

ROGATE CE PRIMARY SCHOOL

School Lane, Rogate, GU31 5HH

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www.rogateprimaryschool.co.uk



FRIDAY FLYER 18

23rd February 2018

Dear Parents and Carers,

We are off to a flying start this half term with some fantastic poetry being written across the school. I have been extremely impressed with the sonnets being written in Red Kites!

Red Kites have had a busy week all round with Bikeability every afternoon. The children have worked hard to improve their cycling proficiency. Well done everyone!

All the children and staff are very much looking forward to World Book Day next Thursday. Please send your child to school as a character from their favourite book.

Have a great weekend,

Ms O'Toole

FORTHCOMING EVENTS THIS TERM

01.03.18	World Book Day
10.03.18	Adults Disco – 7.30pm Village Hall
02.03.18	Sharing assembly- TBC
09.03.18	Sharing assembly -TBC
16.03.18	Sharing assembly - TBC
23.03.18	Sharing assembly- TBC

RSFF

Spring cleaning? If you are planning on having a clear out please save any good quality toys and children's clothes. The RSFF plan to run a 2nd hand toy and children's clothes at the village fete in a few months' time and we will need donations. We are also running the bottle tombola again and will be asking for donations at a later date.

Thank you!

BIKEABILITY

Year 5 and 6 have worked very hard at earning their Bikability certificates this week. They have improved their cycling ability as well as learning valuable skills for cycling on the roads. Well done!



ADULTS DISCO

On Saturday 10th March there will be an adults disco at the village hall in Rogate from 7.30pm- 11.30pm. Tickets cost £10 from the office. All proceeds go towards supporting the school so do join us!



SPOTLIGHT ON SAFEGUARDING

Eating Breakfast

What if parents could give their children a magic pill in the morning to make them healthy, smart and well-behaved? This pill would undoubtedly be flying off the shelf of the local pharmacy. While there is no such medication, there is something just as powerful: breakfast. Consumption of this morning meal is one of the most important things a child does all day. Over 30 years of credible research has proven that a healthy breakfast positively impacts brain function and energy level, which is extremely important for school-aged children.

Benefits of breakfast

The following are key reasons why breakfast should be made a priority for every child:

Breakfast equals better behaviour

Children who skip breakfast are more tired, irritable, or restless by late morning. These symptoms can lead to aggressive behaviour that causes children to get in trouble in school. Children who regularly eat a morning meal have more energy, are less likely to exhibit aggressive behaviours, and have a better attitude toward learning.

Breakfast leads to higher test scores

A study published in 1998 in the *Archives of Paediatrics and Adolescent Medicine* showed significantly higher math test scores after children ate breakfast. This and other research has clearly shown that children who consistently eat breakfast test higher in most academic areas.

More nutritious intake by eating breakfast

Breakfast eaters generally meet vitamin and mineral requirements for prevention of deficiencies. They consume more fibre, vitamin C, calcium and folic acid. Unfortunately, children who miss breakfast do not make up for lost nutrients later in the day.

Eating breakfast helps weight control

Eating breakfast helps to establish a normal eating pattern. Eating regular meals and snacks is a key to maintaining a healthy weight throughout life. Increasing childhood obesity is in part attributed to the disappearance of normal eating patterns in many of today's households.

Why do some children still resist breakfast?

Given the abundance of compelling information on the benefits of breakfast consumption, why does one out of eight school children start the day without eating breakfast? Some are not encouraged to do so by their parents, while others make arguments for avoiding breakfast. Some common arguments are lack of time, absence of hunger, and distaste for breakfast foods. No matter what the barrier, parents can and should find a

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way around them.

Creating healthy habits in your children

Here are some tips for parents on incorporating breakfast into their children's before-school routines:

- Prepare for school the night before by preparing the next day's clothes, lunch and backpack.
- Set the alarm for 15 minutes earlier to allow more time for breakfast.
- Say no to TV, video games and computers in the morning.
- Choose foods that require little preparation such as fresh and canned fruits, milk, yogurt, cheese, cottage cheese, hard-boiled eggs, whole grain cereals or instant oatmeal.
- Eat on the run with celery stuffed with peanut butter or cream cheese, dried fruits, string cheese, fruit juice, milk cartons, or breakfast bars.
- For those with little hunger in the morning, offer juice, milk or a fruit smoothie made with milk and fruit.

Set a good example to your children: eat breakfast yourself

Children imitate the behaviour of the adults around them, so if they don't see their parents eating breakfast, they are likely to resist themselves. Children are not only more likely to eat breakfast themselves if they see their parents eating breakfast each morning, they are also more likely to develop healthier eating habits overall. Parents can encourage their children to eat breakfast by having them help plan the week's breakfast menu and making breakfast food readily available by storing them in low cabinets and having fresh fruit on the counter.