

“Take Away for a Change” in Year 6

This week in Year 6, ‘Takeaway for a Change’ came into school to discuss with us the benefits of a healthy diet. We learned that eating a takeaway can be healthy, nutritious and tasty and that there is such a thing as a ‘healthy’ takeaway! As an incentive to eat more healthily, Takeaway for a Change have very kindly issued all the families in St Joseph’s with £15 of vouchers that entitle you to £15 worth of free ‘healthier’ takeaway food.

Read what some of us thought...

During the *Takeaway for a Change* workshop, we learnt that if we have drinks such as coke, an energy drink or a milkshake at the start of the day (at breakfast) you might have about 7 teaspoons of sugar. It is very easy to have too much sugar as we don’t realise how much there is in certain drinks. We shouldn’t really have more than 5 teaspoons a day. Milk and water are excellent substitute drinks because they have what our body actually needs and do not contain any sugar.



When the *Takeaway for a Change* people came in, they taught us how to eat more healthily. They made it fun! There was an adult dressed up as a pizza, another dressed up as a carrot and another person who was dressed as a Taco.

They showed us 5lb of fat and 5lb of muscle, the difference in size was amazing. The fat was around three times bigger than the muscle. At the end, Caitlin volunteered to help Nicky (the adult dressed as a carrot) to demonstrate how it is very easy to have a pint glass full of sugar just in what we drink without even realising it. Nicky demonstrated just how easy it is to have too much sugar - this can be up to a full glass every day. The workshop was fun but educational and has made me think carefully about the food we eat and the healthy alternatives that are out there. Each family have been given £15 in vouchers for a healthy takeaway such as vegetable and chicken pizza on a wholemeal base instead of pepperoni on a deep pan base topped with cheese. I can’t wait to spend mine healthily.

Shannon Kelly.



During our workshop, Helen told us that our bodies don’t actually need sugar. We learnt how many teaspoons of sugar there are in different types of drinks. We also learnt that cutting out sugar in our lives will benefit our bodies and make us more healthy. Drinking 6-8 cups of water a day will

keep you hydrated and energised instead of drinking sugar filled drinks. Did you know that some drinks can have up to 9 teaspoons of sugar? Did you also know that sugar has no positive impact on our energy levels? We can still eat things with sugar in but just less of it. Taking away the sugar means we will become much healthier and fitter. The unwanted sugar that we ingest is bad for our bodies and our health. Sugar is also bad for our teeth as it will make them rot and they will fall out. This is because it’s not needed in our bodies to live. It tastes nice, but it’s bad for your body. Look at these facts: drinks we may like such as Coke, milkshakes, Iron Bru and Lucozade have 5-9 tea spoons of sugar in them. There are healthy alternatives out there - you could buy a sugar free version like Diet Coke or Coke Zero Sugar. We talked about what drinks we need to drink between certain ages. You really don’t need any more drinks than milk and water (drunk separately of course) until we are 16.

Ruby Oldrid-Lowe

During the “*Takeaway for a Change*” I learned that if you eat unhealthy things such as pizza you can gain at least 5 pounds of fat. We all had to do 10 star jumps with and without additional weights. Jadie had to put on a vest that weighed 5lbs and do star jumps and we all had to hold heavy objects and do star jumps. I think it made me realise that carrying around that extra weight puts a massive strain on our bodies and it just can’t be good for you. While fatty foods taste nice, the damage they do just isn’t worth it.

Casey Leigh Vicary

Vouchers entitle you to £15 worth of free ‘healthier’ takeaway food. Just take them to one of the businesses below before Sunday 25th February 2018.

You can use your vouchers at:

**Eastern Delight
373 Poulton Road
Wallasey
CH44 4DF**

Or

**Picasso
22 Mount Pleasant Road
Wallasey,
CH45 5EW**

*Eat
less
sugar
You’re
sweet
enough
already*

A week with Mrs Salisbury-Jones

This week is Foundation Stage, F1 and F2 have been learning about the Bible and the stories that Jesus told us. We looked at one story in particular and that was Noah's Ark. The children listened to the story and then learnt a song called 'Who built the Ark'.

