

# Welcome back!



## Going Up



Captain Tom Moore was knighted by the Queen at Windsor Castle!



Waddesdon Gardens voted second best in the country!

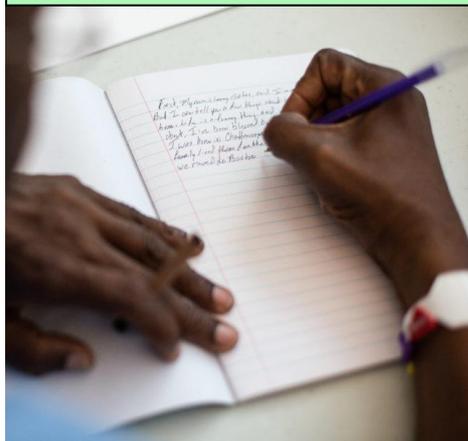
The start of a new school year  
...Welcome back!

Bucks Mind Children and Young Peoples Team – Alice, Kat, Grace & Delphine



## Love writing?

Submit your historical fiction to the Young Walter Scott Prize by October 31<sup>st</sup> and be in for a chance of winning £500 travel & research grant!



Get yourself the Adobe Premiere Rush app on Androids for high quality video editing for free!



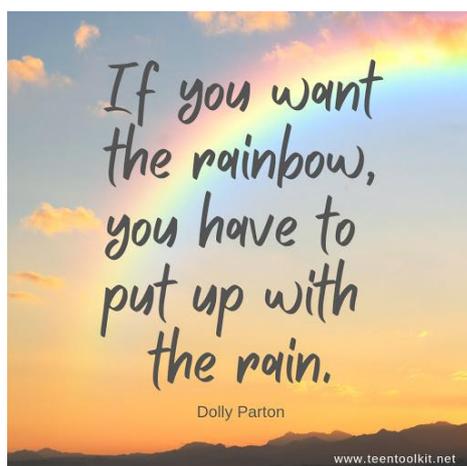
Beat is a nationwide eating disorders charity who offer support via their helpline:

**0808 801 0711**

Their webchat and support groups via their website:

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

## Quote of the week



**Premier League is also starting back this September!**

Check out the website to find the latest fixtures:

[www.premierleague.com](http://www.premierleague.com)



## Healthy lunch box ideas

- Tuna & sweetcorn pasta salad
- Tandoori chicken, sweet potato and rice
- Falafel, red pepper and hummus wrap
- Pesto pasta with broccoli & peas
- Mozzarella, tomato and avocado baguette
- Pitta bread, hummus & cherry tomatoes

### Snacks:

- Frozen fruit and yogurt (defrost by lunch)
- Carrots and hummus
- Homemade popcorn
- Dried fruit and nuts

### What nutrients do you need?

- Protein:** Tofu, lentils, lean chicken, tuna, eggs & seeds
- Carbohydrates:** Fruit, veg, grains, bread & cereal
- Fat:** olive oil, avocado & nuts/seeds
- Calcium:** green leafy veg, soya & dairy
- Iron:** dark green leafy veg, dried apricots, chickpeas & lean meat
- Zinc:** almonds, lentils & eggs
- Omega-3:** chia/flax seeds, walnuts & oily fish



## Love yourself some stationary?



**Paperchase** are now selling eco-friendly notebooks and bamboo cups and are currently offering students 3 for 2 on back to school products.

**WH Smith** are offering up to half price on back to school products such as pencil cases, bags and calculators.

**Tesco** have half price pritt stick sets, highlighters & bic pens



Get half price sharpies and printer ink at **Wilkos!**

### Penny update!



Alice's puppy Penny has grown up a lot over lockdown. She loves naps and snacking on tuna, carrots and peanuts!