



# Friday Flyer

Mytham Primary School

## COMIC RELIEF 15th March 2019



Why does everything happen at once ?!

Comic Relief Day is on the same day as our 'Shakespeare Dress Up Day ... Friday 15th March

We always support Comic Relief as it is a charity that supports children and families both in UK and abroad. So we are requesting a donation to the charity rather than doing another thing on top of the dress up. Therefore we are requesting a simple voluntary donation for the charity.

Thank you as always for your support

Friday 15th March 2019

WORLD BOOK DAY

**We are asking all children to come in costume on that day, inspired by Shakespeare and his plays.**

Remember if you are struggling for ideas, look back at the Friday Flyer from 1st February on our website.

Please note that the World Book Day vouchers will still go out in the week commencing 4th March.

## The Week Ahead

**Y1,3,4,5,6**

**Assessment week**

**Wednesday 6th March**

**Y3/4 visit Christ Church for assembly**

**Thursday 7th March**

**Speaker with Y6**

**Adam Corbally ... What does your future hold? Aspirations and Aiming High !**

**Well done to the Year 6 Netball team who played their first match on Thursday against Spindle Point and won!**



**Score 5-1**

## Communication : Texts and Email

We have realised that one of the reasons parents are missing texts from school is because they have installed the Teacher 2 Parent APP. If you have the APP you will not get a text message as well. A message notification does pop up but only stays for a few minutes and then it disappears. As the APP relies on internet service then we have found that some parents are not getting messages until they are back within a wifi zone.

As a result of these issues we don't recommend using the APP. You may wish to consider deleting the APP and going back to receiving texts. We have addressed the original issue we had where texts were coming through with a long code at the start.

We are now communicating with parents via email and texts. We send the weekly Friday Flyer by email every Friday afternoon. If you have not been getting it and other emails - such as a very important Safeguarding one about the 'Momo Challenge' on Thursday 28th Feb then please can I urge you to check that school have got the correct email address and mobile number for you. Thankyou for your support in this very important matter.

If you don't have email then the Friday Flyer is also posted on the school website and is posted in the school noticeboards.

**Attendance last week  
Target is 96% Target**

Reception Mrs Lawrence	<b>92.9</b>
Reception Mrs Lord/ Mrs Robinson	<b>94.6</b>
Year One Mrs Gilkey	<b>94.2</b>
Year One Mrs Branche	<b>99.2</b>
Year Two : Miss Jones	<b>96.5</b>
Year Two Miss Nuttall/Miss Duffy	<b>98.3</b>
Year 3/4 Mrs Boardman	<b>95</b>
Year 3/4 Miss Lee	<b>98.5</b>
Year 3/4 Miss Price	<b>99.7</b>
Year 5 Miss O'Farrell	<b>98.3</b>
Year 5 Mrs Briggs	<b>97.9</b>
Year 6 Mr Spires	<b>95.7</b>
Year 6 Miss Findon	<b>94.6</b>

## Mytham's Stars Of The Week

Year Group	Class Winner	Value
Reception	Mrs Lawrence: Luke S	Strong in mind
	Mrs Lord/ Mrs Robinson: Harrison D	Strong in mind
Year One	Mrs Gilkey: Adam H	Strong in mind
	Mrs Branche: Ruby A	Ambitious
Year Two	Miss Jones: Nathan H / Ruihong S	Strong together
	Miss Nuttall: Noah R	Strong in mind
Year Three/Four	Mrs Boardman: Malachy P	Successful
	Miss Lee: Jai F	Strong in mind
Year Five	Miss Price: Ava A	Ambitious
	Mrs Briggs: Jolene D and Grace Mc	Ambitious
Year Six	Miss O'Farrell: Laila F	Successful
	Miss Findon: Bailey H	Successful
Headteacher's Outstanding Pupil	<b>Travis W in Y6 LS</b> What a thoughtful and generous young man.. Well done Travis !	This young man spent his half term baking cakes and selling them to raise money for charity. he raised £150

## Healthy Snacks at Mytham

It is a couple of years since we had a focus on healthy snacks and it is timely to do so again now. Recently we have noticed that children are bringing in snacks loaded with sugar, salt and fats. Many are processed such as Lunchables and are far from healthy, as well as expensive. As a Healthy School it is our aim to promote healthy eating habits and lifestyles.

Mytham's Young Leaders have been investigating the salt, sugar and fat content of various school snacks to support the work on 'Healthy Schools'. Some Young Leaders had expressed a concern about the lack of healthy snacks seen on the playground and also wanted to keep things fair by including research on snacks provided by the school kitchen. Young Leaders also voiced their concerns about the packaging of some snacks trying to suggest they are healthier than they actually are. An example of this is Cadbury's Dairy Milk chocolate containing 'a glass and a half of milk in every half pound of chocolate'. They were worried that children would just consider the benefits of calcium and not the salt, sugar and fat content.