Using a small world Ark, the children were able to use stick puppets to retell the story and sing the song putting the animals on the Ark two by two.



In Year 4/5 we have been learning about Space for a few weeks, so we decided to create space in our classroom using different art materials.

We used paper mache on balloons to create spheres for our planets. We had to look at the different sizes of the planets first to know what sizes to blow up the balloons, when they were dry, we used Modroc to cover the balloons to make them hard. Then using photographs of each planet, to see their colourings, we decorated them using collage materials.



We then looked at the stars and the different shapes they make in the sky. These are called constellations. The children used black card and art straws to design some famous constellations that they had researched.

The final craft we did was to use marbling ink in water to create planets using cut out circled paper. The children put drops of different coloured ink into a tray of water and then swirled it around to make different patterns. Then they placed the paper on the top and when they lifted it off, the ink was printed on the paper. These made very effective looking planets.

Well done year 4/5 you had a great week.



In Science in year 2 the children have started a new topic about growing. They have been looking at babies and comparing them to themselves. How did they get from a baby to a child?

What did they need to help them grow? We were very lucky to have a visit from Kate who brought her new baby Matthew in to visit us. Matthew is only 3 months old. The children prepared questions to ask Kate about life with a baby and what he needs to grow.

They asked her what he needs to help him grow, what she needs to do to look after him, and how hard is it being a mummy. The children thoroughly enjoyed this session and learnt a lot about what babies need to help them grow.

Happy 2018 from the Mini Vinnies



The Mini Vinnie group were busy at the end of 2017 visiting Victoria House, our local home for the elderly. Miss Lynch a former teacher at St Joseph's helped us prepare some beautiful Christmas carols and songs.

The Mini Vinnie children enjoyed chatting to the residents and are looking forward to going back to visit them in the next few weeks when we will be reading some of the poems that the children have been preparing.

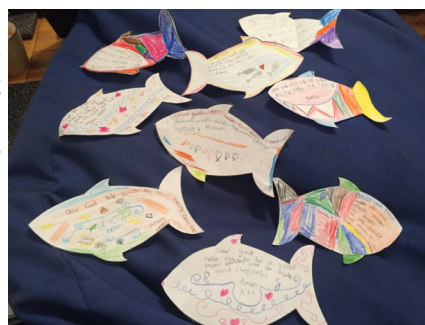
In our weekly meetings we share the Gospel reading from the previous Sunday's Mass. We are in the third Sunday of Ordinary Time. The reading was from Matthew 4: 12-23

As he was walking by the lake of Galilee, Jesus saw two brothers Simon known as Peter and his brother Andrew fishing in the lake using large nets because they were fisherman and Jesus said to them "Come with me, I will

teach you how to bring in people instead of fish." Right then the two brothers dropped their nets and went with him.

We discussed if Jesus asked us to stop what we were doing now, would we? Are there any people you admire and want to follow? How can we show that we are followers of Jesus?

The children shared their ideas and made a beautiful display writing their thoughts and prayers on some fishes.



Please can you remember in your prayers Pauline Carew's husband Norman Carew who sadly died on Christmas day. Pauline is our parish St Vincent de Paul supporter and our thoughts are with her at this difficult time.

School Attendance

Attendance is good at present, well done to all who have still got 100%!
It is a key priority for us to ensure that attendance remains at **95% or above**.

And to everyone who has made such an effort this week to be in school every day

Attendance overall including Foundation Stage: 88%

Attendance overall without Foundation Stage: 89%

Those who have already fallen below national average will be invited into Attendance Panel or receive a home visit from our Education Social Worker, Steve Clayton.

