



Comber Grove Primary School Weekly Newsletter Spring Term 1

Friday, 3rd February 2023

Quote for the week:

'Everything you can imagine is real.' - Pablo Picasso

A message from our Headteacher

Dear Comber Grove families,

Fizz Free February 2023

This February we will be joining [Sugar Smart UK](#) and healthcare professionals across the country in promoting **Fizz Free February**. It challenges us all to #gofizzfree for a month.



<https://www.southwark.gov.uk/health-and-wellbeing/health-advice-and-support/fizz-free-february>

Fizzy drinks are the largest single source of sugar for children providing an average of 29% of daily sugar intake. Most fizzy drinks contain at least 6 teaspoons of sugar.

Not only can excessive sugar consumption cause weight gain and lead to other health problems such as diabetes and heart disease, it also has significant implications for oral health, increasing the risk of tooth decay which can require tooth extraction.

Take part in Fizz Free February

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.

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+ 7 sugar cubes (**30 grams**)

How else can I cut down the amount of sugar I eat and drink?

The easiest way to cut down the amount of sugar you have in your diet is through simple swaps:

- change fizzy drinks to water
- check labels and opt for food labelled with "no added sugar"

Wishing you all a very restful and safe weekend,

Lorram Black and Team Comber Grove

Community

Pride

Empathy

Happiness

Individuality

Creativity



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Fizz Free February

**MAKE YOUR HOME
A FIZZ FREE ZONE**
Forget fizzy drinks this February

Fizz Free Feb

SAVE MONEY

LOSE WEIGHT

KEEP YOUR TEETH

Make your pledge to #gofizzfree
Find out more at southwark.gov.uk/gofizzfree

Est. in 2018 by Southwark Council

[@lb_southwark](https://www.instagram.com/southwark) [facebook.com/southwarkcouncil](https://www.facebook.com/southwarkcouncil) [@southwarkcouncil](https://www.twitter.com/southwarkcouncil)



Why is sugar bad for my health?

Excess sugar can lead to tooth decay and weight gain, which in turn increases the risk of heart disease, type 2 diabetes, stroke, and some cancers. It can also reduce your ability to concentrate and learn in school.

What does 'added sugar' mean?

Added sugar is the sugar that has been added to food and drink to sweeten it. This added sugar has no nutritional value and only adds empty calories to a drink or meal. Added sugar also includes honey, syrups and fruit juice nectars.

FORGET FIZZY DRINKS THIS FEBRUARY

Fizz Free Feb

KEEP YOUR TEETH

SAVE YOUR POCKET MONEY

STAY HEALTHY

Join in with your friends and go fizz free
Find out more at southwark.gov.uk/gofizzfree



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Year 3 and 4 Athletics Competition



On Monday, Year 3 and 4 participated in an Athletics Competition at Elephant and Castle Leisure Centre.

All the children ran their hearts out and ended up finishing second, which is a really good achievement.

By attending these competitions, our children are gaining more experience and making great improvements!

Well Done everyone!!!

We are looking forward to next term as we are excited about doing tag rugby, tennis and netball.

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Stars of the Week



Value of the Week: **CREATIVITY**

Class:	Pupil:	Reason:
Year 1 Benjamin Zephaniah	Kamilla	For amazing creativity in her Art!
	Bianca	For amazing creativity in her Art!
Year 2 David Attenborough	Paul	For always working hard and improving his Art.
	Adesola	For always working hard and improving his Art.
Year 3 Mo Farah	Ellington	For being creative in his Art work. Well Done!
	Elliott	For being creative in all her work and presenting her work well in all subjects!
Year 4 Marcus Rashford	Amina	Well Done on your fabulous paintings!
	Jahan	Well Done on your fabulous paintings!
Year 5/6 Mae Jemison	Elisabeth	For her excellent presentation of Yari Gagarin's fact file.
	Eman	His creativity comes out through Art. Well Done!
Year 6 Olive Morris	Djibril	For being creative with his space Art.
	Sasha	For always working well and being creative in Art! Well Done!



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ATTENDANCE MATTERS!!!

Can We Help?

Your child's school attendance is very important, and we are here to help. If you need support to increase your child's attendance, please contact any member of the Safeguarding and Wellbeing Team (Mr Black, Ms Fielding, Mrs Anchebe, Ms Rowe or Ms Trent).

Call the school on: **020 7703 4168** or email: office@combergrove.southwark.sch.uk

Attendance Matters



Every Day Counts....

Days off school add up to lost learning!

175 NON-SCHOOL DAYS A YEAR

175 days to spend on family time, visits, holidays, household jobs and other appointments.

