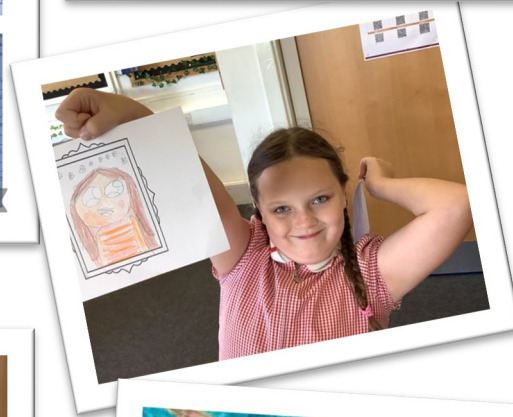
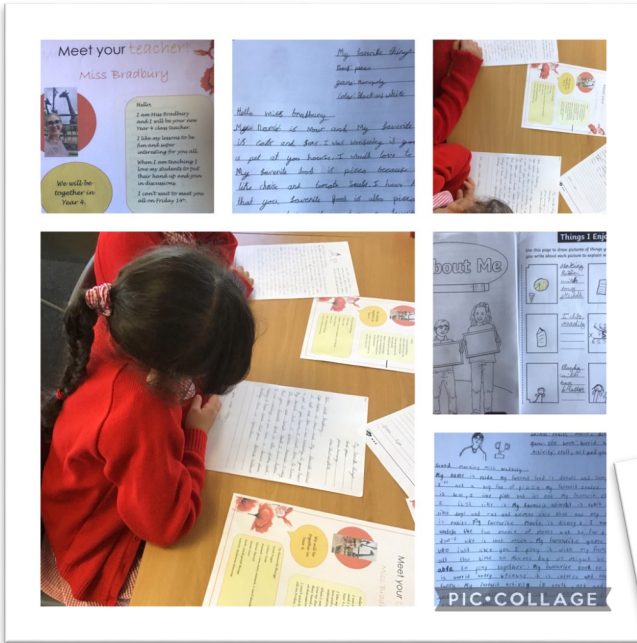




SACRED HEART CATHOLIC PRIMARY SCHOOL & NURSERY

Newsletter

This week the children had a transition morning so Year 6 visited their new secondary schools, we welcomed new children joining us in Reception class and the other year groups met their teachers and spent the morning in their new classrooms. Everyone had a great morning and our Year 6 children all enjoyed their day at their new schools meeting new friends.



**DATES TO
REMEMBER:**

**TRANSITION DAY
6TH JULY**

**11TH JULY—END
OF YEAR
REPORTS**

**11TH JULY—
DESIGN & TECH
DAY—YEAR 3**

**12TH JULY—
YEAR 6 LEAVERS
PARTY**

**13TH JULY—
SPORTS DAY**

**13TH JULY
FIREFIGHTERS IN**

**14TH JULY—
YEAR 6 LEAVERS
ASSEMBLY**

**17TH JULY—
YEAR 6 LEAVERS
MASS AT
SACRED HEART**

**LAST DAY OF
TERM TUESDAY
18TH JULY—
FINISH AT 2PM**

07.07.2023

**Head Teacher - Mrs J. McCallum
admin@sacredheart.liverpool.sch.uk
www.sacredheartliverpool.school**



UN Rights of the Child

Article 31



Article 31 of the United Nations Convention on the Rights of the Child (UNCRC) creates a specific right for all children to have rest and leisure, to engage in play and recreational activities appropriate to their age and to participate freely in cultural life and the arts.

Whole School Attendance (97% is the expected standard)

Sept—07.07.23=

93.1%

Year 5 —94.7%

Year 2—94.7%

Year 4—93.3%

Year 6—92.6%

Year 1—92.3%

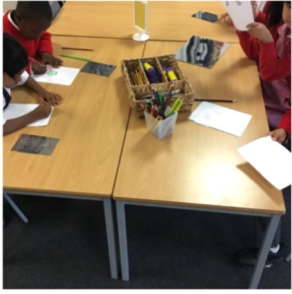
Rec —92%

Year 3 —91.9%

Nurs—87.4%

Please note that if your child is at 90% attendance they have missed 37 sessions that is :
111 lessons
Or 5 weeks
of missed learning and socialising

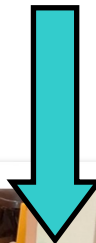




Transition Day into Reception Class.



Learning all about transport with Nursery



Did you know too much sugar can cause tooth decay, an unhealthy weigh and health problems in the future. Currently in Liverpool:

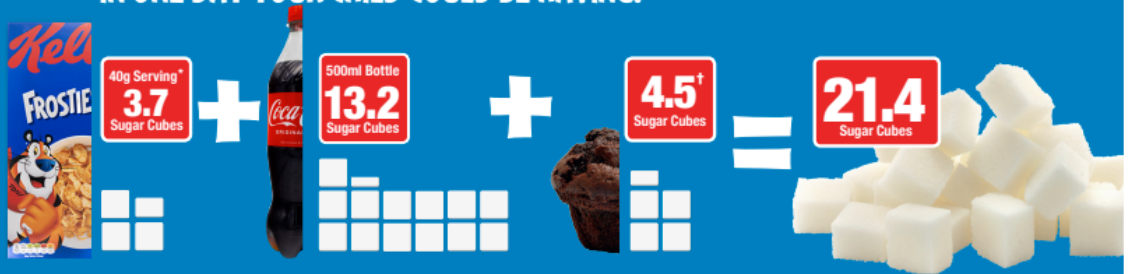
- 45.2% of children in Year 6 are classed as overweight or obese
- 43.5% of 5-year-olds have decayed, missing or filled teeth
- Over 20 children under age 10, are admitted to hospital every week to have teeth removed due to dental decay.



SEE HOW HIDDEN SUGARS CAN ADD UP TO HEALTH PROBLEMS

Some cereals contain up to 3.7 sugar cubes, which means your child could be having over half of their maximum daily allowance before school. Add this to drinks and snacks later in the day and their health could be at risk.

IN ONE DAY YOUR CHILD COULD BE HAVING:



USE OUR ONLINE SUGAR CHECK AT SAVEKIDSFROMSUGAR.CO.UK TO SEE HOW MUCH YOUR CHILD IS HAVING

Maximum Daily Allowance

4-6yrs

5

Sugar Cubes

7-10yrs

6

Sugar Cubes

11yrs+

7

Sugar Cubes

1 Sugar cube = 4 g
1 teaspoon of sugar = 4 g

Too much sugar can cause:

TOOTH DECAY

Sugar is bad for teeth and can result in cavities, toothache and teeth being taken out in some cases.

UNHEALTHY WEIGHT

The extra calories that sugar adds to your child's diet can lead to an unhealthy weight.

TYPE 2 DIABETES, HEART DISEASE AND SOME CANCERS

Even if your child seems fine, too much sugar can lead to the build up of harmful fat in the body which can cause serious disease in the future.

HIGH SUGAR	MEDIUM SUGAR	HEALTHIER OPTIONS
<p>Look Out</p> <p>Own brand cereals can be similar</p>	<p>Look Out</p> <p>Own brand cereals can be similar</p>	<p>LOW SUGAR Less than 0.5 Sugar Cubes</p> <p>Tasty Tip</p> <p>Add fruit to rolled oats porridge for a little extra sweetness.</p>

Visit:
<https://savekidsfromsugar.co.uk/>
 For more details and support in healthy eating.

