



The Friday Flyer

John Bunyan Primary School & Nursery



Friday 18th June, 2021

After School Sports Clubs

The last after School Sports Clubs for Years 3-6 will be during the week commencing Monday 12th July.

Warm weather

Please ensure that your child has a sun hat and that sunscreen has been applied in the morning at home. Children may bring in sunscreen to apply themselves if you wish.

Pupils are encouraged to bring in water bottles, separate from any lunchbox drink, in order to stay hydrated in school. This is especially important when the weather is warmer.

School Dinners

Week commencing Monday 21st June – Week 1
Week commencing Tuesday 28th June – Week 2
Week commencing Monday 5th July – Week 3

Copies of the school dinner menu are always available to view on our website www.johnbunyan.co.uk and paper copies are available from the school office.

First Aid in School

During the week beginning 5th July, Years 5 and 6 will be taking part in first aid workshops in school. This will give them an understanding of basic first aid skills.

John Bunyan Olympics

This year sports day was a bit different, sadly with no spectators allowed. All the children still managed to have fun and work hard in their teams to compete for points. This year's winners were:

Year 3 - Poplars
Year 4 - Cedars
Year 5 - Hazels
Year 6 - Maples

Individual Winners :

Year 3 - Nicole and Harry
Year 4 - Keeley and Ivan
Year 5 - Daisy-May and Kai
Year 6 - Orlaith and Courtney

Well done everyone!



Year 6 Trip

As a leaving treat Year 6 will spend the day at Frinton on Sea on Wednesday 14th July. The children can wear their own clothes that are suitable for the weather and will need to bring a packed lunch and plenty of drinks. There is no charge for this trip. Please see ParentPay for further details and to give your consent.

Reception Year Vision Check

On Tuesday 22nd June the school nursing team will be with us to undertake vision checks for Reception Year children. A letter has been sent about this. If you **do not** wish your child's vision to be checked, you will need to call the number on the letter to opt out. We are unable to deal with this in school.

Termly Learning Conferences

Thank you to all parents and carers who spoke with their child's class teacher this week for Termly Learning Conferences.

A message for Year 2 Parents

From the Autumn term your child will no longer qualify to receive a free school meal as part of the Government's initiative for Reception, Year 1 & Year 2 pupils. If you think your child is eligible to receive free school meals you will need to apply in **July/August** ready for September. Please apply at www.gov.uk/apply-free-school-meals

If you are not in receipt of free school meals a charge of £2.00 per meal will be charged. This must be paid in advance or on the day via ParentPay. If you have not activated your account please contact the school office.

Healthy Bodies, Healthy Minds Week

Maples class (Year 6) investigated the sugar content of different soft drinks.

The children were all very surprised by the high sugar content of some of the drinks they thought were healthy! They have endorsed our recommendation that children should only drink water through the school day.



Thursday 10th June 2021
 We have compared the sugar contents of different soft drinks.

Type of drink	Number of sugar cubes	Actual sugar content (g)	Comments
Charles M.M.	8	11.2g	1st most sugar
Coke	6	8.4g	2nd most sugar
Pepsi	3	4.2g	3rd most sugar
Fanta	2	2.8g	4th most sugar
Sprite	2	2.8g	5th most sugar
Water	0	0g	6th most sugar
Mineral Water	0	0g	7th most sugar
Apple Juice	14	19.6g	8th most sugar
Orange Juice	14	19.6g	9th most sugar
Blackcurrant	10	14.0g	10th most sugar

2 sugar cubes = 14g

What have you learnt?
 That some drinks have more sugar than others. Some are healthy, some are not. We should only drink water at school.
 What is the best choice?
 I think water is the best choice because it's healthy and it's free!

Should you forget your choice of drink come to us by 11am on the day of the event?

YES

Diary Dates

Tuesday 22nd June
 Tuesday 29th June

Week commencing Monday 5th July
 Week commencing Monday 5th July
 Wednesday 14th July
 Wednesday 21st July
 Thursday 2nd September

Reception Year vision checks
 Visits to School for children who will start in Reception Year in September 2021
 First Aid workshops for Years 5 and 6
 Last week of after school clubs
 'Covid secure' Year 6 trip to Frinton
 Last day of term, break up for Summer holidays
 Return to School

Term Dates for 2020-2021 Academic Year

Summer Term: Monday 12 April 2021 – Wednesday 21 July 2021

Term Dates for 2021-2022 Academic Year

Autumn Term: Wednesday 1st September 2021 – Friday 17th December 2021

Half Term Holiday Monday 25th – Friday 29th October

Non-Pupil Days: Wednesday 1st September, Friday 22nd October, Monday 1st November