0 DAYS ABSENCE (190 school days) 100%	6 DAYS ABSENCE OR MORE 96%	15 DAYS ABSENCE OR MORE 92%	19 DAYS ABSENCE OR MORE Below 90% (Persistent Absentee)
EXCELLENT ATTENDANCE	SATISFACTORY ATTENDANCE	REQUIRES IMPROVEMENT	CAUSE FOR CONCERN
Best chance of SUCCESS!	Harder to make good progress.	Less chance of success.	Serious concern. Possible court action!

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ATTENDANCE MATTERS
every student, every day

Attendance Winners

School Target: 95.6%	This week's attendance: 91.4%
Years 1, 2 and 3	Year 4, 5 and 6
<u>Well Done:</u> Benjamin Zephaniah 92.7%	<u>Well Done:</u> Olive Morris 93.5%
Class:	Attendance:
Reception Maggie Aderin-Pocock	83.3%
Year 1 Benjamin Zephaniah	92.7%
Year 2 David Attenborough	92.4%
Year 3 Mo Farah	93.3%
Year 4 Marcus Rashford	84.7%
Year 5/6 Mae Jemison	93.3%
Year 6 Olive Morris	93.5%

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School Information and Events

 Dates for your Diary 	
Monday, 6 th to Friday, 10 th February 2023	Children's Mental Health Week, THEME: 'Let's Connect'
Wednesday, 8 th February 2023	9:15am- (Years 1 and 2) Mental Health Assembly Parents/ Carers invited to attend
	9:45am- (Years 3,4,5 and 6) Mental Health Assembly Parents/ Carers invited to attend
	SCHOOL DISCO (cancelled!) will be rescheduled. Apologies for any inconvenience caused!
Thursday, 9 th February 2023	Full Governing Body Meeting at 5pm
Friday, 10 th February 2023	School closing at 3:15pm for Spring Half term
Half Term: Monday, 13th to Friday, 17th February 2023	
Monday, 20 th February 2023	First day of Spring Term 2
Wednesday, 1 st March 2023	National offer day for Secondary Schools
Thursday, 2 nd March 2023	World Book Day
Friday, 3 rd March 2023	Parent Coffee morning at 9:30am (Supporting pupils with SEND)
Monday, 6 th to Friday, 10 th March 2023	Assessment Week
Friday, 10 th March to Sunday, 19 th March 2023	British Science Week –THEME: 'Connections'
Thursday, 16 th March 2023	Staffing Committee Meeting at 4pm
Thursday, 23 rd March 2023	Full Governing Body Meeting at 5pm
	Beginning of Ramadan
Friday, 24 th March 2023	Parent OPEN Day
Wednesday, 29 th March 2023	SPRING Fair
Friday, 31 st March 2023	End of Spring Term. School closing at 2pm

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Children's Mental Health Week

Comber Grove Primary School will be taking part in Children's Mental Health Week (6th to 12th February 2023).

This year's theme is '**Let's Connect**'.

Our activities next week will be designed to encourage children (and adults) to consider how we can make meaningful connections that support our mental health.



Human beings thrive in communities, and this connection is vital for our wellbeing, and our survival. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

Let's Connect is about making meaningful connections for all, during Children's Mental Health Week - and beyond.

For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding, and meaningful ways.

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Southwark Children and Family Centres
Peckham, Peckham Rye and Nunhead

INCREDIBLE YEARS AUTISM PROGRAMME

The Incredible Years Autism Programme offers great strategies for promoting children's language skills, school readiness, emotional self-regulation, social skills, empathy, and building positive relationships. It provides evidence-based strategies for parents and carers to enhance their parenting confidence and understanding of the valuable role that they play in promoting their children's development.

Starting Wednesday 22nd
February 2023 10am -12pm,
every Wednesday for 14
weeks

Book your place
02038485780
Childrenscentre@ivydale.
southwark.sch.uk

Rye Oak Children & Family Centre
Whorlton Road SE15 3PD



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**Half Term Family Activities at the Centre for Wildlife Gardening
28 Marsden Road, SE15 4EE**

Have fun on these on this 2 day course for dads, mums and children of any age with the London Wildlife Trust. Southwark residents only. Free - booking essential. www.wildlondon.org.uk/events

Nature Detectives

**Monday 13th and Tuesday 14th February
10am till 3pm**

A fun two day course for parents and their children living in Southwark. Use clues around you to find out about the wildlife living on your doorstep. You will explore animal sounds, footprints, make a cast, set up footprint, moth and pitfall traps and tune into your senses with activities and games.



To find out more and for booking visit www.wildlondon.org.uk/events or contact Diana



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Council
southwark.gov.uk

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