

St Hedda's Catholic Primary School



NEWSLETTER

21.06.24

THE WEEK AHEAD:

Monday 24th June

P.E. for both classes

Tuesday 25th June

Class 2 Orienteering, St. Joseph's

Wednesday 26th June

p.m. Forest School

Thursday 27th June

Evening - Summer Camp

Friday 28th June

Summer Camp Workshop
Fairtrade Tuck Shop

Well done to our stars of the week:

in class 1 - Jason and Nainika

in class 2 - Ashbel

WONDERFUL WORK

Class 1 - Class 1 have been revisiting their knowledge about animals in Forest Schools and their amazing class visit to Playdale Farm ready for their new science topic. Urban Kaos was a highlight for the week, with everyone busting some magnificent moves! Well done Class 1, you have really 'let your light shine' this week!.

Class 2 - Class 2 have had an exciting week. Everyone loved sharing our Mini Vinnie afternoon with St Benedicts, we sat outside with our iced biscuits and a cup of juice, while making new friends. The year 5 and 6's also enjoyed the police community road show at Whitby; learning how to stay safe online.

Urban Kaos

Our dance workshops with Urban Kaos were truly fantastic! The children were smiling ear to ear and I was yet again delighted to see that every single child in the school joined in and enjoyed themselves. Thank you to Little Teapots and our parent audience members at the end of the day.

Playdale Farm

Thank you to the Friends of St Hedda's for funding class 1's trip to Playdale Farm. The children had an excellent day full of animal encounters and farming fun.

Police Community Roadshow

Year 5 and 6 heard some really important messages about how to stay safe online this week. As our children are increasingly important that we equip them with strategies to stay safe online. A speaker from The Breck Foundation delivered a powerful session that taught the children that if they feel uncomfortable with anything they see online they should block the sender, screenshot and speak to an adult at home. How often do you speak to your child about what they are doing online?

Summer Camp

Our much anticipated summer camp will take place on Thursday next week. Keep an eye on Arbor for reminders and updates.

Mini Vinnies

Thank you to everyone who helped to make our Minnie Vinnies afternoon so special. The children got so much out of the afternoon of prayer, reflection and friendship.

PTFA Summer Raffle

We will be having a Summer Raffle (drawn at the Summer Fair - Friday 12th July), all children will be bringing home 1 book of raffle tickets to sell, please send any money and stubs or unsold tickets back to school, thank you. If you can sell more there are plenty available, please ask at the office.

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

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

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.



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.

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

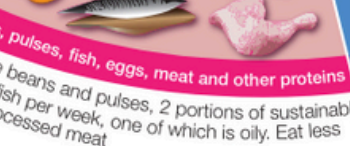


Eat less often and in small amounts

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



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



Oil & spreads

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.



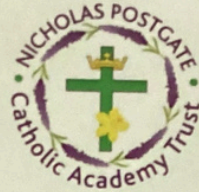
Variety is the spice of lunch!

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? | 16th June |
| 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 23rd 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. | 30th June |

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



SUMMER TERM 2 DATES

JUNE 2024

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
Sun 7th July - Postgate Rally at Ugthorpe
Mon 8th - St. Hedda's Feast Day
w/n Mon 8th - Transition for Y6 transferring to Whitby School
Tues 9th - Shown Racism the Red Card, Riverside Stadium, Middlesbrough
Thur 11th - Annual reports to parents
Fri 12th - 3 p.m. Summer Fair
Tues 16th - Y6 Leavers Trip
Thurs 18th - Mini Vinnie afternoon.
Fri 19th - end of year assembly