# **Bromley Hills School Newsletter**



Autumn Term Week 6 10<sup>th</sup> October 2025

Visit our website: www.bromhills.dudley.sch.uk

email: info@bromhills.dudley.sch.uk



DATES FOR YOUR DIARY
THIS HALF TERM

### **OCTOBER**

Tues 14<sup>th</sup> & Thurs 16<sup>th</sup> – Parents' Evening - 3.30pm onwards

Fri 17th - Class 1/2T Library Visit

Mon 20th - Class 2F Library Visit

Fri 24th - Class 3/4H Library Visit

Fri 24th - Last Day of Half Term

Mon 27th - Fri 31st - Half Term

### NOVEMBER

Mon 3<sup>rd</sup> - Class 3/4L Library Visit

Fri 7<sup>th</sup> - Class 3/4N Library Visit

Mon 10<sup>th</sup> – School Photos (individual)

Term dates for the year are on the school website.

# MESSAGE FROM THE HEADTEACHER

Dear Parents/Carers,

This week, Year 4 enjoyed a visit from the firefighters from Brierley Hill Community Fire Station, (see photo below), who came and spoke to the children about fire safety, road and car safety and finally water safety. They also taught the children how to make an emergency phone call and what to say. These are life skills which I hope the children will remember for the future. Thank you to the firefighters who came and spoke to the children.

Next week, we have our two parents' evenings, where you have the opportunity to come and meet your child's class teacher and see how they have settled in. You can book a slot using the new parent app, 'My Child at School'. If you have any difficulties with booking a slot, please ask at the school office.

Have a lovely weekend.

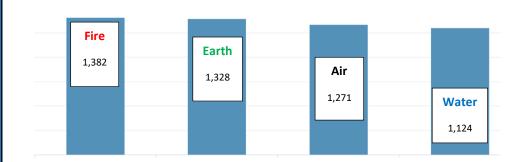
Many thanks, Jon Stevens.

# Photo Removed

### FIRE SERVICE VISIT

Y4 enjoyed listening to the firefighters talk about safety on Tuesday. They learnt what do to if they discover a fire, including the 'Stop, Drop and Roll' technique. They also learnt how to stay safe by water and some road safety. They found out what the job involves and what made them want to be a firefighter.

### HOUSE POINTS - THIS WEEK'S WINNERS ARE: FIRE!



#### ATTENDANCE THIS WEEK

Class RB - 89%

Class RSL - 89%

Class 1B - 97%

Class 1/2T - 99%

Class 2F - 94%

Class 3/4H - 91%

Class 3/4L - 94%

Class 3/4N - 95%

Class 5/6Ba - 91%

Class 5/6Bi - 94%

Class 5/6K - 92%

# Total attendance for this week is: 93%

Well done to class 1/2T for their **99% attendance this week!** 











# **Bromley Hills School Newsletter**



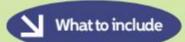
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# School Packed Lunch Guide



We've designed the information in this guide to ensure you have the simplest advice to create healthy, nutritious and tasty packed lunches!

Lunch boxes should be varied and consider the Eatwell Guide https://www.nhs.uk/livewell/eat-well/food-guidelines-and-foodlabels/the-eatwell-guide/

They must not contain any chocolate, sweets or other confectionery, including cereal bars and processed fruit bars.

TIP! Children are more likely to enjoy it if they helped make it.



# Carbohydrates

Bread - wholemeal, white, brown Rolls or bagels Pizza, pitta bread or wraps Potatoes, rice, pasta or noodles



## Fruit & Vegetables

Salad - coleslaw, vegetable sticks, cherry tomatoes, radishes

Vegetables in pasta or rice

Fresh fruit - apples, satsumas, bananas Fruit in jelly or juice

Dried fruit - apricots, dates, apple slices, raisins



### **Proteins**

Meat - beef, lamb, ham, pork, bacon, chicken, turkey,
Fish - tinned tuna, salmon, mackerel

Fish - tinned tuna, salmon, mackerel, sardines, pilchards

Cheese or cheese portion

Eggs, pulses, kidney beans/chickpeas in a salad



### Milk & Dairy

Yoghurts or Fromage Frais Milk puddings e.g. Muller rice or Ambrosia custard Grated cheese, cheese portion or Dairylea and cheese biscuits

Drinks - include water but avoid sugary and fizzy drinks











