



# LEA FOREST ACADEMY NEWSLETTER

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**Number 17: Thursday 29 June 2017**

## FOOD NET UPDATE

Wanting some new Healthy Recipes for your family?

Visit <http://www.bhamcommunity.nhs.uk/patients-public/adults/nutrition/>

Scroll down to the recipe tab to find a large selection of delicious low fat/sugar meals and puddings.

For more information contact Mrs Hudson or Mrs Lewis

### What makes a healthy snack?

Here are some simple ideas for healthy snacks that you can make at home or add to lunchboxes:

- Fruit muffins
- Fresh, frozen, canned (in natural or unsweetened juice) or dried fruit
- Raisin or fruit toast
- Toasted English muffins, preferably wholemeal or wholegrain
- Reduced fat custard with fruit
- Rice crackers or corn cakes
- Plain popcorn (unbuttered and without sugar coating)
- Plain breakfast cereals, such as wheat breakfast biscuits, topped with sliced banana with a drizzle of honey
- Snack-sized tub of reduced fat yoghurt (plain or fruit flavoured)
- Cubes, slices, shapes or wedges of reduced fat cheese with wholegrain crackers or crispbread
- Potatoes, topped with reduced fat cheese and baked in the microwave or oven.
- Corn on the cob



## DATES FOR YOUR DIARY

- 29/6/17:**  
3:40pm Reception induction
- 30/6/17:**  
Family Fun afternoon
- 3/7/17:**  
Sports Day
- 4/7/17:**  
Y6 Drayton Manor
- 5/7/17:**  
Transition Day
- 11/7/17:**  
Y6 Production (9:30am)
- 12/7/17:**  
Y6 Production (6:30pm)
- 13/7/17:**  
Nursery transition (pm)
- 14/7/17:**  
Nursery transition (pm)
- 14/7/17:**  
Reports sent home to parents
- 18/7/17:**  
EYFS Production (9:30am)
- 19/7/17:**  
Open Parents' Evening
- 21/7/17:**  
Y6 Graduation and School closes for summer

**Family Fun Afternoon**  
**Friday 30 June 2017**

**Gates open at 2pm**



# THE BIG SLEUTH

We have been out to meet Reg's friends at Millennium Point this week. The highly anticipated free, 10 week public art trail, named because 'sleuth' is a group of bears, will see Bear-mingham engulfed in colour with up to 100, 165cm tall sculptures taking to the region's streets, parks and open spaces.



Showcasing the artistic and cultural diversity the city has to offer, the family friendly trail is intended to inspire residents and tourists alike to get active by walking, jogging, running or cycling The Big Sleuth Trail.

Located across the city, with satellite trails in Solihull, Sutton Coldfield, Sandwell and Resorts World, the fantastic spectacle will culminate on Sunday 17 September.

You can find out all about Reg and his big furry family by downloading The Big Sleuth app from the Apple and Android App stores. Reg is on display with his family of bears in Birmingham International Airport and will be back at Lea Forest in September.



## THE BIG SLEUTH APP

### TRACK YOUR TRAIL!

With the app you can:

- Collect Bears
- Unlock rewards
- View your trail progress
- Add your photos to our gallery and share on social media #thebigsleuth

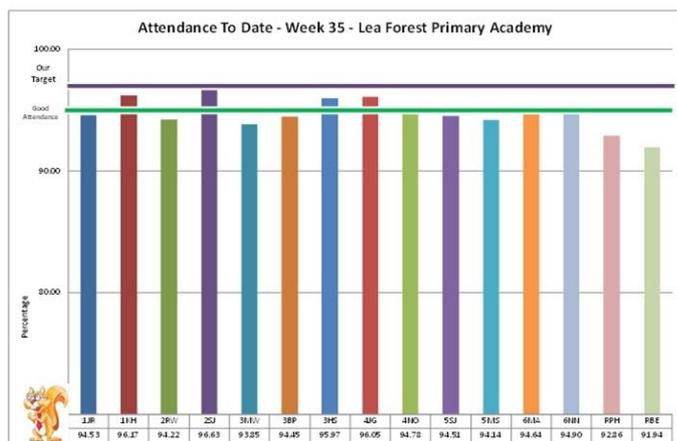


- Activate your fundraising and connect the app with your Just Giving page
- Plus loads more bear-illiant features for just £1.49\* from the App Store or Google Play.
- \* Net proceeds will be donated to Birmingham Children's Hospital Charity.

We'd love to see your pictures of Reg and his friends. Send them to our @lea\_forest\_aet twitter account with the hashtag #BigSleuth

## ATTENDANCE NEWS

Last week our champions in KS1 were **1KH** with **96.7%**! **5SJ** took the cup for KS2 with **100%**! **Help us reach our 97% target by making every day count**



## SMS SERVICE

From 30 June we will be changing our text messaging service to our new number which will be **+447860041834**. Please make a note of this number in your contacts list as we use this service to contact parents on a regular basis.



## LIBRARY BOOKS

Please return any borrowed books to Mrs Clarke in the library as soon as possible.



## SPORTS DAY

This year's Sports Day will be held on Monday 3 July. All children, apart from those in Nursery, are to come into school wearing uniform as normal, then change into their PE kits. Parents are welcome to come along and support via the top field gates on Eddish Rd.

## FOOTBALL NEWS

Our five a side team had a great time at Sedgemere this week. They finished in the quarter finals after winning matches against Erdington Hall, St Bernadette's and High Fields School.

