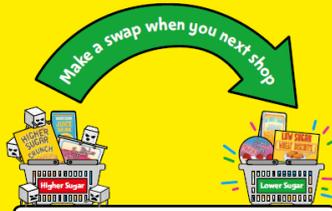


KEEPING SAFE & HEALTHY



There can be a lot of sugar in our everyday food and drink, and too much sugar can lead to serious health problems such as type 2 diabetes, heart disease and painful tooth decay.

The good news is that it's really easy to help your family cut down on sugar. All you have to do is make a swap when you next shop. Just one or two swaps can really make a difference.

Help your family make healthier choices.



change4life

CHRISTIAN VALUES

Endurance



COMMUNITY NEWS

Contact Julie for further info

ROSS-ON-WYE CHILDREN'S CENTRE Herefordshire Council
3 January - 1 March 2019
Please turn over for information, contacts and prices for all sessions.

	AM START	PM START
MON	8:30 - 4:30 Musical Circle 9:30 - 11:30 AM for 1000 Little Twinkles - Challenging Group	10:30 - 2:30 Caring for Children Class 1 & 2 1:30 - 2:30 Postnatal group (BBB) with a play in partnership with Baby Brain. See leaf for details.
TUES	8:30 - 4:30 Musical Circle 9:30 - 11:30 Baby Massage 10:30 - 11:30 Let's Play (see website for details) New information & advice for families and the practice.	10:30 - 2:30 Reading Workshop - please see website for details 11:30 - 2:30 Newborn Musical Screening Class (4 weeks duration) 14 Jan - Feb 14 Feb 1:00 - 2:00 Communication Group - see website
WEDS	8:30 - 11:30 Musical Sessions 9:30 - 11:30 Alpha Time - 10000 preschool age 10:30am - 11:30am Early Years - Read from books New health & wellbeing assessment course starting Feb 14. Details on 01905 419388 for details	10:30 - 2:30 Communication Group - see website 1:30 - 2:30 Newborn Musical Screening Class (4 weeks duration) 14 Jan - Feb 14 Feb 1:00 - 2:00 Communication Group - see website
THUR	8:30 - 11:30 Musical Circle 9:30 - 11:30 Baby Massage 10:30 - 11:30 Let's Play (see website for details) New information & advice for families and the practice.	10:30 - 2:30 Communication Group - see website 1:30 - 2:30 Newborn Musical Screening Class (4 weeks duration) 14 Jan - Feb 14 Feb 1:00 - 2:00 Communication Group - see website
FRI	8:30 - 2:30 Musical Circle 9:30 - 11:30 Baby Massage 10:30 - 11:30 Let's Play (see website for details) New information & advice for families and the practice.	10:30 - 2:30 Communication Group - see website 1:30 - 2:30 Newborn Musical Screening Class (4 weeks duration) 14 Jan - Feb 14 Feb 1:00 - 2:00 Communication Group - see website

*These sessions are not delivered by children, parent carers and families as do not endorse or monitor quality of service or provision.

For general enquiries on this site: WISH Working Information and Supporting for herefordshire

Goodrich Church of England

Attendance		8 th Edition 2018-19	18 th January 2019	Termly House points	
Reception	83.3%	<p>School Prayer </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>Collective Worship</p> <p>At this time of year we think about Epiphany</p> <p>We persevere. We show endurance.</p> <p>"For the Lord is good and his love endures forever." (Psalm 136:1)</p>		1
Year 1	100%				1
Year 2	96.3%				1
Year 3	97.6%				1
Year 4	99.4%				
Year 5	97.8%				
Year 6	95.2%				
TOTAL	97%				

Primary School Newsletter

Class News		Class Superstars
Wrens	This week, Wrens have been busy exploring capacity and volume in Maths. We have been practising writing sentences with the correct punctuation and talking about different fantasy stories in English. In Science we have started to think about the different materials that objects are made from and in Forest School we enjoyed playing together and drinking hot chocolate.	Meredith & Juliette
Robins	In the Robins, we have been writing all about the superheroes we know. We have thought of lots of interesting facts. We also turned ourselves into superheroes and made up interesting facts about their powers, sidekicks, strengths and weaknesses. In art, we have begun to look at the work of Roy Lichtenstein and the images he created using comic books. We made our own versions of his work.	Emily Barnaby Archie Maddisynne

