

## KEEPING SAFE & HEALTHY

### Top tips for families

Sugary drinks, confectionery, biscuits, cakes, desserts, higher-sugar breakfast cereals and higher-sugar yoghurts are all contributing to too much sugar in our children's diets. The good news is there's an easy way to cut down - by swapping to lower-sugar versions of our everyday foods and drinks. So find a swap when you next shop and search Change4Life for more tips and ideas!

### Simple swaps to keep your family healthy

	FROM	TO
Cereals		<ul style="list-style-type: none"> <li>Porridge</li> <li>Low-sugar cereals, like wheat biscuit cereal or shredded wholegrain cereal</li> </ul>
Yoghurts		<ul style="list-style-type: none"> <li>Lower-sugar yoghurt</li> <li>Plain natural yoghurt with fruit</li> </ul>
Drinks		<ul style="list-style-type: none"> <li>Water</li> <li>Lower-fat milks</li> <li>Sugar free drinks</li> <li>No added sugar drinks</li> </ul>
Puddings		<ul style="list-style-type: none"> <li>Sugar free jelly</li> <li>Lower-sugar yoghurt</li> <li>Fresh or tinned fruit (in juice)</li> <li>Lower-sugar rice pudding</li> <li>Lower-sugar custard</li> </ul>

Don't forget, snacks can be sugary too. Fruit and vegetables are always the best snack, but when choosing packaged snacks, stick to two a day max.

Some puddings and yoghurts contain both free and intrinsic sugars. All product information (sugar content and pack size) is based on Kantar data 2018.

## CHRISTIAN VALUES

Endurance

### The Power of Yet

I can't do this... *yet*  
 I don't get it... *yet*  
 I don't know... *yet*  
 This doesn't work... *yet*  
 It doesn't make sense... *yet*  
 I'm not good at this... *yet*

## COMMUNITY NEWS

COURTYARD PRODUCTIONS  
 COURTYARD JUNIOR YOUTH THEATRE PRESENT  
**The Wizard of Oz**  
 Great family fun during the Easter holidays  
 Wed 24 - Sat 27 April, 2.30pm & 7pm

The Courtyard Youth Theatre has members from all over Herefordshire, you might see someone you know on stage!

BOX OFFICE 01432 340555 [courtyard.org.uk](http://courtyard.org.uk)

# Goodrich Church of England

Attendance		11 <sup>th</sup> Edition 2018-19	8 <sup>th</sup> March 2019	Termly House points		
Reception	90.7%	<b>School Prayer</b> 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	 <b>GOODRICH</b>	 Goodrich Church of England Primary School <b>Collective Worship</b> At this time of year we think about <b>Lent &amp; Easter</b>  We are <b>team players</b> . We show trust, friendship and forgiveness. 'Be compassionate and kind to one another, forgiving each other, just as in Christ God forgave you.' (Ephesians 4:32)		
Year 1	98.3%				 1	
Year 2	98.6%					 3
Year 3	97.9%					
<b>Year 4</b>	<b>99.3%</b>					 3
Year 5	98.3%					
Year 6	97.3%				 2	
<b>TOTAL</b>	<b>98%</b>					

# Primary School Newsletter

Class News		Class Superstars
<b>Wrens</b>	Wrens have taken part in the 'Mr Men and Little Miss Big Reading Adventure' this week to celebrate World Book Day. We have been thinking about different characters and events in a range of stories. In Maths, we have been learning about a variety of time vocabulary. We have also really enjoyed making delicious bread rolls and creating artwork using the laptops.	Alfie Finley B
<b>Robins</b>	This week we have been writing our very own non-chronological reports to tell the reader facts and information about some of our favourite things. In Maths, Year 2 have been adding and subtracting numbers and solving problems using the skills we have learned. Year one have been finding the difference between two numbers and comparing and making numbers to 50. In art we have weaved our very own superhero capes. We have also started to play recorders.	Liam Jake B

<b>Woodpeckers</b>	In Maths this week, we have been linking multiplication and division facts to solve problems. We have also been focusing on how to tell the time on an analogue clock.... tricky stuff! In English, we have been learning how to use speech marks and using them in our adventure stories based on ancient Egypt.	Joel Bluebell Jimmy Ruben
<b>Owls</b>	This week, we have been focusing on telling the time, converting an analogue clock to digital (12 hour and 24 hour), solving problems and converting different units of time. In English, we have been publishing our non-chronological reports on Ancient Egyptian Gods and in Science, we have been looking at the data we collected in our investigation to draw conclusions from our results, about whether physical activity improves a person's memory.	Jacob Evie CB Evie H Logan
<b>Peregrines</b>	This week in English, we have been busy writing an adventure story inspired by ancient Egypt. In Maths, we have been solving problems involving time. While in Science, we are carrying out an investigation on whether physical activity can help improve memory.	Chloe Matilda Pippa Mia



Juliette  
 Henry  
 Rowan  
 Alfie  
 Felix  
 Aarrowen  
 Mrs Robbie  
 Mr Gardner

