

Dates for your Diary

*Christmas
concert &
jumper day*

13.12.2024

Father

Christmas

15.12.2024

Healthy Snack Suggestions

Chewy Foods

1. Dried fruit
2. Dates
3. Beef jerky
4. Bagels
5. Granola bars
6. Cheese
7. Celery
8. Sausage sticks



Sour, Tart, & Spicy Foods

1. Pickles
2. Greek yogurt
3. Lemon or lime slices
4. Kiwis
5. Grapefruit
6. Olives
7. Cranberries

Cold Foods

1. Popsicles or ice pops
2. Smoothies
3. Frozen yogurt bites
4. Frozen yogurt
5. Milk
6. Frozen peas
7. Frozen berries



Crunchy Foods

1. Pretzels
2. Nacho
3. Crackers
4. Bread sticks
5. Popcorn
6. Roasted chickpeas
7. Carrots
8. Apples
9. Banana chips
10. Dry cereal
11. Toast
12. Snap peas
13. Dried veggie chips like beet or sweet potato
14. Kale chips
15. Peppers
16. Cucumbers
17. Pita chips
18. Rice cakes



Sweet Foods

1. Bananas
2. Strawberries
3. Melon (Cantaloupe, Honeydew, Watermelon)
4. Peaches
5. Pears
6. Plums
7. Berries
8. Grapes



Smooth & Creamy Foods

1. Yogurt
2. Hummus
3. Hard boiled egg
4. Soft cheese
5. Avocado
6. Oatmeal
7. Spinach dip
8. Fruit Smoothies

Parent Coffee Morning

*Thursday 5th of
December at 10am to
12pm
at Mandeville Main
site.*



ALL PARENTS & CARER'S ARE WELCOME TO COME IN FOR A HOT CHOCOLATE, CAKES & MINCE PIES. WE LOOK FORWARD TO HAVING A NICE CHAT BEFORE THE YEAR ENDS. SEE YOU ALL THERE.