

**8th January 2016****Special Points of Interest:**

- Year 1 Parents
- Sugar Smart
- School Dinners
- Barnstondale
- Milk

**Dates for your diary:**

Friday 15th January  
Year 1 Parents/Carers  
View work books

## Welcome back

We hope you all had a good Christmas break and are sticking to your New Year's resolutions! As part of our commitment to developing a growth mindset in all of our children, work on our Sandbrook 5S strategies to Success is starting in earnest. We hope that you will start to hear your child talking about the strategies they are developing to become effective lifelong learners. Look out for forthcoming information events for parents and carers.

## Year 1 Parents / Carers

Friday 15th January 2016 you are invited to see Topic, Science and other exercise books at 3.15pm

### Let's Get Sandbrook Sugar Smart!

You may well have seen in the news recently the shocking statistic that four-to-10 year olds consume an estimated 5,500 sugar cubes a year (22kg), weighing the same as an average five-year-old! I am sure you are all aware of the risks of consuming this much sugar, ranging from tooth decay to obesity and in the long term the possibility of type 2 diabetes.

At Sandbrook we are committed to helping our children make sensible, educated choices about how to stay fit and healthy. We will therefore be continuing to encourage all children to make healthy choices at lunchtime. We will continue to politely request that sweets, chocolate or things covered in chocolate are NOT included in packed lunches.

To help reduce sugar intake, a new Sugar Smart app has been launched to help show how much sugar there is in everyday food and drink.

We will be loading this on to our tablets in school and letting the children use the tablets to look at their own lunches so that they can make informed decisions.

Visit the 'Change4Life' website for lots of free support, tips, ideas and recipes.

<https://www.nhs.uk/change4life-beta/campaigns/sugar-smart/home#izwCdj0jOvyCL0PB.97>

## SEN

There will be a drop in service for any parents with SEN concerns at 3.30pm every Thursday with Ms Daniels starting on 14th January. Appointments are on a first come first seen basis

## School Dinners

If you pay for your child's school dinner please can we have payment in full for each week on a Monday

1 Week = £11.00

1st Half term = £63.80

2nd Half Term = £63.80

Full Term = £127.60

## Y6 Barnstondale Trip

Deposit of £24 for Barnstondale **must be paid by Friday 15th January** at the latest. The centre has been provisionally booked and your payment will secure the booking.

## MILK

If you pay for your child's milk can you please visit the website below

[www.schoolmilkuk.co.uk](http://www.schoolmilkuk.co.uk)

Milk ordered and paid for by Wednesday will be delivered the following Monday.



PE Time Table		
Monday	Yr 2	Yr 6
Tuesday		
Wednesday	Yr 5	Yr 5
Thursday		Yr 3
Friday	Yr 1	Yr 4

We have a number of children who do not have a PE kit in school.  
Please ensure that your child's PE kit is in school at all times.