



Statement of the week

"I try to love others as I love myself."

Total Sports after school clubs

Dance	FS2- Year 3	13/01, 20/01,27/01, 03/02,10/02, 24/02, 03/03, 10/03, 17/03, 24/03
Multisport	FS2 - Year 2	15/01, 22/01, 29/01, 05/02,12/02, 26/02, 05/03, 12/03, 19/03, 26/03
Handball	Year 3 - 6	15/01, 22/01, 29/01, 05/02,12/02, 26/02, 05/03, 12/03, 19/03, 26/03

New rules for healthy school dinners

New rules for school meals in England are now in force. Meals must include one or more portions of vegetables or salad every day and no more than two portions of fried foods or pastry-based foods each week. The rules promote drinking water and limit fruit juice servings to 150ml.

The new **regulations** are mandatory for local authority schools. They stipulate:

- one or more portions of vegetables or salad as an accompaniment every day

- at least three different fruits and three different vegetables each week
- an emphasis on wholegrain foods in place of refined carbohydrates
- an emphasis on making water the drink of choice
- limiting fruit juice portions to quarter pints (150ml)
- restricting the amount of added sugars or honey in other drinks to 5%
- no more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated
- no more than two portions of food that include pastry each week
- a portion of milk (lower fat and lactose reduced) to be made available once a day

Parents are also being encouraged to cut back on the amount of sugar they feed children in a new health campaign. I will look for a different reward for golden book instead of a bar of chocolate and I ask that if you can find an alternative for sweets for birthdays then I'm sure that some parents will appreciate that especially if their child has dental problems

Robinwood

Before Christmas I sent a questionnaire out to current Year 4 parents regarding a visit to Robinwood Activity Centre when their child was in Year 5 next year. The activity centre is very popular and we only had a date held for a few weeks for next year and a decision had to be

made quickly. As a result of the questionnaires I have cancelled the booking for Year 5 for next year. In future we will only have a residential activity for children when they are in Year 6. We will also be looking at other venues/retreats that provide a different option.

I do appreciate the cost of these trips for parents and although I understand the value they provide for the children perhaps one residential will be appreciated more by parents and children.

Could I also mention that if you have any concerns or worries please phone school or catch me before school to make an appointment?

Year 3 Parents

I would like to start the preparation for First Holy Communion in school as soon as possible. I understand that the majority of the class already have the "I Belong" books and these are essential for the lessons to commence. These books can be ordered online www.rpbbooks.co.uk If you have any difficulties ordering these books please could you let Mr. Branscombe know at the earliest opportunity? We will cover a chapter per week but there will be opportunities for you to complete the chapter at home with your child. For the first lesson if you could let your child know the church and date of baptism and the names of the godparents then that will be really helpful.

New Entrance

We are confident that the building work will be completed by the end of February as they are on track and it will just be internal work from now. Thank you for the positive comments!

