bamboo kebab sticks** (optional, but helpful for making veggies more fun)



**Top tip:** Know your portions – a child's portion of veg is roughly 50g or what fits into a child's hand.



# 5 easy #LunchboxHacks to add more veg in 60 seconds or less:



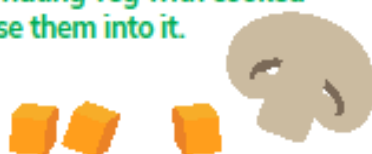
## 1. The Salad-on-a-Stick



Get a bamboo kebab stick and thread on different veg such as cherry tomatoes, cubed cucumber, cubed cooked beetroot, chunks of peppers, raw button mushrooms, crunchy lettuce, etc) in fun colours. If your child isn't a fan of veg, try starting off by alternating veg with cooked meat, cubed cheese, etc to ease them into it.

My Favourite veg was:

## 2. The Lunch Crunch



1 carrot chopped into sticks (or pre-chopped carrot sticks) with a pot of hummus (or their favourite dip) adds a portion of veg.

I ate this many carrots:




## 3. The Sandwich Slice



Slice 5cm cucumber (about the length of a small egg) and add to a sandwich for an extra portion of veg with minimal effort.

I ate this much cucumber:




## 4. The Helpful Handful

Add a handful of ready-to-eat snacky veg to a container. Try cherry tomatoes, drained tinned sweetcorn, celery sticks, green beans, cucumber etc.



My Favourite veg was:

## 5. The Half-Baked Plan

Heat through half a tin of baked beans (ideally low sugar and salt) and stick in a heat-retaining flask for an easy veg portion win.

This week my rating is:

**Top tip:** Keep trying! If they are not used to veg in their packed lunch, it may be picked out and ignored on the first few days. The more they see it and interact with it, the more the veg becomes "normal".





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Learn More  
Be More



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[www.moorlandsscouts.co.uk](http://www.moorlandsscouts.co.uk)

[join@moorlandsscouts.co.uk](mailto:join@moorlandsscouts.co.uk)

With lockdown coming to an end are you ready to get outside and start your next adventure?

Then join Moorlands District Scouts and learn some new #SkillsForLife.

You can be part of the adventure, learning new skills and making new friends.

We cater for every age range and have 8 Groups spread across the Staffordshire Moorlands waiting for you to join!

**BEAVERS**

Ages 5  $\frac{3}{4}$  - 8

**cubs**

Ages 8 - 10  $\frac{1}{2}$

**SCOUTS**

Ages 10  $\frac{1}{2}$  - 14

**EXPLORERS**

Ages 14 - 18

Why not join us as a adult volunteer and learn some of your own #SkillsForLife  
We have vacancies for adult volunteers across the District, so please get in touch  
today!