



## BALLYCLARE PRIMARY SCHOOL

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**ISSUE: 24**

**THURSDAY 7th MARCH, 2019.**

**TERM 2**



<https://www.easyfundraising.org.uk/causes/ballyclareprimary/>



**→→→ TOTAL RAISED SO FAR IS: £1453.46 ←←←**

### BOOK WEEK

Our Book Fair and 'World Book Day' activities were hugely supported and we thank all parents for all the family input throughout this week. The costumes worn tomorrow will no doubt be amazing and many pictures will be taken! We hope you get to see these on SeeSaw. The creativity of our parents knows no bounds!

Thank you to Mrs Arbuckle and all the assistants and parents who helped at the book fair.

If you have a boy or girl who is a reluctant reader, please spend a little time reading to them and with them, as often as possible. This is good nurturing time and reinforces to the child that you feel reading is important and a fun thing to do. It also lessens time spent on computers/XBox.



### SOCIAL MEDIA INFORMATION

Thank you to all parents who read the information sent home and emailed school, their support. Mrs Irwin has prepared other very useful information for parents which will be sent to you on SeeSaw.

### MUSIC FESTIVAL – Ballyclare Presbyterian Church

Pupils in school who are keen on music and are playing instruments will be enjoying a week at the Ballyclare Music Festival next week.

We will update you on the final results after next week - all entrants will have worked so hard. All the best to everyone taking part.



### CAR PARK CLOSED

Due to the Music Festival being held in Ballyclare Presbyterian Church Hall, the Church car park will be closed from Monday 11<sup>th</sup> - Friday 15<sup>th</sup> March. Parents who usually use this facility to drop off and pick up their children, please be aware that another area for parking will need to be used next week.

### MEDICAL UPDATE

Please ensure that we have up-to-date information regarding any medical condition your child may have/be suffering from. Remember any medication coming from home must be left at the office by a responsible adult. Speak to Mr McAuley if you have any concerns.

### '24' COMPETITION

At the end of last half term P7 pupils held a '24' competition. This numeracy game requires quick mental agility and really tests the tables. The three finalists were Lucy Dick, Sam Mulholland and Ethan McAllister. Well done to Ethan, our overall winner. He was quick, very quick!

### P6/P7 SU WEEKEND TO CASTLEWELLAN CASTLE, 15<sup>th</sup> – 17<sup>th</sup> March 2019

A reminder that the balance of payment (£70) must be given to Mrs McDowell by tomorrow, 8<sup>th</sup> March. All Code of Conduct and Medical Forms must also be returned to her by then.



## BIG PEDAL & BLING YOUR BIKE

It is our hope we will be able to take part in the 'Big Pedal' competition which will run from 18th - 29th March.

Every class (*and their parents*) will be invited to travel to school, or part of the way, on their bicycles or scooters, on a set day. We are hoping to have a 'bling' your bike competition also.

Mrs Scott (P4) and Mrs Martin (P2) are organising this event and details have been sent home to you.

Take part if you can everyone.



## HEALTHY BREAKS/LUNCHES AND LIFESTYLES

Promoting Good Health and Healthy Lifestyle choices is a big part of education nowadays, both in primary and post-primary. It is a statutory requirement that all schools follow the guidelines set out by the Government and DENI concerning these important issues.



In Ballyclare Primary School we encourage and promote:

1. Healthy breaks - fruit/cut vegetables/some breads, (Monday - Thursday). Treat Day, Friday. A treat may be sent on 'Feel Good Fridays'.
2. Healthy balanced lunches - both in lunchboxes and our canteen.
3. The drinking of water, milk, low sugar juices.
4. Walking at least once a week to school - 'WOW'.
5. Participation in sports/activities - swimming, PE, after school activities, break and lunch play.
6. Suitable bedtime routines and the importance of sleep.
7. The eating of breakfast to give energy for the day ahead. Our Breakfast Club is still available.
8. The trying of new foods which children have never tasted before.
9. The safe use of prescribed medicines when needed.
10. A daily hygiene routine for teeth, bodies, hair and clothes.

😊 Thank you for helping us with this.

As a Healthy Eating School we encourage healthy breaks and lunches for our pupils. As such, we ask that treats e.g. chocolate biscuits and other sweet items be sent in lunch boxes only on Fridays.

We appreciate your support as we endeavour to encourage a healthy lifestyle with the pupils and also to combat modern day problems of childhood obesity and diabetes.

*As always: If there is anything that concerns you in any way in school, please contact me via the school office or by e-mail if that is easier. I will always follow up any issues raised if I have your contact details.*

*Mrs Mulligan*

## COMMUNITY NEWS

**ABAANA NEW LIFE CHOIR** - 20 children have travelled from Uganda to share their stories through song and dance. Come and see the choir in concert at Ballyclare Presbyterian Church on Saturday 30<sup>th</sup> March at 7:00pm. This is not a ticket event. There will be an opportunity to give a donation to the work of Abaana during the concert.

