



Aldington Primary School

Nurture and Challenge

Term 3 - Week Ending 6th February 2026

It has been a busy and exciting term so far, with lots of brilliant trips and sporting activities already. I had a excellent time at the Young Voices with Year 5 and 6 it was another amazing event. I'm so proud of the effort our teams have put in this term; the Year 5/6 girls and boys are taking part in a football league, Year 3/4 and 5/6 have been to the Stour Centre to take part multi-skills, we have been to Spring Grove for netball and still have cross country and hockey events to look forward to.

As you are probably aware the usual winter bugs are going round at the moment, our cleaning staff are aware and we are taking extra precautions in school by increasing the use of hand sanitiser and hand washing. Just a reminder, if your child is off with illness, you need to inform the office daily with an illness reason.

We would appreciate your support to ensure your child is bringing in a balanced, nutritious packed lunch. This will aid their concentration, mood, behaviour and overall wellbeing. I have included some information on healthy packed lunches below.

We are looking forward to the many theme days coming up; Online Safety Week, Mental Health Week, World Book Day, Science Day and a fun-filled Easter week, as always I appreciate your support and involvement to make these events so special.

Best wishes
Ben Dawson



Love your packed lunch!



Create a healthier packed lunch by choosing foods from the 5 main food groups below:

1 Starchy Carbohydrates

to re-fuel your body
Base your lunchbox on starchy carbohydrates.

Choose ONE EVERY DAY from:

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes

Choose wholegrain



Use a thermos flask to keep pasta warm



Get kids involved in the choice/making



2 Fruit and Vegetables

to keep you healthy
Pack one portion of fruit and one portion of veg every day

Choose TWO EVERY DAY from:

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup

Add salad to your sandwiches



Use a thermos flask for delicious soups



3 Dairy and Alternatives

for healthy teeth and bones
Don't forget the dairy!

Choose ONE EVERY DAY from:

- ✓ Milk
- ✓ Cheese - hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard

Choose low sugar dairy products



Reduce sugar: choose plain yoghurt and have fruit on the side



4 Protein Foods

for growth and repair
Pack a protein punch!

Choose ONE EVERY DAY from:

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans

Keep processed meat to a minimum



Choose oily fish like salmon once every 3 weeks



5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk - or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie

Milk, water or 150ml juice



Occasionally!

Meat products such as sausage rolls, pies, sausages

Plain cakes/sponges and biscuits of appropriate portion sizes

Plain cakes occasionally



For more healthy packed lunch ideas and recipes visit www.punkyfoods.co.uk/recipes



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Dates for your diary...

W/C 9th February
Online Safety Week

Friday 13th February
PTFA Cake Sale
Wear It Bright Dress Down
Last Day of Term 3

Monday 23rd February
First Day of Term 4

Sunday 1st March
PTFA Big Breakfast

Thursday 5th March
World Book Day—Dress Up
Special Menu

Thursday 12th March
Science Day

Monday 16th March
Dance Competition

Wednesday 25th March
Year 3/4 Production 2pm & 5pm

Wednesday 1st April
Parents Evening

W/C 30th March
Easter Week

Monday 30th March
KS1 Decorate an Egg

Tuesday 31st March
PTFA Easter Fun Day

Wednesday 1st April
Easter Walk to Church

Thursday 2nd April
KS2 TEGGNO Games
Last Day of Term 4

Forest School Dates

Friday 9th January - Jaguar
Friday 16th January - Owl
Friday 23rd January - Bear
Friday 30th January - Dolphin
Thursday 5th February - Otter
Friday 6th February - Eagle
Friday 13th February - Panda

PE Days Term 3

R – Panda – Monday
1 – Dolphin – Tuesday & Friday
2 – Otter – Tuesday & Friday
3 – Owl – Monday & Thursday
4 – Bear – Monday & Thursday
5 – Jaguar – Tuesday & Wednesday
6 – Eagle – Monday & Wednesday

Celebration Afternoon's

Celebration afternoon's are your chance to come into school to see what your child has been working on. Please arrive at the school hall gate from 2.45pm.

Term 3

Friday 16th January - Eagle
Friday 23rd January - Jaguar
Friday 6th February - Bear

Term 4

Friday 6th March - Owl
Friday 13th March - Otter
Friday 20th March - Dolphin
Friday 27th March - Panda

Online Safety & Children's Mental Health Week

Children will be taking part in various activities throughout online safety and children's mental health week from 9th to 13th February. We will be running an art competition across the week.

Thursday 12th Feb:

Metropolitan Police Visit - Smart Tech Choices

Friday 13th Feb:

Kent Police Workshops - Exploring Respect and Relationships Online
Wear It Bright - Wear colourful clothes to help shine a light on children's wellbeing

Children from Otters class had a very fun but very messy time at Forest School. They have been learning about The Great Fire Of London and have been busy building and burning houses.



