

# Canon Barnett Primary School

Newsletter 619 1<sup>st</sup> February, 2019

## Important information to share

**Friday, 15<sup>th</sup> February will be the last paper copy of the newsletter**  
**It will be sent out electronically and be available to read on the website from this date.**  
**Haleema is available in the playground to help you sign up if needed.**

Canon Barnett works in partnership with Spitalfields Music to broaden our children's music curriculum. We were very lucky this week to have the Royal Academy of Music perform for us.



Performers had a harp which surprised us by being so tall, a cello, a flute, a violin and their voices. They were able to use their instruments to tell us a story about how people can feel left out of friendship groups.

## Fizz Free February

One of our aims this year is to help children understand how to make healthy food and drink choices.

On Monday we looked at how you can find out how much sugar is in the food you eat by looking at the contents and nutrition label.

Typical values	100g contains	Each slice (typically 44g) contains	% RI*	RI* for an average adult
Energy	985kJ 235kcal	435kJ 105kcal		8400kJ 2000kcal
Fat	1.5g	0.7g	1%	70g
of which saturates	0.3g	0.1g	1%	20g
Carbohydrate	45.5g	20.0g		
of which sugars	3.8g	1.7g	2%	90g
Fibre	2.8g	1.2g		
Protein	7.7g	3.4g		
Salt	1.0g	0.4g	7%	6g

This pack contains 16 servings  
\*Reference intake of an average adult (8400kJ / 2000kcal)

On Wednesday, a nutritionist came to talk about the amount of sugar there is in fizzy drinks. In one can of Pepsi, there is more sugar than is recommended for a 5 to 7 year old for the whole day!

We are trying to help our children make healthy choices about what they drink so are taking part in fizz free February. Fill in the record sheet to see how many days you can go can without a fizzy drink. If you have one, try again the next day.



Year 5 visited the science museum as part of their topic on forces. These photos show what a fabulous time they had whilst learning science.

It's a free museum so you can visit with your family whenever you want.

## **Year 6 Tuesday Booster class is cancelled due to teacher training**

**Reception and Nursery places for September 2019**

**All applications must be submitted online at the local authority. Although the deadline has passed  
late applications can still be submitted.**

**Haleema or our office staff are available if any support is needed.**

**Remember to sign up for an electronic newsletter via the  
website**

**4<sup>th</sup> February** – Story telling workshops

**4<sup>th</sup> February** – year 5 and 6 - E1 Schools Partnership teacher training for “working at greater depth in maths” – being held at Canon Barnett

**4<sup>th</sup> February** – Mental health across the country – Healthy inside and out  
9 a.m. Parent workshop with Khaleda on the upstairs and downstairs brain

**5<sup>th</sup> February** – E1 Schools Partnership teacher training – Inclusion conference 4 – 6 p.m.

**5<sup>th</sup> February** – Safer Internet day

**11<sup>th</sup> February** – 9 a.m. Sugar Smart workshop for parents led by Shobana and her team

**11<sup>th</sup> February** – year 1 and 2 - E1 Schools Partnership teacher training for “working at greater depth in maths” – being held at Canon Barnett

**15<sup>th</sup> February** – year 3 and 4 - E1 Schools Partnership teacher training for “working at greater depth in maths” – being held at Canon Barnett

Remember the school term dates for this year and next year are published on  
the school website

Please try and plan your holidays around these dates

If you are thinking of visiting Bangladesh next Christmas, now is the time when  
you will get the best deals on flights and dates in order to return home within  
the holiday period

The school does fine for leave outside of term time



## Children mental health workshop for parents

Monday, 4<sup>th</sup>, February

9:00a.m.-10:00a.m.

Community Room

We will be holding a workshop on children mental health and explaining the concept of upstairs and downstairs brain.



Muddled by Minecraft or rattled by Roblox?

NSPCC and O2 are running an hour-long interactive workshop with tips, tools and advice on how to keep your child safe online. Talking about online safety with your child doesn't need to be difficult –build your confidence to have those important conversations, get to know your child's online world and learn where to go for help and advice.

The workshop will take place at **Tuesday, 5<sup>th</sup> February, 9:15 at Steward Hedlam Primary School.**

Speak to Haleema if you would like to walk together from school

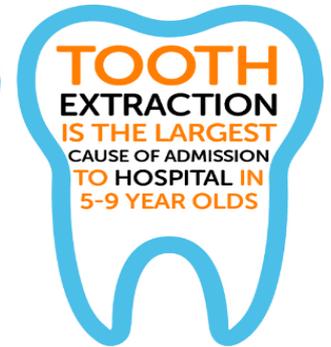
## Did you know?

**1 in 4** children start primary school obese or overweight

**1 in 3** children start secondary school obese or overweight



SOME PEOPLE EAT AS MANY AS  
**40 TEASPOONS OF SUGAR EVERY DAY**  
THAT IS MORE THAN 5X  
THE RECOMMENDED DAILY ALLOWANCE



- Are you working about your family's health?
- Is your family active enough?
- Do you know how much hidden sugar we eat?

## Let's get Sugar Smart!

Come and discuss how small changes can make a big difference to family health

Join the discussion and make a sugar smart pledge

Monday 11<sup>th</sup> February 2019

9:00am – 10:00am

Parents Room