

Coming Up

Saturday 23rd January : Friends Disco in the Church Hall (p.m.)

Sunday 24th January : Enrolment for first Holy Communion at 9.30 Mass.

Tuesday 26th January : Governor's Meeting in school at 5.00 p.m.

Thursday 28th January : Class Three visiting the retreat centre at Bamford in Derbyshire.

Friday 29th January : Blue Bags being collected in the morning. Extended deadline.

Packed Lunches: The importance of having a healthy packed lunch has been in the news recently as the extract from the BBC illustrates :

'Some five million children's lunchboxes are prepared in British homes every weekday, yet a Food Standards Agency survey revealed that three out of four of these were likely to contain foods that were too high in saturated fat, salt or sugar. The same survey indicated that almost half of these lunches failed to include any fruit. Most, however, did include crisps, chocolate, biscuits, sugary drinks and other heavily processed snacks.

A diet that's high in fat, high in salt, and high in refined carbohydrates diminishes mental alertness, so a child eating these kinds of foods is likely to end up tired towards the end of the day. Also, a diet high in saturated fat and salt can lay the foundations for heart disease and high blood pressure later in life. Such a diet may also lead to obesity.'

The websites below are but two of many and offer very good guidance and if you view this newsletter via the school website the links will take you direct when you have clicked on them:

http://www.bbc.co.uk/food/recipes/mostof_childre_nlunchbox.shtml

<http://www.eatwell.gov.uk/agesandstages/children/unchboxsect/>

Joseph's Coat: Classes 3 and 4 will be performing Joseph for parents on Tuesday 30th March. Details nearer the time but Mrs Darnbrough is making the famous coat and would like any bits of brightly coloured material you don't need ~ thank you!

Joke for the Weak...
'Why did the pony cough?'

{because he was a little hoarse!}



Friends News

Childrens Party: Brighten up a gloomy January afternoon? Fancy a boogie? Meet your friends? Refreshments and tuck shop? Then come along to the Holy Rood Party on Saturday 23rd January. 3.30pm until 5.30pm at the Church Hall. Pay on the Door. £2.00 per child including hot dog (not £1.50 as stated last week, sorry!), under 3's free. Watch for invitations going out this week. Bring a friend!

****Star Children! ****

Congratulations to the following children who received stickers recently in assembly.....

Y1 : Thomas Deighton ~ for doing some super describing work about the wolf!

Y2 : Ezra Winterbottom ~ for always working hard

Y3 : Mason Stevens-Swallow ~ for a great effort in his reading

Y4 : Joseph Harvey ~ excellent work in ICT which was very organised and precise

Y5 : Stephy Shaju ~ very good maths work

Y6 : Kaitlin Kiernan ~ wonderful work in writing in different genres

New Hall Projector: We are having a new ceiling mounted projector and larger screen in the hall which will really enhance assemblies, collective worship and performances. It will also be networked and able to play DVD's and generally bring us into the modern age. Nothing but the best for Holy Rood School.

Conjunctivitis ~ we have had conjunctivitis in school recently which is caused by a number of bacteria and viruses. The symptoms are watering of the eye, itching, soreness and redness. This may be followed by a yellowish sticky discharge, which is especially troublesome in the mornings. It can last from 2 days to 2 weeks. It is easily spread through contact with the discharges from the infected eye and by coughs and sneezes of infected people. It spreads rapidly within families and in situations where hygiene is poor. It can be prevented by good standards of personal hygiene, particularly hand washing. Conjunctivitis caused by bacteria may need to be treated with antibiotic drops or cream but there is no treatment for viral conjunctivitis.

Children whose eyes are sticky or producing pus should stay away from school or nursery until the infection has cleared. Children whose eyes are just red but not producing pus do not need to stay away from school or nursery.

Thank you for reading
this newsletter,
John Gregson

