



Skelton Primary School

Friday Flyer

January 8th 2016

Tel 01287 650689

Web www.skeltonprimaryschool.co.uk

Twitter @SkeltonPrimary

BLOG skeltonprimaryschool.co.uk/blog

Email office@skeltonprimaryschool.co.uk

Chair of Governors Mrs L Willis Keeler

Head teacher Ms S.E.Walker



Happy New Year

To all our pupils, families and friends,
we wish you health and happiness
throughout 2016!!

A big thank you from the staff for the many generous gifts and cards shared. They are very much appreciated and say so much about the wonderful families that we have!

Attendance

Our Autumn term 100% attenders enjoyed their well earned treat before Christmas. There will be a similar treat for the Spring and Summer term 100% attenders, as well as something extra special for the whole year 100%ers! We have 222 in with a chance already!

The attendance for the whole school this week is 96.2%

TOY SALE Tuesday January 12th 3-4pm in Lower School Hall

Please send any of your much loved but unwanted toys, games and books to school on Monday and Tuesday. If the weekend is wet, it is a perfect opportunity to sort out your toy boxes :) We really appreciate any donations!

BOOK JACKETS

We have introduced book jackets for some of our exercise books in school. The children are very proud of the smart appearance of their exercise books. We hope that you will be too, at the Open Evening in March.



HEAD TEACHER AWARD

for : Good start to the year



FS1 Mrs Bateman

Dexter Winspear Millie King

FS2 Mrs Chapman

Thomas Connelly Chloe Whitehead

Y1 Mrs Sayer

Joshua Mallon Bethan Jones

Y2 Mrs Pollitt

Diesel Mackenzie Scarlett Benson

Y3 Mr Woolf

Kian Soloman Alex Mallon

Y4 Mrs Allington

Daniel Pratt Bethany Burrows

Y5 Mrs Norris

David McDonagh Erika Samson

Y6 Miss Theakston

Cameron Lindsey Lauren Neave

Millie King

Mrs Bonas

Chloe Whitehead

Miss Smith

Bethan Jones

Miss Shields

Scarlett Benson

Mr Ralton

Alex Mallon

Miss Evans

Bethany Burrows

Mrs Berriman

Erika Samson

Mr Asquith

Lauren Neave

Mrs Douglas

Ruby-Mae Kennedy

Mrs Duck

James Ditchburn

Miss Bentley

Millie Anderson

Mrs Cox

Madison Jones

Miss Higgs

Cole Robinson

Mr Campbell

Finlay Walshaw

Mrs Rowe

Kayleigh Teasdale

'BEST BEHAVIOUR' TREATS

All of our children have been collecting behaviour points since September and this week the children with the highest behaviour points will be enjoying a range of treats. Those with the highest point will not only receive a BEHAVIOUR CHAMP pencil but also popcorn and a movie on Friday afternoon.

Children started collecting their behaviour points again for the Spring term on Monday!



RAIN! Thank you for your patience during this extremely wet week. Our severe weather guidance will be posted on the back of next week's Flyer... we are told that the temperature will be dropping from next week!

LOST PROPERTY We have over 10 lovely winter coats, hats, bags & lots more besides. Have you lost anything?

NEXT WEEK AT A GLANCE

Monday	Breakfast club 8am £1.20 SCSS Multisports Key Stage 1 & 2
Tuesday	Breakfast club 8am £1.20 SCSS Y3/4 Football
Wednesday	Breakfast club 8am £1.20 442 Rec-Y2 3—4.15 Filmclub : Home 4:45
Thursday	Breakfast club 8am £1.20 442 Y3-Y6 3—4.15
Friday	Breakfast club 8am £1.20 Choir - 8AM Running club 3pm-4pm SCSS Y5/6 Football/ SCSS Danceclub

Curriculum Newsletters

will be coming home in the next few days. Please check the dates carefully and have a look at any of the suggested websites to support your child's learning.

WHAT'S FOR LUNCH NEXT WEEK?

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
'HOT CHOICE 1'	Mild Chinese Style Chicken Curry with Turmeric Rice	Home-made Mince Beef & Vegetable Pie	Traditional Pork Casserole with Mashed Potatoes	Roast Turkey & Yorkshire Pudding with Parsley Potatoes	Salmon & Cod Fish Cakes or Oven Baked Fish in Batter with Ketchup
'HOT CHOICE 2'	Whole Wheat Pasta Twists with Meatball Sauce & Garlic Bread	Sweet Chilli Chicken & Salad Fajita	BBQ Chicken Pizza or Cheese & Tomato Pizza Swirl served with Baked Beans	V Veggie Mince Bolognese Pasta Bake	V Two Cheese Quiche



THE DANGERS OF SUGAR



Parents are being urged to sign up for a free app which tells them the sugar content of food and drink.

The "sugar smart app", from Public Health England, works by scanning barcodes and revealing total sugar in cubes or grams. Officials hope it will help combat tooth decay, obesity and type two diabetes and encourage families to choose healthier alternatives. PHE says that many young children are eating three times more than the sugar limit.

Its new **Change4Life advertising campaign**, which includes the sugar app, suggests that on average children aged four to ten years old are consuming 22kg of added sugar a year. That's about 5,500 sugar cubes - more than the weight of an average five-year-old child.

The app has been developed to raise awareness of how much sugar is contained in everyday food and drink.

It works on more than 75,000 products, offering a quick guide to help parents to assess potential purchases that may harm their children's health.

How much sugar?

a can of cola - nine cubes of sugar

a chocolate bar - six cubes of sugar



Dr Alison Tedstone, chief nutritionist from Public Health England, said many children were having too much sugar in their diets and this was leading to painful tooth decay, weight gain and the potential for serious health problems in later life. Overweight and obese adults are more at risk of heart disease, type 2 diabetes and some cancers.

"If there's one thing I'd strongly encourage parents to do, and that's to swap sugary drinks out of their kids' diets for either a low-sugar drink or water or low-fat milk, which would be a really excellent choice." She also said people might be surprised to discover the sugar contents, for example, of some yogurts and fruit drinks. In the UK, we consume over two million tonnes of sugar every year, but we don't always know we're eating it. Extra sugar is added to some savoury foods, like low-fat yoghurt and wholemeal bread, because it makes them taste better.

The sugar smart app is free to download from app stores.

Daily recommended sugar limits

Four to six year olds - five sugar cubes or 19g

Seven to ten year olds - six sugar cubes or 24g

11 year olds and above - seven sugar cubes or 30g



Source: Public Health England