Attendance Panels are taking place on

CLASS	LAST WEEK	THIS WEEK
Foundation 1/2 (am): Mrs Walker	87%	81%
Foundation 2 Miss Howard	96%	98%
Year 1: Miss J Turner	95%	86%
Year 1/2D : Miss Davies	93%	88%
Year 2: Miss Last	96%	94%
Year 3: Mrs Lewtas	90%	86%
Year 4 Miss Finnigan	95%	92%
Year 4/5 Mr McCann	91%	93%
Year 5: Mr Clare	91%	92%
Year 6: Miss Morgan	100%	77%
Year 6: Mrs Boekweit-Hughes	100%	85%

St Joseph and St Alban

PANCAKE TUESDAY

with Frs Devan and Ramesh!!

Tuesday 13th February

Please join us in the
meeting room at
St Joseph's

between 5.30 - 7pm
for pancakes

with
your favourite fillings



Baptismal Preparation

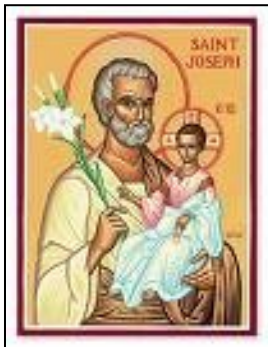
If you wish to have your child baptised at St Joseph's church you will need to attend a Baptism Preparation Meeting

The next meeting is 2pm
Sunday 11th February

in
St Alban's Parish Hall

You don't need to book a place,
just come along for an informal hour
of information and to collect
an application form

Completed forms should be returned to the
Parish Office to arrange a date



St Joseph's Catholic Primary School

"Together in faith we nurture, encourage and inspire each other to achieve excellence and become all that Jesus calls us to be"

Headteacher Mrs K Vernon

School Office 26th January 2018



Dear Parents and Carers

Low Bank Ground

What a fantastic week the Year 6 children enjoyed on their residential to Low Bank Ground. They have gained so much confidence and independence through the activities and challenges that the week brought. Their behaviour was excellent throughout and it was a pleasure to be part of such a great outdoor residential. For the children, being away from home and pushing themselves to take on new and exciting challenges is truly character building. Mr McGovern is already making plans for next academic year for our current Year 5 children.

Cambodia



For a number of years now the parish of St Joseph's and St Albans have worked closely to support the Catholic communities in Siem Reap, Cambodia. Next week Mr

McGovern is joining a small group on a visit to Cambodia to look at ways to develop links with our school. This is an excellent opportunity for us to work closely together and to support the different Catholic communities in Cambodia through fund-raising and sharing experiences. This link will really enrich our own children's knowledge and experience enabling them to get to know and learn about life for children in Siem Reap. Thank you to everyone for your support this week on our non-uniform day. We will be able to use the money raised to buy much needed resources for the school and kindergarten in Siem Reap.

First Forgiveness and First Holy Communion

I will be writing next week to parents of children in Year 3 inviting them to join our sacramental preparation programme for First Forgiveness and First Holy Communion.



However, it is important to note that the programme is offered to all baptised Catholic children in years 4 -6. If your child is in one of these year groups and you wish her/him to be involved in the preparation programme this year please contact school for an enrolment form. Please note only baptised Catholics may receive these sacraments, and a baptismal certificate will be required.

School Inset day

A reminder that there will be a school INSET (Training) day on Monday 26th February and school will be closed to pupils on this day. You will previously have received details of this date when the term dates were sent out at the start of the year. All schools allocate 5 INSET days throughout the year to provide staff with training to ensure that provision for your children is enhanced and improved.

Every blessing

Mrs Vernon

Golden Assembly 26th January 2018

Mrs Walker	Jonathon Mellor
Miss Howard	Callie Griffiths
Miss J Turner	Ellie-Mae Lockie
Miss Davies	Connor Minshall
Miss Last	Kieran Mason
Miss Lewtas	Dhian Vicary
Miss Finnigan	Christian Quirk
Mr McCann	Alfie Dodd
Mr Clare	Molly Charlesworth
Mrs Boekweit-Hughes	Whole Class
Miss Morgan	Whole Class