



Healthy Eating Week

Congratulations to the children for focusing on healthy eating this week and thank you so much to the parents and carers that joined us for our healthy eating workshop. Don't forget to 'Give It A Go!' with the following top 5 tips.

1. Get at least 5 A DAY
2. Stay hydrated
3. Move more
4. Focus on fibre
5. Reduce food waste.

Here's a reminder of the special competition that all the children can enter. The closing date has been extended to Monday 17th June. Resources have been provided but you can choose your own at home too.

Nursery and Reception

Draw a poster with as many of your favourite healthy foods included.

How many can you draw on the plate?

Classes 1, 2 and 3

Eat the rainbow, draw the rainbow.

Can you decorate the rainbow with the colours and shapes of your favourite foods?

Can you think of foods that are each colour of the rainbow?

Classes 4, 5 and 6

Design a healthy picnic.

Can you include items from all the different food groups?

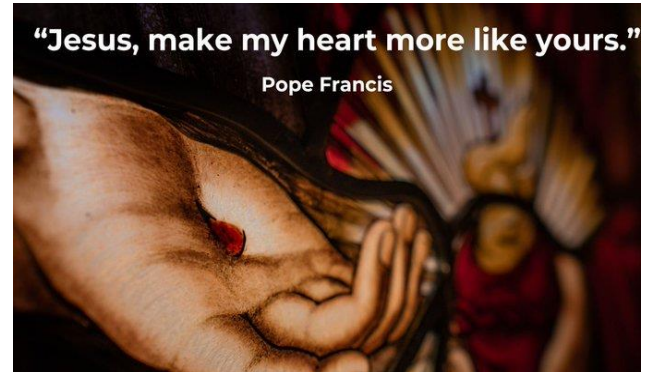
Can you include foods from all colours of the rainbow?

Classes 7, 8 and 9

Can you write a recipe and illustrate it of your favourite healthy meal? What do we need, how do we cook it, and what should it look like?



Sacred Heart of Jesus



We continue to celebrate the month of the Sacred Heart of Jesus and we are reminded of Jesus' intense love and compassion for each and every one of us.

Remember our very simple prayer.

'Most Sacred Heart of Jesus, I place all my trust in You.'

First Holy Communions

Many of our children will receive their First Holy Communion on Saturday 22nd June at Sacred Heart Church. As Pope John Paul II said, "there is no doubt that an unforgettable meeting with Jesus is First Holy Communion, a day to be remembered as one of life's most beautiful." Please pray for them.



Lunch Menu 17.06.24 to 21.06.24

Sacred Heart R.C. Primary School Summer Autumn Menu 2024 Week 3



Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Handmade Margherita Pizza with Spaghetti Hoops & Salad	Spanish Chicken with Rice & Tomato Salsa	Sweet Chilli Chicken with Noodles & Oriental Vegetables	Burger in a Bun with Jacket Wedges & Broccoli	Fish Goujons with Chips & Beans
Veggie Chili with Jacket Wedges, Guacamole & Cheese	Veggie Curry with Rice & Carrots	Cheese & Sweetcorn Pasta Bake with Crispy Salad	Thai Style Quorn Fillet with Rice & Broccoli	Caponata Pasta with Mixed Salad
Hot Panini with Spaghetti Hoops	Loaded Skins with Carrots	Filled Jacket Potato Selection with Salad	Pasta & Sauce with Broccoli	Picnic Friday
Fruity Frozen Yoghurt & Fruit	Dessert Whip & Fruit	Ice Cream Roll	Iced Sorbet	Homemade Dessert

Salad Bar, Fresh Fruit Salad, Yoghurt, Cheese & Crackers, Water, Semi-Skimmed Milk & Bread Basket Available Daily



SHOW YOU CARE – PARK ELSEWHERE



PLEASE DO NOT STOP OR PARK on Knutsford Road opposite the school or outside the school between the hours of 8am and 5pm as clearly marked on the yellow signs on either side of the road.

Super Reading Awards Autumn Term

Silver Trophy Winners

Class 6 for passing 45 quizzes and reading 602,167 words.

Gold Trophy Winners

Class 8 for passing 34 quizzes and reading 406,692 words.



Attendance

Class 1 are the overall winners on attendance this week with 99% . This is a super achievement. Congratulations.

Attendance at Sacred Heart continues to exceed the national averages. Please support your child to continue this great start to education and life by ensuring they attend schoolevery day.

Attendance Matters

100%	0 Days	0 Lessons Missed
99%	1 Day	5 Lessons Missed
98%	3 Days	15 Lessons Missed
97%	1 Week	25 Lessons Missed
96%	1.5 Weeks	35 Lessons Missed
94%	2 Weeks	50 Lessons Missed
93%	2.5 Weeks	65 Lessons Missed
92%	3 Weeks	75 Lessons Missed
90%	3.5 Weeks	90 Lessons Missed

School Uniform

In case you are already preparing for September, - here is a reminder of our school uniform. All children are expected to attend school in full school uniform.

The school uniform requirements for children in Year 1 to Year 6 are as follows: -

Year 1 To 6 Uniform

GIRLS

- White or Pale Blue Polo Shirt
- Blue Sweatshirt/Cardigan (with school logo)
- Navy Blue, Black or Grey Pinafore/Trousers/Skirt
- Navy Blue or White Socks
- Summer Blue Checked Dress
- **Plain Black Trainers (no coloured patterning) or Shoes**

BOYS

- White or Pale Blue Polo Shirt
- Blue Sweatshirt (with school logo)
- Navy Blue, Black or Grey Trousers or Shorts
- Navy Blue, Black or Grey Socks
- **Plain Black Trainers (no coloured patterning) or Shoes**

NURSERY AND RECEPTION UNIFORM

The school uniform requirements for children in Nursery and Reception are as follows:

- Black or Navy Pull Up Jogging Pants, Leggings or Shorts.
- White or Pale Blue Polo Shirt
- Blue Sweatshirt (with school logo)
- Navy Blue, Black or Grey Socks
- **Plain Black Trainers (no coloured patterning) or Shoes without Laces**

The Nursery and Reception uniform is designed so that children are practically dressed and ready for all their activities at all times. Clothing with an elasticated waist is critical as zips, buttons and fasteners can hinder the children when rushing to use the toilet.

