



**27th January 2017**

### **Vision Checks**

#### **Please read the message below from the Norfolk Vision Pathway initiative**

Did you know that all children 5-16 years old should have a **free** vision and eye health check at least every two years at an opticians? Routine vision testing is offered to all Reception year children at school. If any problems are picked up at that point, children are referred to a hospital based paediatric eye clinic, but children's eyes change as they grow and some problems aren't obvious, which is why regular check-ups are important, just as you take your children regularly to the dentist. 'Look' out for the **Zookeeper Zoe** picture books with integrated eye tests for all children, in your local library or mobile library, to help get your child used to the idea of regular eye checks. Your school library also has a copy and some Boots Opticians may still have free copies left too.

If you would like to borrow the book, please ask Mrs Jones.

### **Jacket Potato Fillings - Some Clarification**

Just to confirm that although the official menu states certain fillings on specific days, this doesn't apply to our school lunches which means you may still order your preferred choice of filling whatever day it is!

### **Lunch on Tuesday 31<sup>st</sup> January**

To compliment Mrs Chubbock's Chinese New Year assembly, we have arranged to have a Chinese New Year themed lunch on 31<sup>st</sup> January as a change. It will be...

Hong-King sweet and sour Chicken (or vegetarian strips in sweet and sour sauce) with Chinese-style rice and pea/sweetcorn medley followed by mandarins in jelly with a coconut biscuit.

Please note that jacket potatoes will be available as usual as an alternative.

### **Horstead Residential Payment**

The final total now is £108.80. As the deposit was £10.00, this leaves a balance of £98.80 to pay. **Please make sure that all payment is received by Friday 17<sup>th</sup> March at the latest.**

### **DIARY DATES**

#### **February**

Tues 7<sup>th</sup> – Safer Internet Day & Y6 children go to LSHS for a languages taster day

Half-term week is Monday 13<sup>th</sup> to Friday 17<sup>th</sup> 2017

Tues 28<sup>th</sup> – Parent & Carer Consultation evening

Thurs 2<sup>nd</sup> - Parent & Carer Consultation evening

#### **March**

Thurs 23<sup>rd</sup> FOFS Family Quiz evening – lots of fun for every age!

Tues 28<sup>th</sup> – Easter service 2pm in St. Peter's church

Weds 29<sup>th</sup> – Fri 31<sup>st</sup> - Horstead KS2 residential visit

Fri 31<sup>st</sup> – Break up for Easter holiday.

#### **April**

Tues 18<sup>th</sup> – Return to school after Easter break

#### **May**

Mon 1<sup>st</sup> – School closed for Mayday Bank Holiday

Mon 8<sup>th</sup> – Y6 SATS Week