

This term's Christian value is **COURAGE**. We are thinking about stepping out of your comfort zone; doing the right thing, not the easy thing; facing a challenge; & overcoming fear.

Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go.

Joshua 1.9

Congratulations to last week's Achievers:

Nursery Esme for remembering her book bag every day

Class 1 Star of the Week - Jade for becoming confident, independent & challenging herself in PE

Class 2 Farley & Chesny - both very keen readers, making amazing progress

Class 3 Alfie N for trying so hard to manage his distractions & concentrate on his work

Class 4 Aiden for fantastic effort in his work this week

Class 5 Alfie W-V for amazing **courage** in swimming

Class 6 Jack for great **courage** at the gala - completing the challenge of the 50m race

Others: the Y5/6 swimming team - runners up in the small schools area gala! Well done

Jayden, Leo P, Cordelia, Molly, Alexander, Kara, Jack, Alanis, Evie & Carys (just out of sight ☺)! Particular mentions to Cordelia for her two silver medals, Molly & Kara for winning their individual races - a **great team effort** by all!

School diary dates:

January

w/c 22nd Book Week, including Weds 6.00 Bedtime Stories; & Fri dressing-up day - more details below...

Thurs 25th am Y6 Lifeskills centre

Mon 29th 1.00 area gym festival
Tues 30th 6.15 governors meeting

February

Fri 9th end of Term 3

Mon 19th Term 4 starts

Tues 27th & Weds 28th parent-teacher consultations

March

Weds 7th Y6 area cross country

Mon 12th - Weds 14th Y6 Kilve Outdoor Centre residential

Mon 19th pm Dance Umbrella - The Forum, Bath - order your tickets now!

Thurs 22nd 2.30 end of Term 4 for children

Fri 23rd school closed - INSET Day 3



Notices & Reminders:

- All children should wear a **coat** to school every day - it is the winter!
- Trainers are not school uniform...**school shoes** please, as per the uniform list
- Parents - please do not park on the **zig-zag lines** outside school. The PCSO has warned that they will be patrolling schools, potentially fining people breaking this law

FRIDAY

Character Parade - dress up as your favourite book character!

Reading Competition



Don't forget: As part of 'Book Term' we are running a competition for your child to win a Kindle Fire E Reader for their class. Every time a pupil manages to read 3 times they will receive a raffle ticket with their name on. This will be added to a whole school draw to take place in March, before the Easter holidays.

Sugar Smart School

We have joined a BANES initiative to become a BANES Sugar Smart School. I am sure that you have seen, both in the news and through adverts on the television, that as a nation our sugar intake has reached an unhealthy level.

To support children, staff and parents in making healthy choices we are encouraging families to do two things:

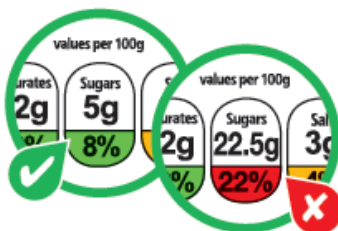
1. To look at the labels in food and drinks and check the amount of sugar it contains
2. To make a pledge to swap one sugary food-type for a healthier option
3. To swap unhealthy, high sugar drinks

3 things to do today



Swap one sweet snack

Choose fresh fruit, plain yoghurt, nuts or vegetable sticks



Read the labels

Choose products with less than 5 grams of sugar per 100 grams



Think before you drink

Choose plain milk, water and unsweetened herbal teas. Dilute fresh fruit juice - limit to 150ml a day & keep to meal times

Last week we ran an assembly for children to let them know that the recommended amount of sugar they should eat a day is:

4-6 years: 5 teaspoons of sugar per day

7-10 years: 6 teaspoons of sugar a day

11+: 7.5 teaspoons of sugar a day

On Wednesday, during bedtime stories parents and carers are invited to come into the hall to see a Powerpoint, devised by children, to find out more about being Sugar Smart.

ARE YOU SUGAR SMART?

1 rounded teaspoon / cube = 4 grams

Recommended maximum daily amount of added sugar aged 11 + years is 30 grams = 7.5 teaspoons

Water	0 teaspoons
Oasis Summer Fruits (500ml)	5 teaspoons*
Drench Peach and Mango (500ml)	6 teaspoons*
Volvic Lemon and lime (500ml)	6 teaspoons*
Fanta Orange (500ml)	8.5 teaspoons*
Dr Pepper (500ml)	9 teaspoons*
Banana Frijj Milkshake (471 ml)	11 teaspoons*
Ribena Blackcurrant (500ml)	12.5 teaspoons*
Coca - Cola (500ml)	13.5 teaspoons*
Monster Energy (500ml)	14 teaspoons*

*Number of teaspoons is approximate

SUGAR SMART
Bath & North East Somerset

We are asking families to commit to making a 'pledge'. Send it into school where we will be sharing ideas in assembly on how to eat less sugar and be healthier.

Sugar Smart Pledge

SUGAR SMART
Bath & North East Somerset

Family Name: _____

We will swap _____

For _____ on _____ days of the week.

Community News:



The Man Engine is a spectacle coming to Radstock on a tour of mining communities around the UK. The Man Engine is a massive robot miner, built in Cornwall, and will be at Bath College (Somerset Valley Campus, Radstock) on 6th April. There are two shows- the "afternoon" and the "afterdarker". Tickets can be bought via the following link: <https://manenginetickets.com>

WRITHLINGTON FLOWER
SHOW

JUMBLE
SALE

Nearly New, Brick'a'brac, & white elephant

**SATURDAY 3rd February
2018**

**11.00AM at Writhlington
Village Hall**

Tea's, coffee's and refreshments will be available
ANY JUMBLE - BRICK - BRAC. GRATEFULLY RECEIVED.
For more information contact the secretary Mrs Helen
Gulliford 01761420417 or the Chairman Mr Rob Langley
01761 431406 or any other committee member

All proceeds go to Writhlington Flower Show Funds