



# ST MARY'S BRYANSTON SQUARE

## School Newsletter

Friday 27th March 2015

### Keeping Fit and Healthy!

By now, you will have received the letter about healthy lunches. Most of the packed lunches I saw today looked great, but I know some people are a little concerned about this. However, as a school, we are really trying to give children the best start in life. Children learn better when they eat healthily, and will feel better too. There are still 'treat Fridays', as everyone likes a treat now and then! What I didn't explain in detail in the letter was that we are also looking at school lunches, particularly the desserts, and trying to ensure these are as healthy as possible too. It is very important to us that we are fair.

If you have any concerns, please speak to Mrs Leith, Mrs McSherry, Miss Bell or myself and we will do our best to answer your queries.

Alongside healthy eating, is the importance of exercise. At St Mary's we are passionate about sport and have had a variety of different sporting opportunities on offer. This week, the children all had tennis coaching:



Year 6 delighted us last Friday with a fantastic gymnastics assembly:



Also, some children in KS2 have been taking part in inter-school sports competitions in hockey and netball, with more to come, showcasing our great sports prowess! Well done.

### Easter Bunny Hop

Another way of keeping fit and healthy, and raising money, is our Easter Bunny Hop. We hope that as many children who are able to will try and get some sponsors for their bunny hop around an obstacle course. It's for two great causes—Sports Relief and our own school PE resources. Everyone has been enjoying the new equipment in the playground we now have as a result of last year's hop So do please support us again!

**St. Mary's School Easter Bunny Hop  
PLEASE SPONSOR ME!**

Child's Name \_\_\_\_\_  
At 10:30am on 02 April I will participate in an "Easter Bunny Hop" at school. It will be an obstacle course challenge.

Please put all sponsorship money in the attached envelope and give to Miss Lo by 1st April. The child that brings in the highest amount wins a special prize!

How many times do you think I will be able to complete it in 10 minutes?  
Suggested donations:  
5 times=£2 10times=£5  
Or more, you decide!

All proceeds will be equally supporting Sports Relief and the school's PE department.

Please come and encourage me if you can, the event is on 2nd April between 10:30-12 in the school playground.

### Next week:

Thursday 2nd April:

Church Service (9.15) - all parents welcome to join us. The church will be open from 9 for coffee.

Bunny Hop (10.30) - again, parents are welcome to join us for this.

End of Term (1.15)

Term starts again on Monday 20th April at 9.00.

I hope you all have a really wonderful weekend. Only 3 1/2 days til Easter!

Best wishes

*By Norman*

Emily Norman—Headteacher