Shop bought snack	Salt	Sugar	Fat	Snack provided by school	Salt	Sugar	Fat
Barney Bear	0.25g	8.8g	4.6g	Toast and low fat spread	0.4g	0g	0.2g
Lunchables (ham and cheese)	1.77g	2.1g	12g	Crumpet and low fat spread	0.52g	0g	0.1g
Babybel cheese	0.36g	0g	4.8g	Low fat cheese on toast	0.42g	0g	0.22g
Digestive biscuit	0.2g	2.9g	3.4g	Home made oat Biscuits	0.02g	2.31g	1.31g
Pepperami	0.98g	0.5g	11g	Teacakes and low fat spread	1.3g	1.5g	0.4g
Kellogg's Frosties cereal bar	0.19g	8g	2.8g	Mini bagels with low fat cream cheese	0.63g	3.4g	4.9g
Tesco Goodness Bar (strawberry)	0.1g	4.5g	1.5g	In Key Stage 2 there is always a choice between toast and a different alternative each day. It also comes with a choice of fruit.			
Waggon Wheel biscuit	0.1g	13.5g	6g				



During their meetings they analysed the content of various snacks and asked Mrs Lyle to visit their meeting to provide similar data for the school snacks. The tables above show what they discovered although cereal bars can seem like a great snack, please be aware that some contain high proportions of sugar and fat so please check the labels before you buy and go for the healthier options. Perhaps ask your child to look at the labels themselves and choose the healthier ones ! Teaching children to consider the healthiest option whenever they make a meal choice is a great life skill !

## What snacks are considered healthy ??

Some parents have asked for a list of recommended healthy snacks. Therefore, Young Leaders have devised a list of suggestions to make choosing a snack easier.

 Example of a healthy snack <b>(One small mid-morning snack – look for options less than 5% fat)</b>	 Not to be brought to school as a snack <b>(These snacks will be returned home if sent into school)</b>
<p><b>Any fruit</b> (including dried fruit eg raisins, cucumber sticks)</p> <p><b>Any vegetables</b> (e.g. carrot sticks)</p> <p><b>Tea cakes / toast wrapped in foil</b></p> <p><b>Yogurt</b></p> <p><b>Bread sticks / crackers</b></p> <p><b>Non-chocolate based cereal bars</b></p> <p><b>Small portion of cheese</b></p> <p><b>Dunkers</b></p> <p><b>Rice cakes</b></p>	<p><b>Biscuits</b></p> <p><b>Sponge / cakes</b></p> <p><b>Chocolate (including chocolate cereal bars)</b></p> <p><b>Toffees</b></p> <p><b>Nuts (we are a nut free school)</b></p> <p><b>Crisps</b></p> <p><b>Lunchables</b></p>

### Buy a school snack and enjoy a range of benefits !



School snacks are provided at a reasonable price. There are a range of snacks, providing a balanced diet, over a two week period. Snack includes:

Hot toast  
 Bagels with cream cheese  
 Cheese on toast  
 Crumpets  
 Potato cakes  
 Crackers  
 Fruit bags  
 Waffles  
 Fruit loaf  
 Pancakes

**Reasonably priced healthy school snack!**

**Fantastic choice of freshly prepared snacks made by our**

The next Snack payment

window for Summer One snacks opens on 29th March and closes on Monday 22nd April

I want my child to move onto school snacks ...what can I do ??

**That's great and easily done!**

**Your child can move onto School Snacks from the start of the summer term - as long as you have paid for them on SIMS AGORA before the snack window closes on 22nd April 2019.**

**Watch out for this box on the Friday Flyer – It will tell you when the next snack payment window is opening**

## A Plea from Miss Lee Art Subject Leader !

We need your help!

We have our Shakespeare M.A.D.D. week coming up soon where we will be having fun creating lots of different art projects.



Any Old shirts ??

In order to keep your child's uniform nice and paint free we are asking for any old shirts to be sent in so we can use them as aprons. This can be in any size or condition – could you please send them into your child's class teacher. Please note ... it would be great if we could keep these for future art sessions. Please send in as many as you have to share with others

Shoe Boxes

Throughout the week some year groups will also be creating Puppet theatres and so would appreciate any cardboard boxes (shoe box size) to help us with this. Again, please send these into your child's class teacher. Thank you for helping us Miss Lee.



### **Book Donations –Always appreciated**

Mytham would like to say a big thank you to the families of three of our pupils: Evie Gregory, Jessica and Emily Taylor.

After having a clear-out, the girls have donated to school a large selection of books they have read and enjoyed, to share with others. These books have been distributed throughout school for others to enjoy.

If any other families are having a spring clean, and are making room on the shelf, please consider sending books in good condition into school, rather than the charity shop. Your donations will be appreciated. Miss Findon : English Subject Leader