

FLO NEWSLETTER

JUNE 2018



Hello Everyone

I plan to make this a regular letter to share ideas and suggestions that will be helpful to your family.

If there are any ideas that you would like to include and share with parents—please let me know and I would be delighted to include them.

- ◇ Perhaps you have a brilliant idea that makes your mornings run smoothly
- ◇ Or you have a healthy recipe that even the fussiest eater will eat
- ◇ Or you have a concern that you want to share with other parents

Katie Till

Free Family Fun Ideas

Taking the children out in the holidays and at the weekends can work out as incredibly expensive—so I am always on the look out for ideas. I plan to have a list of ideas for the summer holidays to share with you, but in the mean time this website is very good www.visitmaidstone.com if you have not come across it before take a look and see what is going on in and around Maidstone.

HOT WEATHER WARNING!

PLEASE DO NOT LEAVE BABIES, YOUNG CHILDREN OR DOGS IN CARS OUT SIDE THE SCHOOL GATES WHEN YOU ARE DROPPING OFF OR COLLECTING AT SCHOOL.

Mrs Katie Till—FLO

My role here at school is to support children and families—if you have any worries please call me 07883 584920 or email me on :

flo@brookfield-jun.kent.sch.uk



Healthy Lunch Box Recipe

- Always hard to come up with new ideas ! I found this recipe and thought it looked tasty!

- 25g pasta bows
- 2 cooked crispy bacon rashers, broken into pieces
- 15g chopped Spinach
- 6 cherry tomatoes, halved
- ½ tsp crème fraîche
- ¼ tsp wholegrain mustard

- The night before school, cook the pasta following pack instructions and run under cold water to cool quickly. Mix in the bacon, spinach, tomatoes, crème fraîche and mustard, and season with a little salt. Spoon into an airtight container and keep overnight in the fridge.

Encouraging Good Behaviour

What works in your house?

PLEASE LET ME KNOW

Do you have charts that reward your children? I have recently come across the

GO HENRY App

Which seems to work for some parents and children—the only note of caution is the cost !

So check carefully before you sign up!