Woodpeckers	In Maths we have been solving problems involving column addition and in English we have been looking at poetry. We have started our new topic on Ancient Egypt and have been learning more about where Egypt is and the importance of the River Nile.	Harry Arthur Millie Noah
Owls	In English, we have been working in groups to create story maps to help learn our class text, 'The Egyptian Cinderella' alongside actions. In Maths, we have been multiplying and dividing numbers (including decimals) by 10, 100 and 1000 and developing our understanding of place value and what happens to the digits when we multiply or divide by powers of 10. In topic, we have been using maps to locate Egypt, the main cities and some key features such as the River Nile, to draw on our own map of Egypt. In Art, we have been using different drawing skills to turn ourselves into pharaohs.	Jacob Holly Scarlett Hannah
Peregrines	In English, the children have looking at poetry and using ideas from poets to write their own poem. Their poems reflect what they hope each month will bring for them this year. In Maths, they have been solving problems involving long division, whilst in P.E. they have been activity in gymnastics and running a mile each day (depending on weather or other timetabled activities).	Vaughan Gracie Chloe Daisy

Citizen of the Week

★ Harry C ★

Cloakroom

All !

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

Forest School		Celebration Worship		Other dates	
17/01/19	Owls			23/01/19	Y5/6 Football tournament
23/01/19	Robins				
24/01/19	Owls	01/02/19	Owls lead	25/01/19	ALL HOUSES NON UNIFORM DAY
30/01/19	Wrens				
31/01/19	Peregrines			30/01/19	Y3/4 Netball Tournament
06/02/19	Wrens				
07/02/19	Peregrines			7-8/02/18	VILLAGE PANTO (TBC)
13/02/19	Wrens			18-22/02/19	HALF TERM HOLIDAY
14/02/19	Peregrines	15/02/19	Sign to Sing lead	25/02/19	Spring 2 begins

Notices

- Towards the end of the Autumn Term I became overwhelmingly aware that my teachers were spending far too long at school each day and then often going home and continuing to work. I know that my teachers can't provide the best education and care for your children, if I don't look after them. So, when we returned, as part of our Inset days, we looked at time management at school and how our systems can be fine-tuned to help with this and make best use of their expertise. With this in mind, I would appreciate your help in enabling the teachers to get ready for their days teaching and start the day promptly. It would be greatly appreciated if the children can arrive to start lessons promptly between 08:45 and 09:00. Please do not drop your children off at school before 08:30 unless they are going to Breakfast Club. Any messages for the day or any concerns from the previous day be shared on the infant gate, by making an appointment through the office for another time (or leaving a note for the appropriate adult). Teachers are also happy to be contacted directly by email. Although, if teaching, they will not be able to reply immediately they can respond to you at their earliest opportunity.

Miss Wright swright@goodrich.hereford.sch.uk
Miss Lillie slillie@goodrich.hereford.sch.uk
Mrs Jones kjones@goodrich.hereford.sch.uk
Miss Williams swilliams@goodrich.hereford.sch.uk
Mrs Taylor ltaylor@goodrich.hereford.sch.uk
Thank you for your help with this matter- Mrs Miles
- The Change 4 Life programme has launched its 'Sugar Swap' campaign. Your child will be given a pack at school which will tell you all about it. They are hoping to educate the children in making good food choices to reduce the amount of sugar they consume by swapping for a healthier alternative. We will also include a recipe card with Newsletters that you might like to try.

Yoghurt, cucumber and mint dip with pitta bread

This dip is called 'tzatziki' in Greece.

Serves
4
as a snack

Allergens
• wheat
• milk

Preparation time
20-30 minutes

Suitable for
KS1 and above

Cooking time
No cooking required



1. Ingredients

- Pot (about 300g) of low fat natural or Greek yoghurt
- 10cm piece of cucumber
- A handful of fresh mint leaves (to give 2 tablespoons when chopped)
- 2 small cloves of garlic (optional)
- 2 medium pitta breads (try wholegrain!)

2. Equipment

- Small mixing bowl
- Knife
- Chopping board
- Kitchen paper towel
- Scissors (optional)
- Spoon
- Serving dish



3. Method

- 1 Place the **yoghurt** in a small bowl.
- 2 Wash the **cucumber** and cut in half lengthways.
- 3 Chop into small pieces, then squeeze in some kitchen towel to remove most of the excess water. Add to the **yoghurt**.
- 4 Wash the **mint leaves** and then chop into small pieces – you may find it easiest to do this with scissors. Add to the **yoghurt**.
- 5 Remove the top, bottom and skin from the **garlic** (if using), chop into small pieces and add to the **yoghurt**.
- 6 Mix all the ingredients together and spoon into the serving dish.
- 7 Cut the **pitta bread** into strips and serve with the dip.

Tip - You could use a garlic crusher instead of chopping the garlic.

Nutrition information (per serving)

Energy	630 kJ / 149 kcal	Carbohydrate	24.5 g
Fat	1.0 g	(of which sugars)	5.5 g
(of which saturates)	0.3 g	Fibre	1.3 g
Salt	0.5 g	Protein	9.8 g