*\* Parents please note that our Community News items are advertisements only. The school has no means of endorsing these activities. All parents are advised to seek details and suitability for themselves.*

## Be Sugar Smart

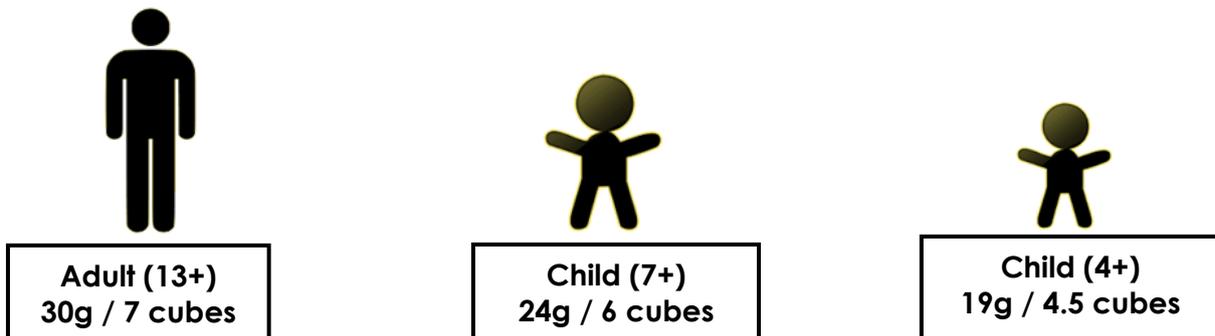
In the UK, we consume over two million tonnes of sugar every year. Yet we often don't know how much of it we are eating.

Most of us are aware that sweet things should be eaten in moderation, but some food and drinks contain a surprising amount of sugar, which means we could be consuming far much more than we really should.

Too much sugar can lead to the build-up of harmful fat. This fat around our vital organs can cause serious disease in the future, like:

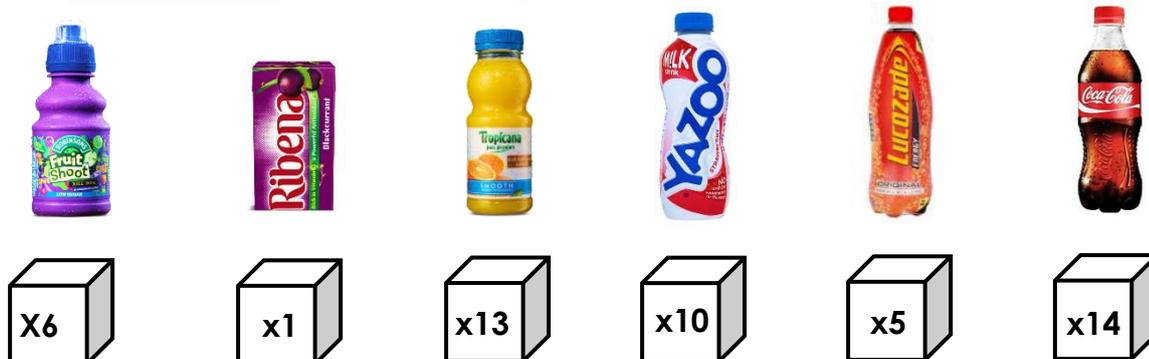
- Weight gain
- Type 2 diabetes
- Heart disease
- Some cancers
- Tooth Decay

In school we are concerned that our pupils are consuming a lot more sugar than they should be. The maximum daily amounts of added sugars/sweeteners are:



Sugar is often hidden in our food and drink, and the biggest source is sugary drinks. Around 30% of the sugar in our diets comes from sugary drinks, such as fizzy drinks, smoothie/milkshake drinks, cordials, energy drinks and even breakfast juices.

Here is an approximation of how many sugar cubes each of these popular drinks contain.



*\*This is just a rough guide based on the data on these drink labels.*

Be careful of everyday, favourite lunchbox items too:

ITEM NAME:	SUGAR CONTENT (APPROX.)	CUBES IN SERVING (APPROX.)
Fromage Frais	12.3g / tub	2 ½ cubes
Fruit Winder	6.3g per roll	2 cubes
Yoghurt coated Strawberries	16.2g / 25g bag	4 ½ cubes
Chocolate Mini Roll	12g / roll	3 cubes
Jaffa Cakes	6.4g / cake	1 ½ cubes
Jelly Pot	10 ½ g / pot	3 ½ cubes
Penguin Biscuit	8.1g / biscuit	2 - 3 cubes
Crème Egg	21g/egg	7 cubes

If you have a young baby at home, you should also be very vigilant of pouches or jarred food as these are really high in sugar and salt. Cooking from fresh is best!

You don't need to worry about the sugar in plain milk, plain yoghurts and whole fruit and vegetables, as this isn't added sugar.

## Make the Change

It starts during the weekly shop. Here are 10 tips to remember before you go:

- Look for sugar on the food packaging.
- Sugar in fruit and veg are OK as they occur naturally and count towards our 5-A-Day.
- Most packaging will say "per 100g" – this will help you compare different products.
- Treats are OK – now and again. Choose a treat day.
- Don't buy sweet treats – if they are not there, they won't be eaten.
- Be careful with special offers – it might be better value but it isn't necessarily better for your health – often it isn't.
- Get your children involved – turn sugar spotting into a competition or game.
- Think of healthier swaps that you could make before going to the shop.
- Use apps on phones and tablets to help you.
- Cooking with fresh ingredients is best of all.

## In school we offer:

- BREAKFAST CLUB:** An opportunity to get a good wholesome breakfast before school.
- FRUIT SHOP:** At break times you can visit the shop to buy healthy snacks and fruit.
- SCHOOL DINNERS:** Meals that are carefully planned and offer a balanced diet.
- MILK:** We offer milk each day. This is organised at the beginning of each term.