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Holy Rood School Newsletter



Also published weekly on our web site!

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Dear Parents,

Apparently one in five of Barnsley schoolchildren will be obese by the age of eleven I have been told by the Local Authority which is why there is such a high profile for healthy living.

There is an excellent booklet produced by the NHS entitled 'Top tips for top kids' as part of the Change 4 Life campaign. Among the common sense tips are:

- **Be active** ~ walk and exercise as much as possible every day.
- **Healthy diet** ~ freshly cooked food over processed, 5 a day, cut down on high sugars, salt and fat in foods. Have fruit for snacks instead of crisps and biscuits.
- **Healthy portions** ~ 'Me sized' meals!

You can find out a lot more by exploring the excellent website below at :

www.nhs.uk/change4life

The ancient Greeks had it all sorted a long time ago when they said 'a healthy mind in a healthy body!'

This whole area is also quite relevant to children taking tests and exams which in our case are the SATS. Y2 children begin this week over the next few weeks and Y6 begin the following week on Monday 11th May through to Friday 15th May. You can certainly help your child by ensuring they have a good night's sleep and a wholesome breakfast. It is particularly important for school that all Y6 children are present each day as their SATS can't be taken at any other time. In recent years you have been outstanding in this respect so thank you very much for that and we wish all the children every success. Tell them not to worry but just enjoy them and do their best which is always good enough. On Monday 6th July, Miss Mackenzie is organising a 'Healthy Living Week' and more details on that in due course.

Candidates for the Sacraments: It has been noticed that fewer children (especially Y6 of whom 22 are being Confirmed in June) who are preparing for their first Holy Communion and Confirmation seem to be attending the 9.30 Masses each Sunday or wearing their red or green sashes.

At the enrolment meetings in the Autumn Term it was stressed that attendance each Sunday would be an important part of their preparation as part of the Children's Liturgy where special lessons have been tailored for the two groups of children. Enrolment promises were also made about coming to Mass and supporting great occasions like the May Procession ~ coming up in a few weeks.

We would like to encourage all the candidates to make a big final effort to attend Mass each Sunday and wear their sashes as a sign of their commitment to their Faith.

Having said all of the above, it speaks volumes about those children who have been turning up and great credit and respect goes to them and their families. Well done. If we put the things of God first then we will find that blessings and grace will never be far away for He will never be outdone in generosity.

Thought For The Week

*Since we all need forgiveness,
We should all be forgiving!*

