



ST KEYNA PRIMARY SCHOOL
 MONMOUTH ROAD, KEYNSHAM, BRISTOL, BS312JP
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Monday 9th December 2024

Dear Mums, Dads and Carers,

This newsletter will focus almost entirely on Christmas at St Keyna. As a parent/Carer I would probably refer to this each day in the build-up to Christmas.

Fundraising:

Thank you to everyone who was able to make a donation: we raised a very impressive £276 for the British Legion poppy appeal and £100 for Children In Need – thank you.

Please note that there will be cash collections at the KS2 Carol Service and the Reception and KS1 nativities to cover costs and to support the performing Arts at St Keyna.



Christmas dates:

There are a several important and festive events which I would like to draw your attention:

Date	Event
6.12	Y3 and Y6 to take part in Keynsham schools Christmas concert at St John’s Church. <i>The staff who went to the Service were really pleased with the children’s behaviour and singing.</i>
12.12	Little Gems Christmas songs at 2:45
13.12	FOSK Christmas Fair, 3:00-5:00pm School will finish at 3:00pm , although we will keep children until 3:15, if required. Children to come in non-uniform (hopefully Christmas themed) in exchange for a tombola prize – this year FOSK have requested that we all bring a bottle, which could be a drink – alcoholic or non-alcoholic, or even toiletries, bubble bath, etc.
W/B 16.12	The FOSK Christmas gift shop (Elfridge’s) opens. Each gift is £2.50 and you can order them from the website https://www.pta-events.co.uk/fosk
Monday 16.12	YR Nativity dress rehearsal for the school KS2 Carol Concert at 2:30 pm (tickets still available, please phone the school office to reserve your ticket) Boys’ football team cup match against Chandag, after school



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Tuesday 17.12	Topaz Class (Y4) visit to Wellsway to watch a Christmas concert (Y4 will watch the actual KS1 performance) KS1 dress rehearsal Reception Nativity at 2:00 pm
Wednesday 18.12	KS2 Crafts (9am -2pm) Year 2 Nativity with Y1 as the choir at 2:00pm
Thursday 19.12	Christmas lunch and Christmas jumper/outfit day in aid of the charity Save the Children
Friday 20.12	Class parties (wear party clothes), finish at 3:15
Tuesday 7 th January 2025	1 st day back. Please note that Monday 6 th is an INSET day (4 th)
Tuesday 25 th February 2025	1 st day back. Please note that Monday 24 th is an INSET day (the 5 th and final INSET day of the academic year).

Healthy Packed Lunch Guide:

At a time of the year when I am personally eating too many sugary foods, here is some helpful information...

To help promote improved focus and concentration in class as well as maintain/improve overall health and wellbeing we are introducing our **Healthy Packed Lunch Guide**. This guide follows the NHS Better Health advice which is as follows:

- **Keep them fuller for longer** - base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.
- **Always add veg** - cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day.
- **Ditch the sweets** - Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).
- **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.

There are lots of great ideas and suggestions for healthy packed lunches at the following link: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Look out for more tips and advice in future newsletters...

I hope that you all manage to join us for some of the St Keyna Christmas events.

With best wishes,
Steve Gumm
(Headteacher)