

HOLY ROSARY RC PRIMARY

"I come that they may have life and have life to the full"
John: 10:10

Week Beginning - 19th January 2026

Packed Lunches

Following a recent move to our new caters Taylor Shaw, we have been reviewing our packed lunch guidance. We would like to clarify our expectations around healthy packed lunches to support the wellbeing and safety of all children. We ask parents to follow these packed lunch guidelines for a healthy packed lunch:

- **Fruit** – fresh, dried, or tinned in juice
- **Vegetables/salad**
- **Carbohydrates** – wholemeal bread, wraps, rice, pasta, couscous, potatoes
- **Protein** – lean meat, fish, eggs, beans, pulses, cheese
- **Dairy/dairy alternative** – yogurt, cheese
- **Healthy drink** – water is encouraged

Allowed in moderation (limited to ONE item per day):

- ONE small biscuit, or
- ONE small packet of crisps (including baked or low-salt)

Not permitted in packed lunches:

- Sweets or chocolate bars
- Fizzy or energy drinks
- Nuts or nut products
- Fast food or takeaway items

A helpful guide will be sent home as a reminder to all children. We appreciate your support in this matter.



My Happy Minds

This week we started our new unit of My Happy minds called Appreciate. This teaches us about Gratitude and how to be thankful for everyday things. It also teaches us how to show Gratitude. If you have not downloaded and signed in to the Myhappymind app, it is definitely worth a visit. There is loads of parent information about how to help their child understand their emotions but it also provides parent support for challenges such as BEHAVIOUR or SLEEP.



School Readiness

Please have a look at the gallery page on our school website to find out about free play, learn, grow sessions which aim to support school readiness.

Each session is 1 hour long and runs over an 8 week period.



Next Week

Tuesday 20th January

Year 5 and 6 Dodgeball @ Hathershaw

Children selected and invited.

Wednesday 21st January

Health Champions

2 of our children will be involved in hearing about how we can make healthier choices.

Thursday 22nd January

Oldham Athletic Player visit

Assembly this week is led by 2 Oldham Athletic players - wait to find out more!!

Friday 23rd January

Year 5 Mini Medics

Year 5 will be learning First Aid skills alongside how to care for their own Mental Health

Attendance Bear



Each week Mrs Green awards attendance bear! We award our attendance bear to the class with the best attendance.

This week's winners :

Year 2

with

97.9%