



# St Luke's C. of E. Primary School

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*Know, love, serve; God, ourselves and others.*

Newsletter

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## EFL Kid's Cup Competition



On Tuesday 23rd January a group of eight year 5/6 boys went to Colchester Community Centre to take part in the EFL Kid's Cup Competition. They were in a group with six other schools. They drew the first two matches 0-0, lost the third one 1-0, won the fourth one 1-0 (with a goal from Harry. T), won the fifth one 2-0 (with a goal from Harry. T and Ollie) and won the sixth 2-0 (with both goals from Tyler). After worrying that we may not have come 2nd in our group ready to go through to the next round, we actually won our group and made it in to the semi-finals! Unfortunately we lost the semi-final match 1-0 despite having the majority of possession and lots and lots of shots on goal!! The boys played brilliantly together and as always were a credit to the school for their great determination, strength and sportsmanship.

Well done, Harry.T, Ollie, Tyler, Riley, Ben, Jake, Alby and Charlie. The boys also enjoyed the opportunity to meet Louis Dunne, a local boy who now plays for Colchester United's first team.....they asked him some good quality questions, but weren't impressed with the team that he supports!!!

A huge thank you to Mr Jarvis for helping to transport the boys and also a huge thank you to Billy Hudson for his great coaching.

## Food for the Brain

### Where are the hidden sugars?

Sugar hides in your child's diet both at home and in nurseries. One example is the average little kids fromage frais contains as much as one teaspoon of sugar. That's 1/3 of their recommended allowance.

Sugar affect's:

- Brain function
- Blood sugar
- Weight
- Energy Levels

Sugar is **ADDICTIVE**, so starting on high sugar diets, sets bad habits. Children under 2 shouldn't be consuming any sugar.

### Reducing the sugar in your child's diet

If you have a child who has a taste for highly processed, sugary foods, they won't want to give them up. So the earlier you start the better. The key is to reduce the sugar slowly and over time so they get use to less sweetness without noticing.

**TOP TIP;** Look at the ingredients label and where sugar comes, the higher it is the more sugar there is!



BrainFood

## Where is Sugar Hiding?

	SUGAR	% RDA CHILD OVER 2 YEARS
Fromage Frais	6.1g SUGAR per pot	44% 
Baby egg custard with rice	8.8g SUGAR per 125g pot	58% 
Custard	11.5g SUGAR per 100g serving	76% 
Cereal Bar	15g SUGAR per bar	100% 
Blackberry Squash	30.24g SUGAR per 288ml carton	200% 
Coco Cola	39g SUGAR per 355 ml can	260% 

DATES		EVENT	PARENTS INVITED
Feb	9th	Class 3 assembly at 9.15am. Class 9 assembly at 2.30pm.	Yes
	12th - 16th	Half Term	
	17th	 Pond Helping Hand Day timings tbc	Helpers needed
Mar	1st	<b>WORLD BOOK DAY</b> Dress as your favourite book character	No
	2nd	Class 8 assembly at 2.30pm.	Yes
	9th	Class 7 class assembly at 2.30pm.	Yes
	16th	Rainbow and Sunshine class assembly at 9.15am. Class 6 assembly at 2.30pm.	Yes Yes
	19th	 Easter Fayre 3.30 - 4.30pm	Helpers needed
	19th	Non uniform day in exchange for an easter egg donation	No
	23rd	 Disco Foundation/KS1 5.30-6.30pm, KS2 6.45-7.45	Yes
	28th	Easter Service in the church at 11.30am Year 3 & 4 parents invited	Yr 3 & 4
	28th	Celebration Evening 3.30 - 5pm in classrooms	Yes
	30th Mar - 16th Apr	Easter Break 	
Apr	23rd	 Start of penny race - bring in all your 1p and 2p coins	No
May	11th	 Day of the penny race to be held during school day	No
	18th	 Disco Foundation/KS1 5.30-6.30pm, KS2 6.45-7.45	Yes
Jun	30th	 Summer Fete timings tbc	Helpers needed
Jul	6th	 Disco Foundation/KS1 5.30-6.30pm, KS2 6.45-7.45	Yes
Sep	4th	Non-pupil day	No
	5th	Pupils return to school	No

## Mothers' Day Gift

The orders for the Mothers' Day gifts have to be in by Wed 7th February 18. Spare artwork templates are available in the office if anyone would like one.



### Staffing Announcement - class 7

Mrs Bernard will be starting her Maternity Leave on Tuesday 6th February. We would like to wish her good

luck for the last few weeks of her pregnancy and hope to see her and her happy baby soon.



On Thursday 1st Feb. St Luke's Glee Club were very lucky to sing at the O2 with lots

of children from other schools. A big thank you to all the parents/carers and staff that supported the children in this amazing opportunity. More info and photos to follow.....



Dear God, thank you for our friends and family and thank you for the people who love and care for us. Thank you for our freedom and for our heaven. Amen.

By Oliver J and Nicola class 6