**Cloakroom**

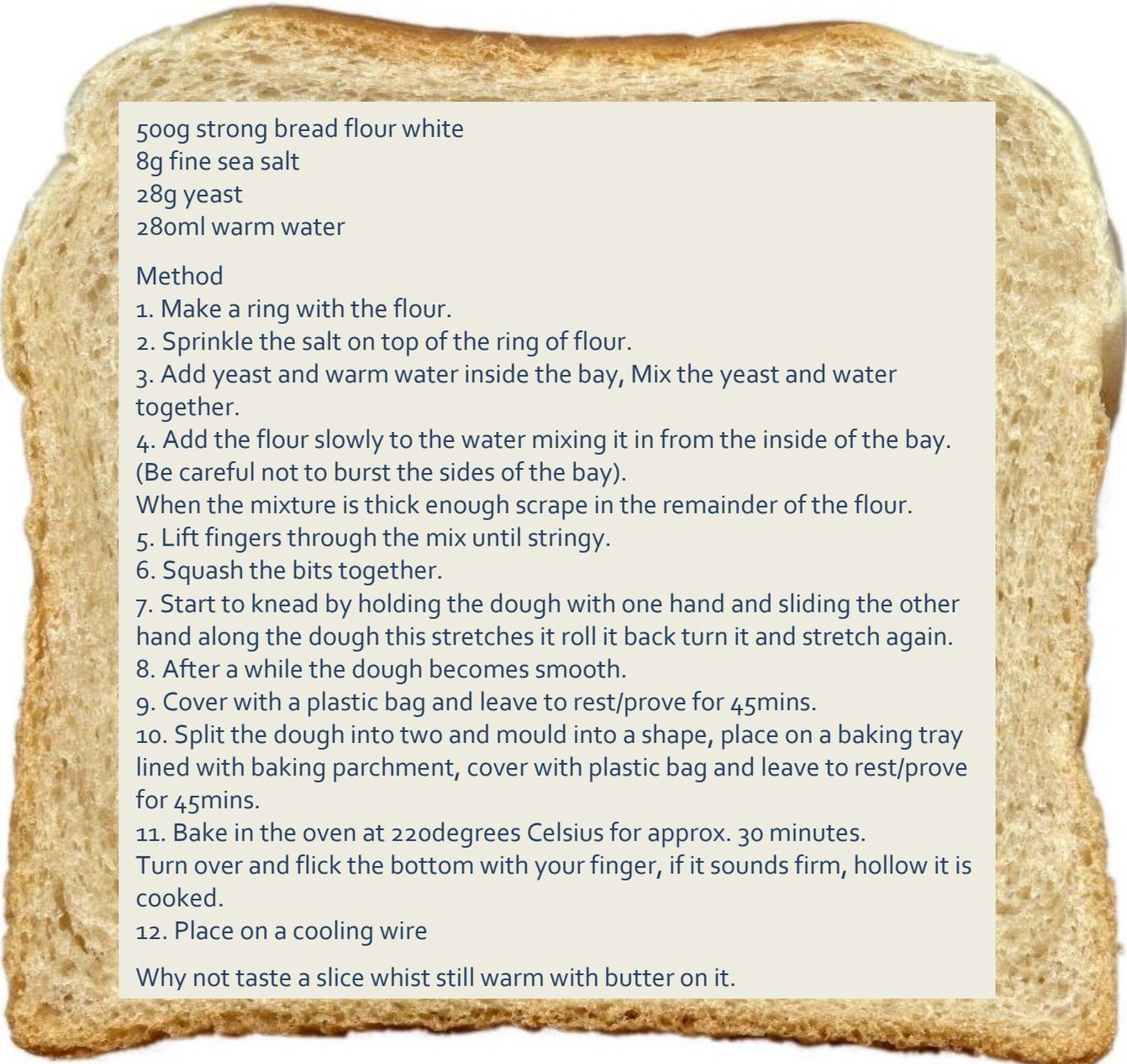
**Infants**

## What's Going On? (Please see [ourschoolsapp.com](http://ourschoolsapp.com) for further information)

Forest School		Celebration Worship		Other dates	
13/03/19	Robins			13/03/19	Swimming Year 3 & 6
14/03/19	Woodpeckers			20/03/19	Year 2 Tag Rugby
				20/03/19	Swimming Year 3 & 6
20/03/19	Wrens	22/03/19	Robins	25/03/19	Battle of Bands Heats 13.00 – 15.00
21/03/19	Owls			27/03/19	Swimming Year 3 & 6
				28/03/19	Year 1 Hearing Tests
27/03/19	Robins			29/03/19	Battle of Bands Final 14.00-15.00
28/03/19	Owls			3/04/19	Swimming Year 3 & 6
				4/04/19	KS2 Swimming Gala
3/04/19	Wrens	5/04/19	Wrens	4/04/19	Year 5 Debating Competition
				4/04/19	Parent meetings 14.30 – 18.00
				9/04/19	Dance Festival
4/04/19	Owls	11/04/19	Easter Service St Giles 9.30-10.30	12/04/19	Last day of Spring Term

### Notices

- Thank you to Mrs Robbie, Mr Gardner and all the fantastic adults that came in over five Mondays to teach us and help us to make our own bread. We hope some of it made it home to be shared. The recipe is at the bottom of the newsletter, perhaps they could show you how it is done!
- Thank you to everyone who brought bags in for Rags 2 Riches. We raised £116.30



500g strong bread flour white  
8g fine sea salt  
28g yeast  
280ml warm water

#### Method

1. Make a ring with the flour.
2. Sprinkle the salt on top of the ring of flour.
3. Add yeast and warm water inside the bay, Mix the yeast and water together.
4. Add the flour slowly to the water mixing it in from the inside of the bay. (Be careful not to burst the sides of the bay).  
When the mixture is thick enough scrape in the remainder of the flour.
5. Lift fingers through the mix until stringy.
6. Squash the bits together.
7. Start to knead by holding the dough with one hand and sliding the other hand along the dough this stretches it roll it back turn it and stretch again.
8. After a while the dough becomes smooth.
9. Cover with a plastic bag and leave to rest/prove for 45mins.
10. Split the dough into two and mould into a shape, place on a baking tray lined with baking parchment, cover with plastic bag and leave to rest/prove for 45mins.
11. Bake in the oven at 220degrees Celsius for approx. 30 minutes.  
Turn over and flick the bottom with your finger, if it sounds firm, hollow it is cooked.
12. Place on a cooling wire

Why not taste a slice whilst still warm with butter on it.