

St. Andrew's Newsletter

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www.greatyeldhamschool.co.uk

Happy Birthday to Arran Tosh and Megan Nichols

Courtauld Class were very privileged on Thursday when they had the opportunity to make a visit to the Royal Opera House, Covent Garden to watch three short ballets called 'Jewels' (Rubies, Sapphires and Diamonds). The performances, as you may imagine, were magical and very colourful. Courtauld Class were thanked for their very sensible and mature approach to the day which was necessary to appreciate the ballet, which is a particular kind of dance with its own rules, steps and movements that distinguish it from other types of dance.

There has been a change of date for Harvest Festival which is now Tuesday, 4th October at 10.00am. We will, once again, be collecting for 'One Stop' in Braintree, along with St. Andrew's Church. If you are able to donate tea, coffee, sugar or tinned items e.g. soup, beans, tinned fruit, these will support the centre and help those who 'drop-in' and who are in need. Thank you.

St Andrew's are offering a free 6 week course for parents of KS1 children (Butler and de Vere Classes) which has been designed by our Healthy Schools Advisor to help encourage your child to eat a balanced diet.

Starts: Wednesday 19th October for 6 weeks (term time only) **2.00pm - 3.00pm**

Week 1 - An introduction into food in schools. Regulations for school meals. Whole school approach to healthy eating.

Week 2 - Importance of a balanced diet. Portion size and servings.

Week 3 - Fats and sugars. A demonstration of fat and sugar contained in foods regularly offered to children.

Week 4 - Refined versus unrefined foods. Energy levels in children.

Week 5 - Label reading. Looking at the nutritional content of food labels. Identifying the sugar and fat in foods regularly offered to children.

Week 6 - Healthy alternatives to crisps and chocolate. The session will give parents ideas for packed lunches. Parents will have the opportunity to taste some of the healthier options.

PLEASE READ ATTACHED FLYER

FOOTBALLER OF THE WEEK: CHARLIE COY

Parents/Carers of Reception Pupils - Do you know if your child is under 5 they are entitled to free milk each day? You can register at www.coolmilk.com/register. If you need further information please speak to the School Office.

Dates for your Diary

Tuesday, 4 th October 10.00am	Harvest Festival Service at St. Andrew's Church
Friday, 21 st October 9.00am	Holst Class Assembly
Friday, 4 th November 3.15pm	Guy Fawkes Disco (PTA)
Tuesday, 8 th November 3.30pm	Parents Evening
Wednesday, 9 th November 3.30pm	Parents Evening
Friday, 11 th November 9.00am	De Vere Class Assembly
Friday, 18 th November 9.00am	Constable Class Assembly
Friday, 25 th November 9.00am	Butler Class Assembly
Thursday, 1 st December 3.15pm	PTA Christmas Fayre
Tuesday, 6 th December 1.00pm	Dress Rehearsal for Christmas Show
Wednesday, 7 th December	Christmas Show Matinee and Evening Performance
Thursday, 8 th December	Christmas Show Evening Performance
Thursday, 15 th December 1.45pm	Nativity with Butler and De Vere Classes
Friday, 16 th December 2.00pm	Carols round the Tree – School Hall

Kingfishers are the Team Trophy winners this week!! Well done!!!