

Take part in 'Fizz Free February' 2024

Could you and your family give up fizzy drinks in February?



Taking part in Fizz Free February is a great way to improve your health and reduce your sugar intake by consuming less fizzy drinks. It can also help you on your way to drinking less sugary drinks for the rest of the year. [More 5 to 9-year-old children are hospitalised due to tooth decay](#) than for any other reason.

- **How do I take part in Fizz Free February?**

To join in, reduce or give up fizzy drinks for the whole month and join our team at **Botwell Green Library on Wednesday 7th February 2024 between 9.30am – 11.00am** for helpful tips.

- **Why should I stop drinking fizzy drinks in February?**

Fizzy drinks are the largest single source of sugar for children aged 11 to 18. Cutting out fizzy drinks is an easy way to reduce your sugar intake. Committing to going fizz free for the entire month of February will make it easier to cut down on fizzy drinks for the rest of the year.

- **Why is sugar bad for my health?**

Excess sugar can lead to tooth decay and weight gain.

How much sugar should I have?

Sugar should not make up more than 5% of the total energy in your diet. This means the maximum daily amount of added sugar are:

- 4 to 6 years, 5 sugar cubes (19 grams)
- 7 to 10 years, 6 sugar cubes (24 grams)
- 11+ years, 7 sugar cubes (30 grams)



What can I do to encourage others to drink and eat less sugar?

- Challenge your friends to go Fizz Free! You can also encourage your friends and family [to make smart sugar swaps using the NHS Better Health for healthier families advice](#). Don't forget to share all the information on how sugar and fizzy drinks affect your health!



Nursery Weekly Newsletter

Mrs Hatt, Mrs Wilkinson,
Mrs Mehta, Mrs Ruprai,
Miss Inagal, Miss Morgan
Miss Leggett, Mrs Wallington,
Mrs Javed

Please view all links on the website:

www.yeadinginf.co.uk

and visit the Instagram account

https://instagram.com/yeading_infants

*You will find all school information,
Updates, term dates and up & coming events*

Date: 23.02.2024

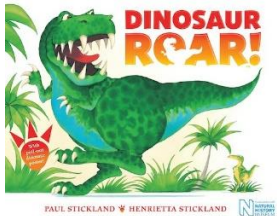
Hello Parents and Carers

Our Learning

This Week

Back to school after a break and the children have come in very happily. Many are becoming more confident and more talkative and their learning is coming on well too.

The children have been busy learning about dinosaurs and enjoying our new focus book: Dinosaur Roar by Paul and Henrietta Stickland.



<https://www.youtube.com/watch?v=5MMiiXIFNZA>

In Phonics we are learning the letter 'I' for insect and using robot talk to sound out new words: sip, tip, sit.

Next Week

We will be continuing with our focus book Dinosaur Roar, which teaches lots of new vocabulary.

We will be using the dinosaur theme across the curriculum, with lots of activities inside and outside the classroom.

Plenty of stories here to keep your little Ones engaged.
<https://www.bbc.co.uk/cbeebies/stories>

Can your child please bring in a small plastic yoghurt pot to use for cress growing.

Parent Meetings will be held over the coming week. Please check your appointment time and we very much look forward to meeting you all. It is important to come at the correct time scheduled but if this isn't convenient do speak to a member of staff to rearrange.

Thank you!

General Notices

For your information

Attention Dads! Mother's Day Crafts will be taking place for children in Reception and their Dads on Wednesday 6th, Year 1 Thursday 7th and Year 2 Friday 8th from 2pm until 3pm. This session is for Dads and their children in these years.

World Book Day! Is Thursday 7th March!! This is an exciting day for all the children and staff to dress up as a book character.

Home Time

Please can parents queue in single file at the doors when collecting.

Your child's **safety** is **extremely** important to us. We ask that you form a queue and continue to be patient when we are calling your children's names. If somebody different is picking up your child, you must inform staff or call the school before pick up time. We will not send your child home if you do not inform staff of any changes. Therefore, please let us know in advance.

Haircuts and Uniform

Polite reminder that children should have crew cuts only and not fashion cuts. Long hair should be tied back. Please see website for further details. In cold weather it is important that your child wears a warm coat as we go outside every day. Shoes rather than boots should be worn to school.

Punctuality & Absence

If your child is going to be absent, for whatever reason, please ensure that you ring the school office by 8.40am on 020 8573 3389 pressing **option 1** and leaving a message, stating your child's full name, class, and reason for absence.

Thank you, Nursery staff ☺