

SIR JOHN CASS'S FOUNDATION PRIMARY SCHOOL

Friday 1st November 2019

A voluntary aided Church of England primary school in the heart of the City of London



Dear Parents and Carers,

Welcome to our latest newsletter. I hope that you have had useful meetings with your children's classteachers over the last week and that we are able to continue working together over the coming terms to make sure every child fulfils their potential.

Remembrance Day

Our Head boy and girl will be selling poppies in the school playground before school each day until 11th November. Poppies will also be available to buy from the main office and the Sp@ce office.



Skipping

You may be aware that nationally there is a growing concern about childhood obesity and unfortunately we are not immune to the problem here at SJC. Being overweight or obese is linked with ill health and is therefore a concern. Children can become overweight and obese for a variety of reasons. The most common causes include genetic factors, lack of physical activity, unhealthy eating patterns, or a combination of the above. At school we support our children's health in a number of ways. We have a specialist sports teacher who delivers 2 hours of PE each week, a number of sport clubs and competitions that we participate in, a varied and healthy school lunch provision – free to all pupils from Reception to Year 6, amongst other things. This week we are launching a daily skip to offer our children (and their parents) the opportunity to get moving even more. Skipping is excellent for fitness and brain health, offering a full body workout and supporting the development of:

- Leg strength
- Stamina
- Coordination
- Bone strength
- Balance
- Agility
- Flexibility
- Endurance



If you would like your child to join the 10 minute sessions, they begin at 8:35 on the days below. Children who attend breakfast club will attend on the allocated day as a part of the early morning provision.

Mondays: Year 1 and Year 2

Tuesdays: Year 3 Ironmongers and Carpenters

Wednesdays: Year 4 and Year 5

Thursdays: Year 6

Parents and carers are welcome to join in the activity too!



Bedtime Storytime

Bedtime Stories

You may remember that last year we ran a Bedtime Stories event in school. We had some great feedback so have arranged to hold another one, on Tuesday 19th November at 5pm. Look out for the letter and further information. We look forward to seeing you there!



Logo Competition

Win a Solar Powered Phone Charger!

City of London Community Energy want to create clean electricity that benefits our local area. We're starting by putting solar panels on the Middlesex Street estate, and **we need your help!**

The Competition

We're inviting young people aged 6-16 to design a logo for us that will be used on everything we do. As people don't know who we are (yet), your design needs to include our name or the letters **CoLCE** prominently. We also think the logo should be bright and colourful. To help your imagination, here are 3 things that make CoLCE special:

- **Solar Power** – We want to install solar panels all over the City of London. These create clean electricity from the sun which means less air pollution and less climate change creating CO₂.
- **Community** – Everyone should benefit from CoLCE. That means working together and helping as many people as we can with the electricity we make.
- **London** – We think our part of London is a great area to live and work. Feel free to include any landmarks which make you think of the local area.

Your logo design can include some or none of the elements above, but it does have to be on a white background. The winning logo will be formatted by our designer and used on flyers, websites and everything we do, so try to keep it simple!

The prize

The creator of the winning design will receive a **solar powered mobile phone charger**. This will give you free, clean electricity to charge your phone or anything else that runs off USB. Anywhere!



How to enter

The deadline for entries is Friday the 22nd of November. To take part, please email your final design to colcommunityenergy@gmail.com or post it to:

CoLCE Logo Competition,
Repowering, Blue Star House,
234-244 Stockwell Road, SW9 9SP

Please include your name, contact details and age when sending in your entry.

The Rules

- Entries must fit on a single piece of A4 paper or smaller
- The competition is open to any young person aged 6-16 and living or studying in the City of London
- Entrants must have permission of their parents/guardians or school to enter the competition
- You can enter the competition as many times as you like
- Copyright for each logo will remain with the submitting illustrator but CoLCE will be able to use the logo for free in perpetuity (which means forever)
- The judges' decision is final

To find out more about CoLCE visit us at www.repowering.org.uk/CoLCE