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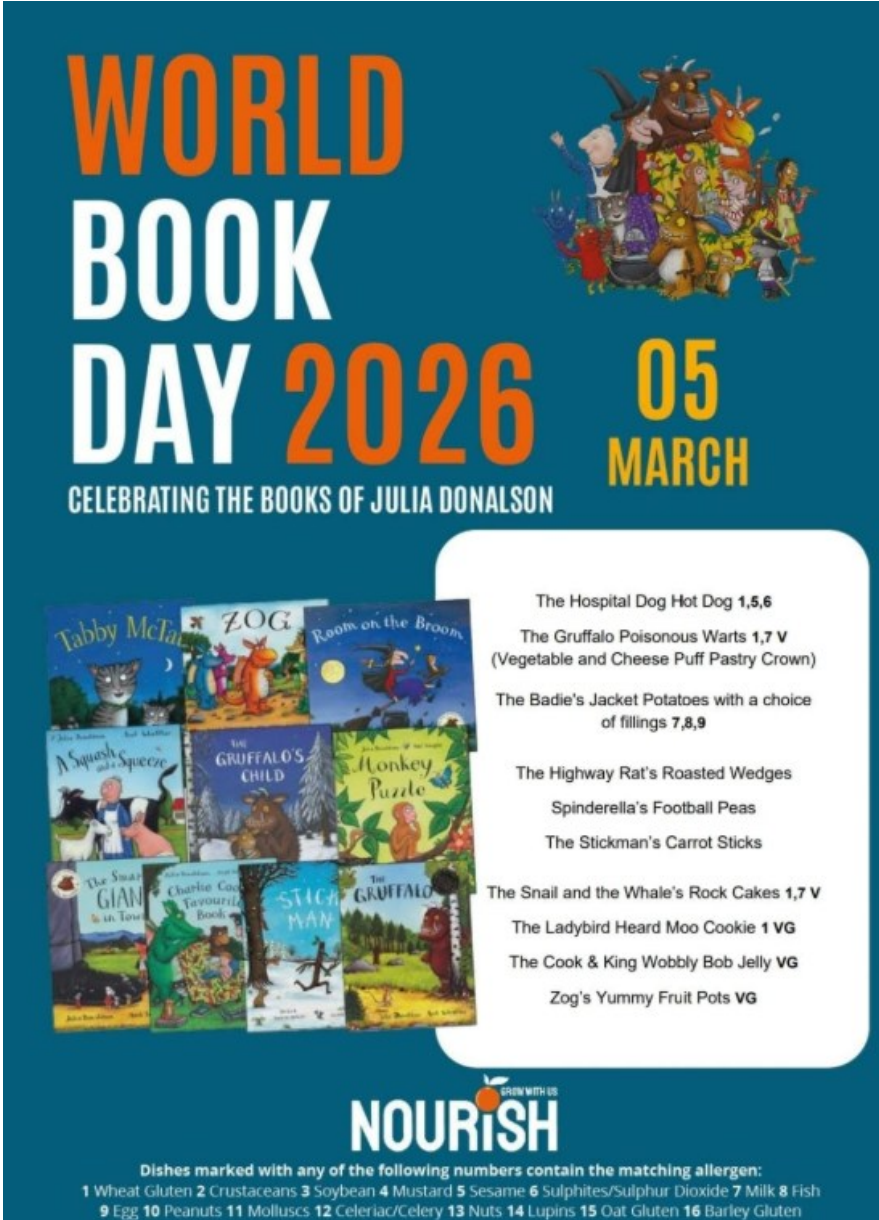
World Book Day - 5th March

We are excited to celebrate World Book Day on Thursday 5th March 2026, and this year, our theme is inspired by the beloved Roald Dahl characters! To join in the fun, we're inviting all children to come to school dressed as their favourite Roald Dahl characters.

Additionally, our World Book Day competition will be to pick a Roald Dahl book and design a book door! The best designs from each class will receive a book of their choice from the Scholastic website and their door will be created by their class. The deadline for book door entries will be **Friday 13th February 2026**.


There will also be a special lunch on offer, please see the below menu.

One final exciting event we hope you can join us for is Books & Biscuits which will take place on **Thursday 5th March**. Classroom doors will be open from 2:55-3:15pm for parents to read with their child. Dressing up isn't compulsory; however, always strongly encouraged! More details around organisation for this event to follow soon!



WORLD BOOK DAY 2026
CELEBRATING THE BOOKS OF JULIA DONALSON

05 MARCH



- The Hospital Dog Hot Dog 1,5,6
- The Gruffalo Poisonous Warts 1,7 V (Vegetable and Cheese Puff Pastry Crown)
- The Badie's Jacket Potatoes with a choice of fillings 7,8,9
- The Highway Rat's Roasted Wedges
- Spinderella's Football Peas
- The Stickman's Carrot Sticks
- The Snail and the Whale's Rock Cakes 1,7 V
- The Ladybird Heard Moo Cookie 1 VG
- The Cook & King Wobbly Bob Jelly VG
- Zog's Yummy Fruit Pots VG

NOURISH

Dishes marked with any of the following numbers contain the matching allergen:
1 Wheat 2 Gluten 3 Crustaceans 4 Soybean 5 Mustard 6 Sesame 7 Sulphites/Sulphur Dioxide 8 Milk 9 Fish
10 Egg 11 Peanuts 12 Molluscs 13 Celery/Celery 14 Nuts 15 Lupins 16 Oat Gluten 17 Barley Gluten



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