



## Note from the Headteacher

Dear Parents,

I hope this finds you all well. The school has been a hive of activity this week. Even though the nation is still in lockdown, we have hardly noticed it, as these last weeks have been busier than ever for us, as shown in the many photos of our class activities.

The children have been really excited about their technical rehearsals for Operation Christmas. Basically, the church has been converted into a small TV studio, which gives the children an excellent view of media production.

In order to ensure lessons continue as close to normal as possible, I've been holding after-school drama lessons, in preparation for Operation Christmas, which are bringing out some excellent acting. I can't wait for you to see the final production. I have had enormous fun working with the children, listening to their ideas and just seeing them morph into the characters they are playing.

I would also like to take a moment to thank our parent volunteers for the time they have given us on so many recent projects. We have received IT advice/help, props for the play are being made, professional editing is being done on school promotional materials and so much more. There is also an amazing team of people who regularly cook meals for families in emergency situations. I know that Mr Chilvers, Manny and Sasha really appreciate these generous acts of kindness while Mrs Chilvers is in hospital.

We have been told by Mrs Chilvers' family that she is showing small signs of improvement and we are continuing to pray for her.

I hope you all have a marvellous week. Stay safe and may God bless you always.

Kind regards,

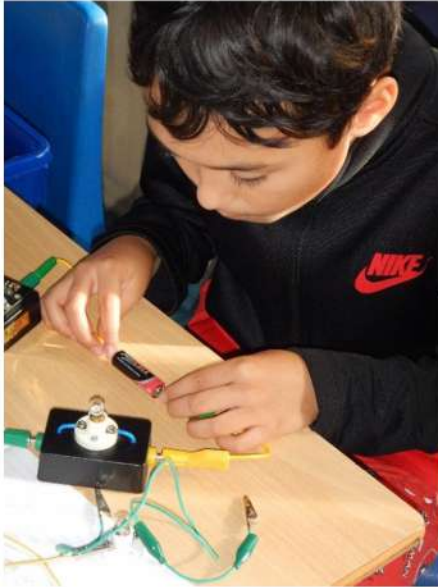
Mrs Crissey



Be cheerful no  
matter what;  
pray all the  
time;  
thank  
God  
no matter  
what happens.  
-1 Thes 5:18

## Year 5 -6 Get Electric!

Year 5 and 6 are hard at work making electrical circuits. They have learned lots of new vocabulary – ask them to tell you about circuits in series, conductors and insulators.



## Newbold School on Social Media

We have started posting more photos on social media so you can have a quick peek at what your children have been up to during the week. Follow us on Facebook: <https://www.facebook.com/newboldschool>

And keep your eyes peeled for a new website coming soon!



## PTFA News

### PTFA Christmas colouring competition

Years 1 to 6

Advent calendars

Colour them in by 30 Nov

Send a picture to Maria

One winner in each year!



We will only judge the front of your calendar.

It's your choice whether you colour in the inside before you start using it, or leave the inside blank and then you will have a picture to colour each day in December.

Send to: 07795 364260 by 30 Nov

### PTFA Christmas colouring competition

F1 + F2

Angels

Colour them in

Send a picture to Maria

Best angel in each class gets a prize!



Send to: 07795 364260 by 30 Nov

## Healthy Corner... Let's talk about salt.

Do we know how much salt we're feeding our kids? Let's look at these examples:

**Bread:** Just one piece of medium-sliced white bread (weighing approx. 36g) contains around 500mg of salt. A six-year old eating two slices will have consumed half the daily recommended salt intake for a child of this age.

**Baked beans:** An average portion of traditional baked beans (half a tin weighing approx. 200g) contains around 2,500mg of salt, which alone exceeds the daily recommended intake of 2 grams for a six-year old.

**Crisps:** One 34g packet of Original Hula Hoops containing around 1,000mg of salt would account for half of the maximum daily salt intake of a six-year old.

**Snacks:** One Dairy Lea Lunchable contains 2.75g of salt - 37% more than the recommended intake for six-year olds.

**Fast food in restaurants:** A Burger King children's meal contains 3.3g, which is 65% more than a six-year old should have in one day.

**Cornflakes:** An average bowl (30g) contains 750mg of salt, almost half what a six-year old is allowed in a day.