



Scallywags Newsletter

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Lunch Box Tips

Whether squeezing it in before the school run in the morning or before bed on busy midweek evenings, preparing your child's lunchbox can seem like just another thing on the list.

- Keep them fuller for longer. Base the main lunchbox item on foods like bread and pasta.
- Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.
- Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.
- Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.

Check out this link, lots of great ideas and tips.

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Parents Evening

Our next parents evening is being held on Tuesday 9th April. This is an opportunity to speak to your child's key worker about their development or talk about any concerns you may have.

However, Scallywags operate an open-door policy enabling you to speak to your child's keyworker or a member of staff at any time.

Committee Meeting

Our next committee meeting is being held on Friday 12th April at 12 o'clock.

All are welcome to attend.

Sports Day

We will be holding a sports day at Hednesford Park on Thursday 9th May.

Letters will be sent out nearer the time with more details.

Fee Increase

Due to the minimum wage increase that comes into effect in April, unfortunately we have had to make the decision to increase our fees.

From 1st March it will now be £20 for a 3-hour session for all ages.

A full day will be £45.

New Funding.

From 1st April the government have introduced 15 free hours childcare for all 2-year-olds for working parents. The deadline to apply for this is 31st March.

In addition to this from September 2024 there will be 15 free hours childcare for children from 9 months old for working parents.

If you require any further information, go to <https://www.childcarechoices.gov.uk/>.

Easter Hols

We will be closed on Friday 22nd March and will re-open on Monday 8th April.