



22nd June 2018

Summer 2 Week 3

### Special Points of Interest

- Health Talk
- Swimming

### Dates for your diary

**Wed 27th June**  
**Coffee Morning**  
Entrance via side of  
reception

**Friday 29th June**  
**1.30pm**  
**FASTWorks**

### Healthy lifestyles

This week at Sandbrook we have all been busy learning about what a healthy lifestyle includes.



### Food smart

We have all enjoyed creating our own healthy snacks and sharing them with you after school. It's been great to see so many of you sharing in our learning. We hope you enjoyed our food!

There is a really helpful, easy-to-use free app that scans barcodes and shows you a traffic-light breakdown for different foods. This can help you make healthier choices for your family.



Search for Change4life food scanner on Google play or itunes.



### Be active

We have all been taking part in a 15 minute daily mile session after lunch. We've used our perseverance to increase the number of laps and the amount of running we've done. Teachers have also been setting a variety of physical challenges each lunchtime. Did you know children should be doing 60 minutes of activity a day?



### Drink Plenty

We have been learning about the importance of staying hydrated. Here are our top tips: 6-8 drinks a day, drink more when it's hot and when you exercise. The healthiest drink is water. Milk in moderation is also healthy. Fruit juice is still full of sugar. Did you know a fruit portion is **only 150ml?**

**St Anselm's College—OPEN EVENING**

For Year 4 & 5 Students

Wednesday 27th June 2018

5.00pm—8.00pm

**Entrance Examination**

Friday 21st September

9.30am—1.00pm

Please register online [www.st-anselms.com](http://www.st-anselms.com)

**Mini-Olympians success**

Mini-Olympians worked hard to perfect their jumping, running and throwing skills during last half-term's after-school club. They took part in the Wirral Schools Athletics competition and have qualified to represent Wirral Schools in the Merseyside competition in Liverpool. Well done, Mini-Olympians!

**Save the Date**

Thursday 28 June 9am : Year 6 Puberty Talk – Parents Information session with school nurse

Tuesday 10 July : Whole school - Reports out to parents

Tuesday 10th July 1.15pm : Year 3/4 Ukulele performance for parents

Wednesday 11 July : Year 6 Induction Day at Secondary Schools

Thursday 12 July 3.15pm : Open Afternoon (opportunity to see your child's work)

Friday 13th July : Summer Enterprise Day (details to follow)

Monday 16th July 10.30 am: Foundation Stage Sports Day

Wednesday 18th July : KS1 & 2 Sports Day (timings will follow in a future newsletter)

Thursday 19th July 2.30pm : Year 6 leavers' assembly & High Tea

**Health talks**

Year 6 will split up into 2 groups and will be shown a health information video by the school nurse. There will be an opportunity to discuss any issues they have afterwards.

The boys' talk will be Monday 2nd July, and the girls will be Tuesday 3rd July

**Swimming**

Week two of swimming sessions for Y4/5 children continues next week. Please ensure they have their swimming costume and a towel with them every day.