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# MALTON SCHOOL NEWS EXTRA

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## ADDITIONAL ITEMS

Having issued a very large newsletter last week, we find there are a couple of additional items we need to inform you about.

## OPEN EVENING

Apologies - we got the day right but the date wrong in the newsletter.

It should have read:

MALTON SCHOOL  
Welcomes everyone to its

ANNUAL OPEN EVENING

THURSDAY 25 SEPTEMBER 2008

6.30 - 9.00 pm

## EARLY CLOSING TIME

In relation to the open evening, parents should be aware that lessons will finish for most students at 2.35 p.m. on Thursday 25 September.

Students who live locally and can make their way home may leave at this time. Provision will be made for those who need to wait for buses, which will arrive at the normal time (3.35pm)

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## HEALTHY PACKED LUNCHES

As part of the Healthy Schools Award we have to provide parents with information about what should be included in a healthy packed lunch. I know that many of you already provide healthy lunches but new ideas can add variety and interest.

The British Nutrition Foundation recommend a healthy packed lunch should include:

- A good portion of starchy food, for example wholegrain roll, tortilla wrap, chapatti, pitta pocket, pasta or rice salad
- A portion of lean meat, fish or alternative, for example chicken, ham, beef, tuna, egg, beans or hummus
- Plenty of fruit and vegetables, for example an apple, satsuma, handful of cherry tomatoes or carrot sticks, small tub of fruit salad or small box of raisins
- A portion of semi-skimmed milk or other dairy food, for example reduced fat cheese, yogurt or fromage frais
- A drink, for example fruit juice, semi-skimmed milk, yogurt drink or a bottle of water.

This checklist is adapted from the Department of Health's Food in Schools Toolkit.

There are lots of sites on the internet which give lots of good ideas for packed lunches – [www.food.gov.uk](http://www.food.gov.uk) gives ideas for a month of lunchbox meals. All ideas are costed and nutrition information worked out.

Other useful sites are:

[www.nutrition.org.uk](http://www.nutrition.org.uk)

[www.raisingkid.co.uk](http://www.raisingkid.co.uk)

[www.familiesonline.co.uk](http://www.familiesonline.co.uk)

## MALTON SCHOOL PTA

The School's Parent-Teacher Association raises money each year to provide additional items of equipment for students in the School.

Last year it raised money for new stage curtains, and this year it hopes to provide funds for additional stage lighting.

In the past it has helped with musical and sporting items, computing equipment and much more.

As well as organising fundraising events through the year, the PTA is running a 200 Club throughout the year, which allows people the chance of winning some money whilst supporting the school.

## Malton School PTA

# 200 CLUB

## The chance to win £50

An opportunity for you to be part of our exciting new fundraising initiative.

The idea is really simple and involves you making a small one-off payment which acts as a kind of subscription for ten months membership of this club. (It isn't twelve months because we don't make a draw in July or August.)

For the sum of £10 per year, you stand a real chance of being the winner of one of the ten monthly prizes of £50.

It's as simple as that - you make a one-off payment and you could win £50.

Just complete the form and send it in to the school office.

## Malton School PTA 200 Club

I wish to take part in the 200 Club and enclose a cheque / cash for the sum of £10

Child's name:

.....

Tutor group: .....

Parent/Guardian

Signature: .....

Print name: .....

Reminders from the main newsletter:

### PARENT TEACHER ASSOCIATION ANNUAL GENERAL MEETING

Wednesday 8 October at 7.30pm  
in the Sixth Form Common Room

We are looking for new committee members. Nominations will close on the night. Please come along and help us raise money to improve your child's education. It is also a good way of finding out more about the running of the school and of being able to give feedback to the school.

*If you would like to be kept informed of PTA events please email: [pta@malton.n-yorks.sch.uk](mailto:pta@malton.n-yorks.sch.uk)*

### PARENT TEACHER ASSOCIATION *Autumnal Wine and Cheese Tasting Evening*

Selection of wines from around the world  
Hosted by Paul Tate-Smith

Thursday 23 October at 7pm  
West Wing Hall  
£8 each, £15 per couple