

# Three Bridges Education LTD

## Newsletter

### October



Three Bridges  
SCHOOL

### New Term dates

**30th October – 20th December**

### Food at Three Bridges

The learners have been working hard with staff to make school a healthier place. JB made a poster which spreads the importance of healthy eating throughout school and I think you will agree he did a great job!!! AW has been busy working with EC collecting fresh ingredients from the polytunnel to add into the lunches, and with help from staff has been enjoying help prep lunches daily, one of the favourite recipes is chicken fajitas with wholemeal wrap, onion, carrots, courgette, cucumber, rainbow chard, chicken, tomatoes all presented with Nasturtium.

Food Tech lessons this last term have involved the Learners making: Tomato Ragu, Macaroni cheese & Bread.



### Important Dates – Parent/Carer Group

Parent group is always held on a Friday between 10 – 12.30, in Blackwater Village Hall:

- 24th November
- 15th December
- 26th January
- 23rd February
- 22nd March
- 26th April
- 24th May
- 28th June

If you have any questions or queries, please contact Lisa Clark or Selina Ramble:

[Pinklisa20@sky.com](mailto:Pinklisa20@sky.com)

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Three Bridges  
School



Three\_Bridges  
\_School

## Viking Dazzle Day

The 19<sup>th</sup> October we had a day being Vikings. The Learners got enjoy watching Horrid Histories, had the chance to try tasting different foods such as Smoked Mackerel, boiled eggs, seeds, berries and cranberry Juice.

They had time to play various games and do some arts and crafts activities to make their own Swords and Shields. Everyone had a great day.



## **Principal comment:**

*Half a term completed already; how fast time goes! The learners have done a great job at settling into their routine at school.*

*Attendance is very important. We don't want our young people to miss out on any of their education. If you have any worries about getting your child to school, do contact their teacher, who can provide support. Have a great half term break.*

*Best wishes*

*Lisa*

# A Healthy Eating Guide!

John  
Rosie  
Sam



What to eat?  
Apples!  
Carrots!  
Oranges!  
Potatoes!

Salad  
Drink  
Milk



The Eat Well Plate!

Use the eat well plate to help you get the balance right. It shows how much of what you eat should come from each food group.



The eat well plate shows the food + proportions of food + what and how to eat them to have a healthy + balanced diet!

EAT HEALTHY  
FEEL HEALTHY  
BE HEALTHY!

Why is it important?

Makes you stronger



good for your skin + hair

Makes you feel good

Your body needs the vitamins + minerals

helps indigestion

STAY

