



**Brook Lodge Community Primary School**  
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### Dates, Clubs and Health

Friday 21 September 2018

#### Dates

Attached to this are the dates for the forthcoming year. We will, where possible, try to keep to these dates the same but where there are unavoidable changes, we will endeavour to let you know as soon as possible. I do appreciate that for some of you, work patterns have to be altered for sports days, class assemblies etc and whilst we encourage your support at these events we understand that the more we can forward plan these events, the easier it is for you to organise. We have also added FOBL events to give you a flavour of the planned events for the year.

#### Extra-Curricular Clubs

We have also attached a list of the curricular clubs we are hoping to make available this year. Booking forms will be sent from the companies or individuals required closer to the time. Whilst we have tried to plan all of our clubs in advance, sometimes clubs may be subject to change or additional clubs offered. In these cases we'll obviously make you aware.

#### Sports Competitions

Once again, we are committed to entering many sports competitions - 20 are already booked before Christmas! In the main, these are competitive and require selection by key staff. Sometimes trials and then subsequent training will take place prior to the competitions - the majority of these will be during lunch times. We have attempted to make the sports worked on in PE and offered as extra-curricular clubs fit to approximately the same times as when the competitions are to give our children the best chance to practise their skills. Once again, I'd like to thank, in advance, the staff who volunteer to help enter these tournaments as they do not get paid extra for doing this and are, in effect, giving up their time to give our children the chance to excel. Every teacher has committed to helping with at least one tournament and many of our Teaching Assistants are involved too.

#### Healthy Eating

Thank you for your support with this. There has been a real change for the better and the children are eager to show their healthy choices. I do understand that for some, changing snack habits at break can be difficult. Whilst it would be impossible for me to provide a definitive list of suitable and unsuitable snacks for break time, I hope the following guidelines will help:

**Unsuitable:** sweets, crisps, chocolates, cakes, biscuits

**Suitable:** fruit, veg, and other finger snacks that are low in fat, sugar, and salt.

The following table is a useful guideline as to whether a snack is unhealthy or not:

	<b>Fat</b>	<b>Saturated Fat</b>	<b>Sugar</b>	<b>Salt</b>
<b>A lot</b> per 100g	20g	5g	10g	0.5g
<b>A little</b> per 100g	3g	1g	2g	0.1g

Please note (as I know how over enthusiastic children can be) we have only banned unhealthy snacks from break times: with packed lunches we will encourage to promote and encourage **a balanced** packed lunch. Also, a reminder that school is **nut free**.

#### 'Fortnite'

We have noticed recently that lots of children are talking about playing 'Fortnite'. Whilst for some this is harmless entertainment, it is clear from conversations with others that some are playing this for hours on end and often just before bed: this is impacting negatively on their concentration levels in school. For your child's mental health, we would ask that you restrict how much time they are spending in front of a screen, as well as monitoring who they are actually playing with, as some children have expressed that they often play (and end up talking to) strangers.

Warmest regards

Mr Reece  
Headteacher