



News from the Nest

1st March 2017

How 'food smart' is your child?

Dear Parents,

Together with this newsletter your child should bring home a little pack from the Change4Life healthy eating team. The pack encourages children to think about being "Food Smart" and to raise their awareness of how much, sugar, fat and salt are in different foods. The initiative is being promoted across the country and is aimed at helping children to be informed about what they eat and the choices they make. It is not about stopping children from enjoying chocolate or biscuits as a treat but making them aware that they need to make sure they eat a balance of foods and how to make healthier choices.



The facts from Change4Life:

In 2013, almost a third (31%) of 5 year olds and almost half (46%) of 8 year olds had tooth decay, the most common reason for 5 to 9 year olds being admitted to hospital. Nationally the amount of sugar consumed by the average child per year is 3 times the new maximum recommended daily amount.

The recommended daily maximum added sugar intake is:

- 19g, that's 5 sugar cubes for children aged 4 to 6
- 24g, that's 6 sugar cubes for children aged 7 to 10
- 30g, that's 7 sugar cubes children aged 11 or older



A fifth of 4 to 5 year olds and a third of 10 and 11 year olds are overweight or obese. Overweight children are more likely to become overweight adults making them more prone to a range of serious health problems, such as heart disease, some cancers and Type 2 diabetes. There are now 2.5 million people suffering from Type 2 diabetes, 90% of whom are overweight or obese.

At Wren's Nest we make sure our PE lessons are active and accessible to all children. We run a range of sports and activity clubs and take part in sports competitions across the Borough. Just prior to half term we took part in two football matches, winning one to take us through to the next stage in the Westwood Trophy Tournament. Over the next month we will be participating in a Gymnastics Competition, Cross Country running at Baggeridge Park and in the Finals of the Tag Rugby Tournament (previous rounds played in the Autumn term).

Helping children to understand how to keep themselves fit and healthy is really important and we very much believe in the saying "Healthy Body... Healthy Mind". Please encourage your child to look at the "Be Food Smart" pack, to make healthy choices and to think about how they can keep fit and healthy.



Thank you,

Parents' Evening

Parents' Evening will be held on Tuesday 14th March between 4pm and 6pm. If you would like to wait after school then tea and coffee will be served in the hall from 3:30pm onwards. We will also have a Book Fair and you can use your World Book Day token to get a £1 off any book you choose to buy.



Red Nose Day: Friday 24th March



"Make a nose funny for money!" is our theme for this year's Red Nose Day. The children will be designing and creating red nose characters - with a prize winner in each class. A donation of 50p per child will help raise funds for this great cause. Thank you very much.

Holiday Dates

We break up for Easter on Friday 7th April. Children return to school after the Easter holidays on Monday 24th April.

Half term is Monday 29th May - Friday 2nd June.

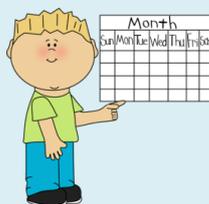


Parent Governor Elections

We have vacancies for two parent governors on our School Governing Body. All parents or carers of children registered at Wren's Nest are entitled to stand as a candidate. If you are interested in taking on this role please look at the [National Governors Association website \(www.nga.org.uk\)](http://www.nga.org.uk) for details of the responsibilities and discuss the role with Mrs Wylie.

Important Dates!

Y6 SAT national tests take place during the week beginning Monday 8th May 2017. All Y6 must be in school during this week - please do not book holidays during this time. The scores and levels for each child gets passed on to your child's secondary school.



A few years ago the government introduced a Phonics Check for Year 1. This will take place during the week starting Monday 12th June.

Fantastic News!

This week we are giving out 257 books rewarding children for excellent behaviour over the last term. We believe that it is really important to recognise and show our appreciation to all of the children who behave wonderfully every single day. We allow each child only one "hiccup" over the whole term (as we know that none of us are perfect!) and expect excellent behaviour throughout the day from the moment they come into school.

How wonderful that 257 children are able to behave to such high expectations!



Year 2 also undertake end of year assessments. These tests are done within the classroom and are spread over a period of time. We avoid placing any pressure on the children or worrying them about the assessments. It would, however, be helpful if you could let your child's teacher know if you are planning to be away during May.

Thank you.

Please keep our children safe!
Please park safely and legally when dropping off, or collecting children from school. Thank you.

