



It's been a case of 'Food Glorious Food' at Brunel over the last week. Read on...

£259 raised at MacMillan Coffee Morning

On Friday 30th September, we once again held a coffee morning in support of MacMillan Cancer Support, which raised £259. We'd like to thank all parents who donated cakes to make the event such a success as well as Mrs Sweeney and other members of staff who organised the event. Also, we heartily congratulate our Y6 bakers who produced a range of cakes in the bake off competition. All the cakes were fantastic and deserve high praise. An extra 'well done' to our winner who produced a real showstopper.



Y5 at Whole Foods

During this week at school, we have been looking at how to eat more healthily and make better choices. To help Year 5 learn more, they went to the Whole Food Market in Kensington. The trip let pupils try some new healthy breakfasts and look at some other foods and why they are good for our bodies. One child said 'It was amazing, I learnt so much about food. I even found out how cheese was made!' Another said ' I have learnt about how our body uses fibre. I am going to try and eat

more brown bread and pasta.' The children took on board all the new information and are all going to try to make healthier choices.



Newton in Golborne Road

For Food Explorer's Week, Y4 went to Portobello & Golborne markets. They learnt all about the history of the markets, including the reason that it is called Portobello (it was actually the name of a farm that once existed there!). They also learnt about the organisers of the very first Notting Hill Carnival in 1965. They were able to try lots of delicious food, including strawberries, fried yams and bread from Jamaica, chicken shish kebab from Morocco, and paella, tortilla and Manchego cheese from Spain. The best part was interviewing the market stall holders who were all very friendly and happy to tell about their food and themselves!





Faraday at Holland Park Ecology Centre

This week, KSI classes visited Holland Park Ecology Centre to learn about where their food comes from and how to make healthier food choices. They spent time in the 'edible garden' to learn about the edible parts of plants, lifecycles and to sample a range of fruit and vegetables. Many children tried vegetables they had never seen or heard of before and were impeccably behaved. Well done!



Jenner & Johnson at Phoenix Farm

This week, Year 3 visited Phoenix Farm. The children made scrambled eggs courtesy of the chickens they met, healthy smoothies (while cycling!) with berries and learned where kale comes from. Jenner and Johnson class even got to bring back some freshly grown carrots to school as a healthy snack. Year 3 have definitely learned a lot today about healthy eating!



H2O

Following on from our visit this week by the team from Food Explorers, our pupils have been learning about making smart choices when it comes to what they choose to eat. In particular, they have been learning about the sugar content of the foods we eat every day and how to spot hidden sugars in foodstuffs such as breakfast cereals. We have also learnt about the need to stay well hydrated by drinking plenty of water during the day. Children are able to drink water before school and during breaks and lunches from the fountains in the building and the playground. Children are also allowed to have their own water bottles in class, as long as these are not a distraction from children's learning. These can contain only still water - not including flavoured water, which is often very high in sugar and can contribute towards dental problems in children. Thank you for your support in making sure our pupils grow up knowing how to stay healthy.

Absences

If your child is absent from school please telephone the office on 0208 969 4094 or 020 7565 5875 by 08:45 on the first day of absence to let us know why your child is unable to attend. Please specify ailments as we are required to enter an explanation on our data system. It is very busy in the office between 8:30-9:30 so please leave a message on the answer-phone if your call is not answered by a member of staff. Please do not leave messages with teachers or any other members of staff. If you do not advise the school office why your child is absent, it will be marked as 'unauthorised'.

