



ST
MARY'S
C OF E
(VC)
JUNIOR
SCHOOL

NEWSLETTER

29th June
2017



**FIGHT
FOR EVERY
HEARTBEAT**
bhf.org.uk

A big **thank you** to everyone who brought in bottles today for our non-uniform day. We are busily looking for places to store them all ready for the bottle tombola at the summer fair on Friday 7th July.

Beginning 4th September we have a **vacancy** for a **mid-day supervisor (MSA)**. The hours would be 11.45 am – 1.15 pm daily and you would be part of the team that ensures the wellbeing of our children at lunchtime, both in the dining room and on the playgrounds. As a member of staff working with the children we would need to ensure a satisfactory DBS for the successful applicant and you will be asked questions around safeguarding at interview. If you love working with children, feel that you share the common ethos and values of the school and would like to be part of our team please contact the Mrs Britton (Headteacher) through the office on 01462 892156 or admin@st-marysjm-baldock.herts.sch.uk.

The **Healthy Eating** workshop on Wednesday this week was much appreciated by those attending. We might have been small in number but we enjoyed the cake! Lisa and Harriet, school nurses, and Nicky McGrinder, the family support worker, led the session but we all chipped in and shared our experiences. We talked about strategies to widen the food choices children make and how parents can take back control when children exert their own will over food and mealtimes. For example, when children refuse vegetables, introduce just a small portion at a time (a teaspoon full) with their meal. Don't make a fuss about you wanting them to try them. If they don't eat them, that's not a problem. Don't offer an alternative but put the same amount of the same thing on the plate the next day. Keep doing this. If your child refuses to eat a main meal, again don't offer an alternative but say there isn't anything else but they can have a yogurt or a piece of fruit and limit it to that. If they complain they are hungry later in the evening then remind them they didn't eat their dinner and there isn't any more. We also discussed portion size and how fruit and vegetables should be making up half of our food intake (space on the plate). Protein fills us up, carbohydrates-potatoes, rice, pasta etc need to be smaller quantities than perhaps we are used to eating. If your child is overeating then as a parent you need to take control of what food is available to them. Try to avoid doubling up on carbohydrates. Look at the sugar and fat content of foods when you buy them and make healthy choices. So much sugar and salt is hidden in processed food today. We discussed **BeeZee Bodies**, a programme for parents and children to develop healthy eating choices. Have a look at their website and what they can offer. <http://beezeebodies.com/>.

Likewise the NHS Change4life website <http://www.nhs.uk/Change4Life/Pages/be-more-active.aspx> has ideas for the whole family.

The group have suggested meeting again in September, why not come and join us. Look out for the date on Dojo.

Diary dates

Friday 30th June Sponsored Dodgeball Tournament money due in for British Heart Foundation.

Children have already brought home cakes plates for you to fill with yummy cakes that will need to be returned on **Friday 7th July**. If you'd rather send in a plant for our plant stall, instead of cakes, these would also be most welcome.

Sunday 2nd July Parish Praise being held at St. Mary's Infant School. The Church are coming to us, will you be coming too?

Tuesday 4th July is Sports Day. Beginning shortly after 1pm, come and cheer your children on. (Thursday 6th July- reserve Sports Day in case of bad weather.)

Wednesday 5th July Year 4 trip to The Fitzwilliam Museum, Cambridge.

Friday 7th July French Café

Friday 7th July is our school **summer fair** opening at 4pm until 7pm. More **parent volunteers** are needed to run stalls and also commit to clearing away at the end of the event. Can you help? Give us a call.

Tuesday 11th July Year 5/6 Production 6pm

Wednesday 12th July Year 5/6 Production 6pm

Thursday 13th July Transition Day. On this day, our Year 6 children will spend the day at their new Secondary schools. Children new to Year 3 children will join us for the morning.

Monday 17th July Year 5/6 Communion Service in school

Tuesday 18th July End of term assembly celebrating the children who have shown greatest effort in their work. Parents are invited to join us for this assembly at 9.00am. Parents of children receiving awards will be notified in advance.

Friday 21st July 9.30am Church Service at St. Mary the Virgin Church. All parents welcome.

Friday 21st July 1.30pm End of term.