

ANTI- BULLYING WEEK



This week is anti-bullying week. We wore odd socks to show that no sock is better or more important than another, no one is better than anyone else.

We're all as good as each other.

If you are being bullied, don't let them get you down. They probably just want to be your friend but you don't want to be theirs. They just don't know how to react.

Don't worry, Be happy!!

- ▶ Why did the tree cross the road?* I don't know* I don't know either!!
- ▶ Riddle:
- ▶ What am I ?
- ▶ I have 4 legs at dawn,
- ▶ 2 legs at midday,
- ▶ And 3 legs at dusk?

A Human



Pudsey day cake sale!!!!!!!!!!!!!!!!!!!!



On Friday 16th November, we had a cake sale. All the children at SJB school really enjoyed all the delicious cake on sale.



Thank you all for your contribution towards our school cake sale for children in need.

We raised £315.60 For children in need.



Low-Sugarvember!!!!!!!!!!



Mr Stretch visited a few weeks ago !!!!

Song:

When Mr Stretch visited, he taught us a low sugar song that was made “All about the bass”

Because you all know its all about the veg, ‘bout the veg no sugar!! All about the veg, ‘bout the veg no sugar!! Oh all about the veg’ bout the veg no sugar!! Yeah all about the veg’ bout the veg, veg, veg, veg, veg, veg,

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.





Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy 1048kJ 250kcal	Fat 5g	Saturated 1.3g	Sugar 34g	Salt 0.9g
12.5%	7%	6.5%	28%	15%
	LOW	LOW	HIGH	MED

of an adult's reference intake
Typical values (as sold) per 100g: 687kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS