



Summer Term 2019

May 23rd

Dear Parents/ Carers,

Firstly we would like to commend our Y6 children for their excellent attitude to learning and their resilience during their recent SATS. We were really proud of them all. The outcomes really don't matter when you know that every child has worked so hard and done their best. Thank you Y6 and well done.



The Y6 children are now away on their residential trip to Eaton Vale and I am looking forward to joining them for their last day and night. They have already had an amazing time and have been canoeing, had a campfire, taken a leap of faith and even managed a night's sleep – although I gather they were up very early!



Sporting success

A massive CONGRATULATIONS to our High 5s netball team who having placed 1st locally then went on to play in the final on Tuesday night. They played extremely well against some tough teams and came 3rd overall. This is an incredible achievement and we are delighted with their success this term.

Sip, Slap, Slop

We have had some glorious weather in the last few weeks and we really hope it continues over and after the half term. Please remember to provide your child with a hat, make sure they are wearing sun-cream and that they have water bottles in school. We have noticed a large number of children drinking squash in their bottles. Please make sure that they have water for school – it is this that hydrates them and it is a lot less sticky when we have spills. Please see the attached poster.

Nut-free

As you are already aware we have a number of children who have life-threatening nut allergies. For this reason we are a nut-free school and therefore nut products are not permitted in snacks or lunch boxes. For example: peanut butter, loose nuts of any sort, Nutella, hazelnut spread, pine nuts, cereal bars with nuts in, Snickers. If you are in any doubt about ingredients please leave them out to enjoy at home later. Thank you.

Events after half term

We are very pleased that we have been able to book both an author and a sportsman to visit us straight after half term.

James Campbell will be here on Tuesday June 4th and will run workshop assemblies with each of our year groups. He will be available at the end of the day to sell and sign his books. He is the author of the 'Boyface' series and 'The funny life of...' series. It sounds like we are going to have a fun and inspiring day with him, more information to follow.

Then, on Wednesday June 5th we have Sean Rose visiting school. He is a former Winter Paralympian and will be leading some sport activities with all the children as well as leading assembly.

We are looking forward to working with them both.

Please be aware that we return to school on TUESDAY June 4th after the half term. I wish you all a good break and sunny weather.

A handwritten signature in black ink, appearing to read 'Sally Esom'.

Sally Esom

Headteacher



BRITISH
Nutrition
FOUNDATION

HEALTHY HYDRATION

for children aged 5-11



Drink plenty

Water

Is a good choice throughout the day because it hydrates without providing extra energy (calories/kilojoules) or harming teeth



Have regularly

Milk

Is a useful source of nutrients, especially protein, B vitamins, iodine and calcium. Most children can have lower-fat milks such as skimmed, 1% or semi-skimmed. Unsweetened, calcium-fortified dairy alternatives can also be included. Milky drinks containing added sugars such as milkshakes, hot chocolate and malted drinks should be limited.



Can have once a day

Fruit and vegetable juices and smoothies

Can provide some vitamins and minerals. However, they also contain sugars and can be acidic which is harmful to teeth so it's recommended to limit them to one small glass (150ml) a day and keep them to mealtimes. 150ml counts as a maximum 1 portion of your 5 A DAY. They can be diluted with water to reduce the acidity and sugars content.



Occasionally

Sugar-free drinks

Hydrate without adding extra sugars but it's a good idea for most drinks to be milk or water. Fizzy drinks may contain acids that can be harmful to teeth. Be aware that some of these drinks contain caffeine.



Occasionally (and in small amounts if caffeinated)

Tea and coffee

Caffeine is naturally present in tea and coffee. Small amounts are harmless but high intakes should be avoided, especially for young children. It's best for children to drink decaffeinated tea and coffee with reduced-fat milks and no added sugars.



Avoid

Sugary drinks

Are best avoided as they provide sugars, but few other nutrients. Fizzy drinks may contain acids that can also be harmful to teeth and some soft drinks contain caffeine.



Not suitable for children

Sports and energy drinks

can be high in sugars and energy drinks may contain high levels of caffeine or other stimulants. These drinks are not suitable for young children.

This guide is intended to help parents, teachers and carers choose a balance of drinks for children aged 5-11 years.

The amount of fluid a child needs depends on many factors but generally they should aim to drink about 6-8 glasses of fluid a day, using smaller glasses (150-200ml) for younger children. This is based on recommendations on fluid intakes for children from the European Food Safety Authority.