

Tuesday

14th June
2022

Let's Connect!

Can you think of a time that you felt proud of yourself this week?
Can you think of something that you would like to work on for next week?

News

This week is Healthy Eating Week! What have you eaten in the last few days that is healthy?

There are 5 themes

- **Focus on fibre** - Have more wholegrain foods, fruit and vegetables, beans, peas, and lentils. *Do you eat these already?*
- **Get at least 5 A DAY** - Have at least 5 portions of a variety of fruit and vegetables every day. *How many have you had already today?*
- **Vary your protein** - Eat a wider variety of protein foods and choose plant protein sources more often. *Be more creative!*
- **Stay hydrated**- Have about 6-8 drinks a day and choose reusable or recyclable drinks containers. *Fill up from the tap! Do you bring your water bottle to school every day?*
- **Reduce food waste** - Aim for the right amount when you shop, cook and eat to avoid throwing food away.

Please make a list of ways we could do this in the future and Miss Bailey will be collecting these in.

Sports News (Keeping Active)

Next week, the week of the 20th June, is National Sports Week which we will all be celebrating through the Commonwealth Games! Each class will be a different country and will learn about that country during National Sports Week! Here are the classes:

Class	Country
Miss Bailey	Wales
Miss Crinson/Najdich	Scotland
Mr Kennedy	England
Ms Talbot	Canada
Mrs Davies	New Zealand
Miss Draycott	Australia
Miss Gallienne	Cameroon
Miss Saleem	Nigeria
Mrs O'Connor	Uganda
Miss Fleet	Dominica
Mr Davies	Jamaica
Miss O'Donoghue	Bermuda

Have you heard of your country? Do you know where it is? Do you know which continent it is in?

There will also be a special Commonwealth Games activity at lunch each day on the pitch; when you have a go you tell the Sports Leaders which country you are and then we will see which country wins the most points at the end of the week! There will be other sports on the rota that week that are played at the Commonwealth Games so give them a try too! Sports Leaders will do a special assembly to tell you more about it all on Monday

Also your sports days are that week; EYFS is Tuesday pm, Year 3/4 is Wednesday pm, Year 5/6 is Thursday pm and KS1 is Friday pm. Parents will also be able to come and watch!

Thank you every one 😊