

ST COLUMBA'S CATHOLIC PRIMARY SCHOOL

DEAR PARENT/CARER

MANY THANKS TO THOSE WHO CAME ALONG TO OUR "LUNCHES FROM AROUND THE WORLD SUNDAY". There was a good number of folk who turned up and bought and ate one of a range of international dishes for £1.00 a meal. It was a very enjoyable event and the 'cooks' produced some lovely food.

WELL DONE AND A HUGE THANK YOU TO Ben Lipowski, Nelly Cichocka, Antoni Rykaluk, Natalie Bosy, Maciej Szadkowski, Krystian Pydych, Maria Krugielka, Natalie Balos, Amelia Grudzien, Milena Zukowska, Zofia Bogacz, Natalia Ramsden, Ewa Wasilewska, Martyna Laga, Mateusz Kolodziejczyk, Bartosz Piotrowski, Julia Pydych, Julia Szadkowska, Wiktoria Krajewska, Karolina Forys who gave a presentation about Poland at this event.

TOMORROW THURSDAY 21st APRIL THE POET CONRAD BURDEKIN is visiting our school and working with children from Yr1 to Yr6 (not Reception or Nursery). If you would like to purchase any of his books you may do so by filling in the attached form and returning it to school with the money needed to pay for them. There is no obligation to buy any of the books but you may if you wish.

HEALTHY EATING AND HEALTHY LIVING is going to be a focus over this term at St Columba's and to support that we would like you to take a look at what your child is eating and what physical activity they are doing. We are going to be awarding certificates to children who eat all their school lunch or who have a healthy packed lunch. Following advice from Health here are some examples of foods which would be healthy for a packed lunch. The main part of your child's packed lunch should be a sandwich with a healthy protein inside such as chicken, tuna or sometimes cheese. There should be at least one piece of fruit and then possibly yoghurt and maybe some chopped up salad such as cucumber or carrot. The reason these foods are used as examples are because these are the foods that will give your child the correct nutrition for them to grow and learn healthily. Sweets, chocolates and crisps are not part of a healthy balanced diet and their daily consumption can lead to tooth decay, obesity and even type 2 diabetes. Children's behaviour and concentration can also be greatly improved with the correct balanced diet and plenty of hydration, so a small change could see benefits for home and school!

SCHOOL WILL BE TAKING PART IN A 'WALK TO SCHOOL' WEEK ON THE 16TH – 20TH MAY, further details to follow. School will also be having a Healthy School week the first week back after half term, 13th June where a variety of activities will be happening to educate and enthuse the children about healthy lifestyles.

MOBILE PHONES are not allowed to be brought into school and if they are they must be handed into the school office straight away.

CONGRATULATIONS TO MISS WOLANSKI'S CLASS 1Wo who have won our Magnificent Attendance Trophy for their excellent attendance last week. **Haven't they done well.** They will receive extra play this week and will receive points for our termly attendance competition, the winning class of which receives a special prize. It is tremendously important that every child comes to school as often as possible so please do all you can to ensure your child never misses even one school day unnecessarily.

WOULD YOU LIKE YOUR CHILD TO BE BAPTISED? If so please come along to the next baptism meeting for parents which will be at **1.00PM ON SATURDAY 7th MAY IN ST COLUMBA'S CHURCH.** At this meeting the arrangements for baptism will be outlined and available dates discussed.

BREAKFAST CLUB. THIS RUNS FROM 8.00AM TO 8.45AM. It is open to all children in main school but not Nursery pupils or pupils not approved for Breakfast Club. Admission is free but pupils have to pay for the food they purchase from the kitchen (60p should cover this, please send the money in on the day or payment up – see club menu by main office). The children are supervised by staff and can engage in a range of activities in the halls once they have eaten the food they purchase and they are taken to class at 8.45am. If you would like your child to attend please take/send him or her to the club before 8.30am but no earlier than 8.00am. Once children have been taken into the Club after 8.00am parents should leave them in the hands of the staff unless there is a good reason to stay and in that case please see the staff on duty.

P Spillane

Conrad Burdekin, author, poet and storyteller, will be visiting our again on Thursday of this week. He will be inspiring our children with fantastic stories. Conrad came to our school last year and we thoroughly enjoyed his visit. As some of you will know, Conrad has also written four books of hugely popular children’s poetry books, the latest of which – ‘**Supersonic Gran and other poems**’ is zooming into schools up and down the country.

Should you wish to buy any of Conrad’s books, please fill in the table below. If you would like to have a look at some of Conrad’s poems before buying, you can see them on his website

www.conradburdekin.com You can also see book reviews etc. on his facebook page **Conrad Burdekin Books**. Please send the money to

school as soon as possible, in an envelope with your child’s name and class clearly marked, and also which book (s) they would like. Any cheques are to be made out to Conrad Burdekin (NOT to the school). Every book bought will be signed by Conrad and will have a personalised message written inside to your child.



Many thanks!

Child’s Name _____ **Child’s Class** _____

Title	Tick book(s) chosen
Supersonic Gran (The new, blue one)	
Baked Bean Queen (The Red One)	
The Hungrumpious Blumpf (The Yellow One)	
Teachers Pick their Noses (The Green One)	
1 book = £5.99 2 books = £10 3 books = £14 4 books = £18	TOTAL AMOUNT _____