

Shaftesbury Park Primary School

Shaftesbury Update

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Shaftesbury Park Primary School

@shaftesburypk

Breakfast Special Edition



On Thursday, lots of parents, children and staff joined us for a free healthy breakfast to kick start the day. We all enjoyed sampling some of the many different breakfast foods available, from cereal, toast and bagels to yogurt and fruit.

Unbelievably, some children still come to school without having had a decent breakfast. This can have a very serious impact on their ability to learn and progress in their schooling, not to mention their health...

Why we should all start the day with a good breakfast

1) Breakfast gives you energy

You wouldn't set off for a long journey by car without filling up on petrol, so why start the day on empty. Breakfast provides the fuel you need to tackle the day ahead.



2) Eating breakfast makes you healthier

Breakfast foods are good sources of important nutrients that we all need to stay healthy including calcium, iron, B vitamins, protein and fibre.

The long term healthy benefits of eating breakfast include reduction in the risk of heart disease, diabetes and high blood pressure. People who eat breakfast are also more likely to be within their ideal weight range compared with breakfast skippers.

3) Breakfast is good for the brain

Studies have shown that eating breakfast can improve memory and concentration levels, as well as making us happier and lowering stress levels. In children, breakfast has been proven to improve attainment and behaviour. Just like any other organ in the body, the brain needs energy to work at it's best!



For lots of excellent ideas for healthy breakfasts, Please pop in to the School Office and pick up a copy of the Good Breakfast Guide produced by Change4Life.

A huge thank you to the Admin team for organising this tasty event and to all the staff who helped out. We hope you all enjoyed it!

Article 24

good breakfast

Every child has the right to the best possible health with access to clean water and nutritious food.

Article 13

Every child must be free to say what they think and to seek and receive all kinds of information.



We are very proud to have just received our bronze star for our efforts to travel (especially to and from school) in a responsible and sustainable way - on foot, by bike or by scooter - throughout 2016.

Why not help us make a good start on our 2017 Star Quest by talking part in a Winter Wander this weekend? Walk London have organised 44 walks ranging from short strolls to more challenging routes, all starting and finishing within easy reach of public transport and all led by experienced guides. Walks include Family Favourites, which feature a fun-filled quiz for the children, and the popular Animal I-Spy stroll searching for dragons, lions and unicorns. They are a great way to get active and explore the spectacular views and sights the city has to offer.



To book a free place, please visit www.walklondon.org.uk

Reception and Key Stage 1 Disco tickets are now on sale from the School Office.

Don't miss your chance to get up and dance, buy yours today!



A message from Friends of Shaftesbury Park (FoSP)

Many thanks to all the parents/carers who have contacted us to volunteer at the event. We now have enough helpers, thank you, but are still keen to receive donations of sweets and/or biscuits for the party food stall and donations of prizes. If you can help with either of these, please contact the organisers below:

Anneka (Badgers parent) - <u>aallamo@hotmail.com</u> mob: 07956022041

Diana (Badgers parent) diradeva@gmail.com mob: 07492666796



Check out the Rights of the Month highlighted in blue



One of January's Rights of the Month is Article 13 of the United Nations Convention on the Rights of the Child: Every child must be free to say what they think and to seek and receive all kinds of information. Free speech is also guaranteed under the Universal Declaration of Human Rights and under Human Rights legislation in many countries around the world, including the United Kingdom.

With this in mind, we decided to speak to some of the children to see if there was anything they wanted to get off of their chests, in our own 'Shaftesbury Update Speakers Corner'. Here is what Essie and Isis had to say:

We are very lucky; we live in a world where it doesn't matter whether we are girls or boys. We can be footballers or dancers, or anything we want. We have the right to choose what we want to do in our future and the right to a good education so that we have the skills that we need to do it.

It is the responsibility of our parents to guide us as well as teachers to open our minds to new things. Our school gives us many opportunities to learn about all sorts of things, not just literacy and Maths. We are lucky to have visitors from companies like Metro Bank, athletes, authors and many other good role models. We also get to go on really good trips and experience lots of different things.

We need to remember, however, that we have the responsibility to make the most of the opportunities we have. We should work hard and never give up on our dreams. Especially as other people around the world don't have the same opportunities as we do.

What a mature view point girls! We're glad that you have enjoyed hearing from our inspirational visitors as part of our series of *Raising Aspirations* assemblies. It is really encouraging that you recognise that you have a part to play in your own learning. This actually makes both of you good role models for younger pupils too!

Shaftesbury Update Speakers Corner

Those who enter this space may exercise their democratic right of free speech, but should do so responsibly and with adherence to the law.

Dates for the Diary		
Date	Event	Who is involved?
Monday 30th January	Sports for Schools Day	Reception to Year 6
Thursday 2nd February	Coffee morning at 9am Focus: Introduction to mindfulness	Parents welcome
Friday 3rd February	Reception & KS1 Fancy Dress Disco Details to follow next week	Badgers, Hedgehogs, Foxes, Owls classes
Tuesday 7th February	FoSP meeting 7.00pm-8.30pm	Parents welcome
Friday 10th February	Last day of Spring 1	-
Half-Term		

Half-Term Monday 13th February—Friday 17th February



Librairie La Page have set up an exciting new subscription service for parents at Shaftesbury Park. Each month you will receive one new book which has been chosen to match your child's level of French. The subscription will run for 7 months, from January to July and books will be delivered straight to school and sent home with your child. If you are interested please visit http://www.librairielapage.school for further details.

And finally...

A huge thank you to everyone who brought in cakes this morning for the Year 6 cake sale. As I write this, the cakes sale as not yet taken place however the children have already been completely overwhelmed by the generous donations of cakes by the school community. This cake sale is an event the children have decided to do and planned independently and they really appreciate all of the support they have received so far. Don't forget to come and buy lots of cakes after school today so they can raise lots of money for the two very worthy causes they have chosen!