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| **Date** | **Topic** | **Blurb** |
| 29-Oct | National Stress Awareness Day |  Stress is a normal part of life, however becoming overwhelmed by stress can lead to mental health problems. National Stress Awareness Day is on 1 November 2017. It is a great opportunity to take a moment to think about our wellbeing and find advice on managing stress. Visit the Mind website for more information. |
| 05-Nov | Anti-Bullying Week 2018 | Anti-bullying Week 2018 is being held between the 12 and 16 November 2018. This year’s theme is ‘Choose Respect.’ You can find out more about Anti-Bullying Week by visiting the Anti-Bullying Alliance website. Here at **INSERT SCHOOL NAME** we are planning lots of lessons and activities for Anti Bullying Week, why not use this opportunity to discuss bullying and friendship with your child |
| 12-Nov | National School Meals Week | **National School Meals Week**Children are more likely to concentrate in the classroom in the afternoon after eating healthy school lunches in a pleasant environment and research has found that only 1 in 100 packed lunches meet the strict nutritional standards of school meals. School caterers must meet strict nutritional guidelines around sugar, salt, fat and nutrients. School meals can save parents’ time and money, and provide much needed reassurance that their children are eating a healthy, balanced lunch every day. This week is national school meals week so to celebrate, our caterer is putting on a special tasting session so you can try our school meals and see for yourself what you think of the taste and nutrition. The tasting session is on (time/day) at (venue/room).  |
| 19-Nov | Road Safety Week | Bike Smart is the message at the heart of this year’s Road Safety Week, focusing on the safety of those on two wheels. Taking place between 19–25 November and coordinated by Brake, Road Safety Week seeks to raise public awareness over road safety, acting as the driver for positive change on our roads. You can find resources, top tips and interactive games based on cycle safety on the Road Safety Week website. |
| 26-Nov | Self care | Self-Care Week is an annual national awareness week that focuses on embedding support for self-care across communities, families and generations. This year’s theme is engaging and empowering people and the strapline is Embracing Self Care for Life. To find out more visit the Self Care Forum website. |
| 03-Dec | Alcohol awareness | December is Alcohol Awareness month. The Alcohol Education Trust has developed a parent newsletter to support parents in raising children’s awareness of the dangers of alcohol. Why not sign up to receive this newsletter? You can register on the Alcohol Education Trust website.  |
| 10-Dec | Packed Lunch  |   **LUNCH BOX CHECK LIST****Does the Lunch Have a Healthy Wholesome Main?*** Wholegrain or Wholemeal Sandwich, Roll, Bagel or Wrap filled with
	+ Protein Source: i.e.; low or reduced-fat cheese, tuna, chicken, eggs, beans
	+ Salad: avocado, cucumber, carrot, tomato, lettuce
	+ Spread: marmite, avocado, hummus, cream cheese

**Health Main Lunch Ideas*** Tuna + corn + grated vegetables + sauce (salsa, chutney)
* Roast beef + salad
* Chicken + coleslaw (low or reduced fat dressing)
* Chicken + avocado + lettuce or alfalfa
* Leftover roast veggies, e.g. zucchini, pumpkin, capsicum or eggplant, + ricotta or low or reduced-fat cheese + pesto
* Grated carrot + sultanas + grated low fat cheese + alfalfa
* Low or reduced-fat cheese + salad + hummus
* Ricotta + banana + honey OR ricotta + sultanas + grated carrot
* English muffin with tomato and low or reduced-fat cheese
* Pita bread with tuna, lettuce and mayonnaise
* Turkey, cranberry and spinach in Turkish bread
* Vegetable soup with bread
* Leftover homemade muffin pizzas
* Pasta and tuna salad with vegetables

**Does the Lunchbox Contain some Delicious Dairy? (Select at least one)*** Plain Milk
* Yoghurt
* Creamed Rice
* Cheese and biscuits
* Cheese stick
* Drinking Yoghurt

**Does the lunchbox have 2 Fruity Foods? (At least one fresh fruit option)*** Fresh whole fruit; try to have different varieties
* Snack packs of tinned fruit
* Fruit salad
* Frozen oranges and frozen banana

**Other Yummy Ideas:*** Banana bread
* Air popped popcorn
* Mixed seeds and dried fruit
* Half fruit scone
* Vegetable sticks with dips such as light cream cheese
* Rice cakes with cottage cheese
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| 17-Dec | Online safety | As parents, it’s natural to feel worried about the risks posed by your child being online, but for young people the online world is exciting and fun, as it brings so many opportunities for them. Connect with your child by asking them to share with you their favourite things to do online, as well as discussing the risks they might come across. There are lots of tools to help you manage the devices used by your family. For example, knowing how to activate and use parental controls can help protect your child from seeing inappropriate content online. For advice and guidance on how to make use of parental controls and other safety features on devices, check out ChildNet’s free Parents’ Guide to Technology, visit the ChildNet website for more information.  |