

#### www.fairfields.northants.sch.uk

No.4 Term 4 2018

#### **Important Dates**

19<sup>th</sup>-23<sup>rd</sup> March Sports Relief week

Thursday 29<sup>th</sup> March Last day of Term 4

**Monday 16**<sup>th</sup> **April**Staff training day

Tuesday 17<sup>th</sup> April
Start of Term 5

Monday 7<sup>th</sup> May Bank holiday

Friday 25<sup>th</sup> May Last day of Term 5

Monday 4<sup>th</sup> June Start of Term 6

Friday 20<sup>th</sup> July
Last day of school year

## Feel good = function well

We all know the benefits of eating a healthy diet however for some of our pupils this can be a challenge.

In children, rigidity around foods is very common, not just for those on the autism spectrum. There's no need to be too concerned if your child is eating foods from each of the <u>main food groups</u>, and if your child is growing well. However you should seek advice if your child is:

- ✓ accepting fewer than 20 foods
- ✓ refusing all foods from one or more food groups
- ✓ constipated <u>constipation</u> can have a huge impact on appetite and may require medication
- ✓ suffering from tooth decay as a result of their diet
- ✓ losing weight or not growing well
- ✓ gaining weight excessively
- ✓ displaying behaviour, e.g. tiredness or eating non-edible items that might indicate a vitamin or mineral deficiency (e.g. iron deficiency)
- coughing and choking while eating, or has recurrent chest infections
- ✓ missing out on social opportunities, e.g. if they and your family can rarely go out due to the eating problems.

The following websites have some helpful advice:

http://www.autism.org.uk/restricteddiet

https://www.ambitiousaboutautism.org.uk/understanding-

autism/health/eating-issues

http://www.wlmht.nhs.uk/wp-content/uploads/2015/01/Eating-difficulties-in-children-with-disabilities.pdf

If you would like further advice or support please contact Janice Crane: <a href="mailto:crane;@fairfields.northants.sch.uk">crane;@fairfields.northants.sch.uk</a>

### Healthy lunch box = Feel good + functioning well

Research has discovered that children are tucking into lunchboxes containing more than double their daily sugar intake. It also tells us that healthy lunch boxes during school years is greatly linked to educational achievement, improved concentration and behavior. Providing a nutritionally balanced packed lunch is essential in giving children the best chance in their academic years.

https://www.nhs.uk/change4life/recipes/healthier-lunchboxes



## Week beginning 19<sup>th</sup> March

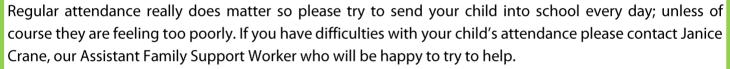
Once again we are joining in with "get moving" to show our support for sports relief and healthy living. We are aiming for all pupils to participate in their own way during 19<sup>th</sup> – 23<sup>rd</sup> March. Our Physical, Health and Well-Being Learning team and currently liaising with class teams to organise different ways of "get moving." More details to follow.



# Attendance Matters







Please note, due to government regulations, the headteacher is unable to authorise holidays in term time except in very exceptional circumstances.

