

KEEPING SAFE & HEALTHY

### 12 DELICIOUS AND HEALTHY SNACKS

(Pssst! They're all under 100 calories too!)

- APPLE SLICES AND PB**  
1 small apple sliced  
1/2 tsp peanut butter
- BANANA BERRY SMOOTHIE**  
1/2 banana  
1/4 cup berries  
1/2 cup almond milk  
A few icecubes and water
- FROZEN FRUITS**  
A few grapes  
1/2 banana  
A few strawberries  
Freeze overnight
- CEREAL AND MILK**  
1/2 cup cereal  
1/2 cup skim milk  
(Or 1/2 cup oatmeal and water)
- FRUIT AND YOGURT PARFAIT**  
1/2 cup fat-free yogurt  
1/2 cup berries  
Sprinkle of granola
- KEESSE WRAP**  
1 slice turkey, ham, beef, or chicken  
1/2 cup spinach  
(Or veggie of your choice)  
Roll up and enjoy
- BUILT FREE POPCORN**  
3 cups air popped popcorn  
optional: 1 packet  
0 calorie sweetener  
(No butter!)
- BREAD AND JAM**  
1 slice whole grain bread  
1 tsp no sugar added jam
- OMELETTE**  
1 egg  
1/2 cup chopped veggie  
optional: spices  
Mix together and fry with cooking spray
- RICE CAKE AND PB**  
1 rice cake  
1 tsp peanut butter
- FRUIT POPCICLE**  
1/2 cup low fat-free  
1/2 cup fruit of your choice  
1/3 cup water  
Freeze overnight
- CINNAMON AND PB**  
1 large apple or 1 banana  
1 tsp of cinnamon  
optional: heat in microwave for a pie filling taste

CHRISTIAN VALUE- WISDOM



COMMUNITY NEWS

The Alpha Course.

## Christianity: Boring? Untrue? Irrelevant? Judge for yourself.

Alpha is a highly successful course run in 169 countries, in 127 languages, taken by 25 million people. It is for the curious – those who want to know more about the Christian faith or why Christians are like they are. In most sessions a 20-30 minute DVD presentation is followed by discussion. No preaching – promise!

The course is going to run on Wednesday evenings from 17th January to 14th March, with one Saturday morning (24th February) thrown in. Every session is free and involves a hearty meal!

Want to come? Want more information?  
For more information contact  
Revd Ben on 01989 770454  
benbentham@yahoo.co.uk  
or  
Revd Richard on 01989 770254  
richard.jones@anglojoni-court.org.uk

# Goodrich Church of England

Attendance		8 <sup>th</sup> Edition 2017-18		19 <sup>th</sup> January 2018		Termly House points	
Reception	98.7%	<p><b>School Prayer</b> </p> <p>Dear God, Bless our school. Bless our teachers. Bless our pupils. Bless our families. Please help us to be kind and help us to always try our best. Let us remember, as many hands make a house, So many hearts make a school. Amen</p>		<p>Goodrich Church of England Primary School</p> <p><b>Collective Worship</b></p> <p>At this time of year we think about <b>Epiphany</b></p> <p>We are team players. We show friendship and value wisdom. 'A friend loves at all times.' (Proverbs 17:17)</p>			
Year 1	95%						
Year 2	95.7%						
Year 3	94.6%						
Year 4	94.9%						
Year 5	90.7%						
Year 6	95.8%						
<b>TOTAL</b>	<b>95 %</b>						

# Primary School Newsletter

## Notices

- Welcome back! Many thanks for the many kind and thoughtful messages and gifts we received at the end of last term. We hope you all had a wonderful Christmastime with your families.
- Well done to the PTFA for all the Christmas events that went very smoothly. I'm sure there will be news soon about how much they raised and what they are hoping to spend it on.
- Thank you to all our swimming helpers. Mrs Jones says you do a fabulous job and we are grateful for the time you give us.
- Although it seems a long time ago, the choir singing with The Roaring Megs raised over a £1,000 to help Blackmarston School. A truly worthy cause and a wonderful evening too.
- It was fantastic to see so many parents coming in to meet with teachers this week. If you weren't able to make it, please speak to your teacher and arrange a mutually convenient time.

## What's Going On? (Please see ourschoolsapp.com for further information)

Forest School		Celebration Worship		Other dates	
24/01/18	Robins			24/01/18	Swimming Yr 3 & Yr 5 Owls
25/01/18	Woodpeckers			24/01/18	PTFA Clothes collection
31/01/18	Wrens			26/01/18	WVLN 'Wonderful World' Event
1/02/18	Peregrines	2/02/18	Owls	31/01/18	Swimming Yr 3 & Yr 5 Owls
7/02/18	Robins				
8/02/18	Peregrines			7/02/18	Swimming Yr 3 & Yr 5 Owls
14/02/18	Wrens			9/02/18	KS2 Caerleon Trip
15/02/18	Peregrines	16/02/18	Woodpeckers	16/02/17	PTFA Valentine Disco
28/02/18	Robins			28/02/18	Swimming Yr 3 & Yr 5 Owls
1/03/18	Owls			7/03/18	Swimming Yr 3 & Yr 5 Owls
7/03/18	Wrens	9/03/18	Robins		
8/03/18	Owls			14/03/18	Swimming Yr 3 & Yr 5 Owls
14/03/18	Robins			20/03/18	Battle of the Bands
15/03/18	Owls	23/03/18	BATTLE OF THE BANDS FINAL	21/03/18	Swimming Yr 3 & Yr 5 Owls
21/03/18	Wrens			28/03/18	Swimming Yr 3 & Yr 5 Owls
22/03/18	Woodpeckers	29/03/18	Easter Service	29/03/18	End of Spring Term

### Class News

### Superstars

<b>Wrens</b>	This week, Wrens have been looking at the different features to write a good set of instructions and learning all about 'bossy' words (verbs). In Maths, Y1s have been working on their number bonds to 20 and Reception have been partitioning and combining practical equipment to make number sentences and write them. We also did some maths in Forest School, where we had to estimate the size of objects that would fit in a bottle. In our topic, we have been talking about the roles of kings and queens and in Science we have been sorting objects and materials.	<i>George V, Jacob B, Oliver &amp; Nikola</i>
<b>Robins</b>	Robins have been using time connectives and year twos are beginning to use commas in lists. In maths we have working on their number skills. We did some lovely weaving with Mrs Green who has been doing an amazing job. We all miss, Miss Lillie and hope she feels much better soon.	<i>Fearne and Millie</i>
<b>Woodpeckers</b>	Woodpeckers have been thinking about the Roman legend of 'Romulus and Remus' from the viewpoint of the shepherd. In Maths, we have been practising reading and writing the time to the nearest minute. We have also been sharing what we know about different types of rocks and have had lots of fun in Forest School.	<i>Jessica and Mollie</i>
<b>Owls</b>	This week, Owls have been improving their multiplication skills and applying their knowledge to solve problems. They have also been finding prime and square numbers. In topic the children have been finding out more about the Roman invasion of Britain and in English they have been doing some research on the Romans in preparation for writing a non-chronological report.	<i>Daisy, Erin Harry, Molly, Arthur, Pippa</i>
<b>Peregrines</b>	This week, Peregrine class have been travellers in time to find out what life was like during the Roman era. They are going to use their information to write a non-chronological report for a chosen audience. In maths, they have been applying their arithmetic skills to solve words problems. In P.E. they have been exploring shapes and movement in order to develop and extend their gymnastic abilities.	<i>Alfred, Skye Sam C, Mia, Matilda</i>

**Citizen of the  
Week**

**Maisy**

**Cloakroom**

**Junior Boys**