



Head Teacher's Update 6.3.23

Bellshill Academy Transition Dates – Primary 7

Tuesday 23rd May - Parents Night

Wednesday 24th May & Thursday 25th May – Visit to Bellshill Academy

Further details will be issued nearer the dates.

Breakfast Club

Our breakfast club runs from 8.30am – 8.55am.

Pupils wishing breakfast should arrive by 8.45am to allow sufficient time before class to eat the breakfast.

We recommend everyone has breakfast prior to school so they can arrive at class ready to learn.

The breakfast consists of cereal, milk and toast. This is free to pupils who are in Primary 1 to 5 and for pupils in Primary 6 & 7 who receive free school meals.

For all other pupils the cost is £1 per day with a sliding scale for families of two at £1.50 per day and families of three at £1.80 per day.

Energy Drinks

Reminder that only water should be provided for drinking in class. Pupils shouldn't be drinking fizzy drinks, energy drinks or drinks high in sugar in school. **These are not permitted in school.**

We are becoming increasingly aware of pupils purchasing energy/ high caffeine drinks when going out for lunch. This is having an impact on pupils ability to concentrate and take part in lessons in the afternoon. We strongly advise you discourage your child from purchasing these and returning to school.

Playtime Snack



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Please send your child to school with a small snack for morning interval. Family sized packets of crisps and 3 or 4 sugary snacks aren't appropriate. We would always recommend a piece of fruit, a small low sugar snack or a small packet of crisp and a small drink.

Lollipops and other sweets like this aren't permitted.

We have an increasing number of pupils looking for snack to be provided by us. Unfortunately we do not always have a huge supply of this.

Should you be finding it difficult to provide snack due to increased financial pressure please let us know by contacting the school office. This will be treated in the strictest confidence.

Lunch Menu This Week

[NLC Primary School Menu](#)

Upcoming Diary Dates:

- **Tuesday 7th March**– Childsmile in School.
- **Thursday 16th March** - Parents Appointments - More information direct to parents.
- **Friday 17th March** – Comic Relief Red Nose Day – Wear Red or Comic relief t-shirts.
- **Friday 24th March** – P1 Health Checks NHS
- **Thursday 30th March** - Parent Council Easter Disco
- **Friday 31st March - Tuesday 18th April** - Spring/Easter Holidays - School closed