



Well done to our stars of the week:

in class 1 - Joshua and Jasper
in class 2 - Freddie

WONDERFUL WORK

Class 1 - This week Class 1 have been using their Fieldwork skills in Geography and learning about compass points and geographical physical features. Maths has been all about telling the time for year 2 and fractions in Year 1. In RE we have been learning about Reconciliation and reflecting upon our good and bad choices, as well as sharing the story of Jesus and Levi the tax Collector.

Class 2 - This week the year 5 and 6 pupils participated in a rounders tournament, they had great fun! All of Class 2 participated in the Big Sing, everyone had a fantastic day and let their light shine. We have also been trying really hard in English this week and have started to write news reports about a piece of Ancient Egyptian artifact. Well done Class 2.

NEWSLETTER

14.06.24

THE WEEK AHEAD:

Monday 17th June

P.E. for both classes

Tuesday 18th June

Dance Workshop by Urban Kaos

Wednesday 19th June

Y5/6 Police Community Roadshow
p.m. Forest School

Thursday 20th June

Class 1 Visit to Playdale Farm

Friday 21st June

Fairtrade Tuck Shop

Whitby Area Big Sing

Class 2 joined with 9 other local primary schools to participate in the big sing this week. The day involved performing a song for the other schools before joining to learn an Urdu song and singing We Will Rock You, Count on Me and Don't Stop (Thinking About Tomorrow) together. St Hedda's had a really enjoyable day and were great ambassadors for our school. The organisers commented that during our school's performance of our trust song that they could feel the 'love and pride pouring out of our school'.

Urban Chaos

On Tuesday (18th) all children will have the opportunity to join a dance workshop with Urban Kaos in school. Parents are welcome to come into school to see what they have learnt, at 2:30pm.

Children should wear their PE kits on Tuesday, instead of Thursday.

Play Factory

Class 1 had the opportunity to work up a sweat at The Play Factory in Skelton this week. The children had an absolute blast and I was delighted with their behaviour. It was wonderful to see the children enjoying themselves together and being such great friends.

Big Sing

Class 2 will attend the Whitby Big Sing on Wednesday and should wear full school uniform. Children will be performing our trust song and then participating in a number of collective songs. We have been advised that the event is not able to accommodate parents until the final 30 minutes of the event, from 1:30pm.

Healthy Packed Lunches

What children eat can affect their development and their ability to concentrate. School lunches are carefully planned to ensure that children have a balanced meal that meets their nutritional needs, please contact the school office to find out if your child could be entitled to a free school meal.

Children who bring a packed lunch to school also need a well balanced meal during the school day. **Children should not be bringing caffeinated or fizzy drinks, or sweets as part of their packed lunch.**

Please see the guidance on the next page to support making healthy choices as a family, or contact Mrs Bartoli if you would like further advice.

Notices

- Wraparound Care and Bus Run 1 -

Please book wrap around care (Breakfast and After School Club) and bus 1 by contacting the **school office by 3pm on a Thursday** to book places for the following week.

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar



6-8 a day
Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Lunchbox tips



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.



Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



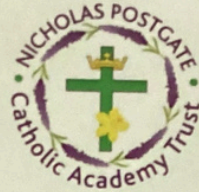
Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.



Plan to Eatwell

The guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. It can be really useful when thinking about what goes into kids' lunchboxes.



Jump into JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3rd June Truck jumps Bronze - 15 Silver - 25 Gold - 35+	4th June Superman Jumps Bronze - 15 Silver - 25 Gold - 35+	5th June Burpees Bronze - 10 Silver - 20 Gold - 30+	6th June Star Jumps Bronze - 20 Silver - 40 Gold - 55+	7th June Speed Bounce Bronze - 20 Silver - 40 Gold - 55+	8th June Take a picture of you doing your best jump on a visit to the park.	
10th June Frog Jumps Bronze - 15 Silver - 25 Gold - 35+	11th June Skipping Bronze - 25 Silver - 40 Gold - 60+	12th June Alternate Leg Hops Bronze - 10 Silver - 25 Gold - 35+	13th June Standing Hopscotch Bronze - 20 Silver - 40 Gold - 55+	14th June Jumping Lunges Bronze - 10 Silver - 20 Gold - 35+	15th June Go into the garden, record your furthest long jump! How far can you jump?	
17th June Straddle Jumps Bronze - 10 Silver - 20 Gold - 30+	18th June Pike Jumps Bronze - 15 Silver - 25 Gold - 35+	19th June Speed Jump over Hurdles Bronze - 20 Silver - 40 Gold - 55+	20th June Half Turn Jumps Bronze - 15 Silver - 25 Gold - 35+	21st June Full Turn Jumps Bronze - 10 Silver - 20 Gold - 30+	22nd June Jumping Challenge Create a jumping themed race and challenge a family member.	
24th June Rocket Jump Bronze - 15 Silver - 25 Gold - 35+	25th June Hopping Bronze - 20 Silver - 40 Gold - 55+	26th June Jumping Heel Flick Bronze - 15 Silver - 25 Gold - 35+	27th June High Knees Bronze - 20 Silver - 40 Gold - 55+	28th June Partner Leap Frog Bronze - 10 Silver - 20 Gold - 30+	29th June How many different locations can you jump in? Send any photos into school of any exciting places you go.	

Jump into June was created by the Sports Leaders from St. Wilfrid's, York



SUMMER TERM 2 DATES

JUNE 2024

- Tues 18th - Urban Kaos Dance Workshop
- Wed 19th - Police Community Club Roadshow
- Thur 20th - Class 1 Visit to Playdale Farm
- Tues 25th - Class 2 Orienteering, St. Joseph's, Pickering
- Thur 27th/Fri 28th - School Summer Camp

JULY 2024

- Tues 2nd - Sports Day
- Thur 4th/Fri 5th - Transition Days for Y6 transferring to St. Augustine's
- Thur 4th - Sikhism Day at St. Benedict's Redcar
- Mon 8th - St. Hedda's Feast Day**
- w/n Mon 8th - Transition for Y6 transferring to Whitby School
- Thur 11th - Annual reports to parents
- Fri 12th - Summer Fair
- Fri 19th - end of year assembly