

CALSHOT PRIMARY SCHOOL

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NEWSLETTER

www.calshot.bham.sch.uk

Healthy Eating Assembly

'Today's assembly was all about healthy eating and we learnt that we should only have 6 teaspoons of sugar a day. Lucozade has 17 teaspoons of sugar, which is a lot of sugar. Water is very healthy for you. Fruit Shoots only have a tiny bit of sugar, but most fizzy drinks are unhealthy. Healthy food is better than unhealthy food. I had to go up and do some running. Amarah-Jae and Ava-Rose did the crisp dance.' - Kymani (1H)

'In our assembly today Lisa showed us how much sugar is in our food and drinks and we were SHOCKED! In Coca-Cola there are 9 teaspoons of sugar and in Lucozade there are 17 teaspoons of sugar!' - Evie-Mae (2H)

'We had a special assembly all about healthy eating and drinking. Do you know how much sugar there is in Lucozade? Ribena is good for you because it has fruit in, but it is not good for you because it has 12 teaspoons of sugar in it. Did you know that flavoured water has a lot of sugar in it too?' - Cassius (3A)

Aspiration Aces!

Today we held a special 'Aspiration Aces Assembly'. Each class teacher from Year 1 to Year 6 nominated a child from their class who constantly aspires to be the best that they can be in all situations. The 'ace' from each class received a special certificate, a stick of the legendary Calshot Rock and I sent their parents a text to inform them of their child's accolade.

School Fund

This week £4.00 was collected in School Fund. May I take this opportunity to thank all the parents who have paid, some of whom have paid for the whole half term, as this means we can buy those 'extra' things for the children.

Thornbridge Allotments

Thornbridge Allotments (Beeches Road, Great Barr) are holding a 'Royal Wedding Spring Fayre and Plant Sale' on Saturday 12th May from 11:00am until 3:00pm. There will be a hot pork roast, refreshments and home-made cakes on sale.

W.Simner

(Head Teacher)

