

# St Margaret's Academy

This week we started with an assembly looking at the sugar content of popular drinks along with the NHS advice for the recommended daily intake for children and adults. This was about helping children make informed choices linked to growing strong roots for the future. Apart from the natural sugars found in milk, vegetables and fruit, did you know that the recommended number of daily t-spoons of sugar for a child aged 7-10, is just 6! Ask your child to see if they can remember how many t-spoons of sugar can be found in each of the following:



## Auf Wiedersehen

Goodbye and good luck to the two trainee teachers from Switzerland who have enjoyed the last two weeks with us to experience education in the UK and further develop their English language.

## Farewell

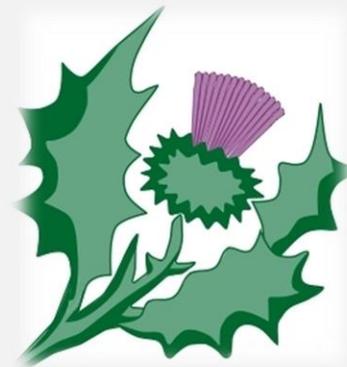
Good luck and best wishes to Mr Brooking. Today was his last day working for us as a Meal Time Assistant, after 6 years. We wish him all the best on his retirement. Thank you, Mr Brooking.

## Curriculum News

Last Friday, [Year 2](#) enjoyed a trip to Dawlish Warren to study living things in their natural habitat. Have a look in the Science Blog to read more and see some photos. Look, they also discovered, St Margaret's purple thistle!



In the [Sports Blog](#), you can read the final league standings for our boys' football team and the results from the league cups for the boys and girls teams. I would like to say a huge thank you to Mr Mayling and Mrs Scaife for all their expert coaching and time that



Apply sun cream in the morning and send your child in with spare cream. Teachers will then remind children to re-apply before going out to lunch.

Dress your children in loose, light clothing. Please feel free to adapt your child's uniform to suit the weather each day e.g. you may want to send them in a long-sleeved cotton top to protect their arms

Please send them in with a full water bottle. Staff will encourage them to drink plenty during the day and refill their bottle regularly.

Please send them in with a hat with a wide brim

they have given to the teams this season. Also, many thanks to all the parents for running them round from fixture to fixture. Another great season.

### **Torbay Residents Survey**

Torbay Council has opened a survey for residents to help find out what you think about the council and life in Torbay. There is also a separate survey for 12–15-year-olds. It is open until 21<sup>st</sup> July. Click [here](#) to have your voice heard.

### **Parent Support**

Just a reminder that on our website, under 'Parent' there is a tab called 'Useful Resources for Parents' with a wide range of support such as SEND advice, free holiday clubs, online safety and a lot more.

### **Help with Rising Costs – Reminders**

- **Household Support Fund** – if you are on a welfare benefit / tax credit or have a disposable income of less than £50 per week:  
[Household Support Fund - Torbay Council](#)
- Do you need help with child care? If so, try this website: <https://www.childcarechoices.gov.uk/>
- Help for households – very useful government website:  
<https://helpforhouseholds.campaign.gov.uk/>
- This community kitchen has some very affordable meal options and is well worth a look:  
<https://www.turningheads.org.uk/community-kitchen/>
- The PTA has lots of quality school uniform for a small donation – see their FB page
- Martin Lewis: <https://www.moneysavingexpert.com/>
- Free uniform and help with rising costs: <https://www.punkagainstopoverty.org/>
- Try here for cheaper broadband: <https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/costs-and-billing/social-tariffs>

See you at the summer fair tomorrow.



Tim Hughes (Headteacher)



# Diary Dates

8th July 2023	PTA Summer Fair
W/C 10th July 2023	Reports to Parents (date to be confirmed)
12th July 2023	Y6 Show- Afternoon performance to parents 2pm
13th July 2023	Y6 Show - Evening performance to parents 6pm
18th July 2023	Meet your child's new teacher 3.15-3.45pm
19th July 2023	Picnic on the field for New Starters and current Reception Children 3.30-4.30pm
20th July 2023	Rock Steady Concert 10am (FS, Y1 & Y2) 10.30am (Y3-6)
21st July 2023	Year 6 Leavers Assembly for parents and siblings 9.30-10am
21st July 2023	Year 6 BBQ
21st July 2023	Last day for all Pupils
<b>4th September 2023</b>	<b>Non-Pupil Day (staff training)</b>
<b>5th September 2023</b>	<b>1st day back for pupils-</b> please note the short week due to non pupil days
<b>8th September 2023</b>	<b>Non-Pupil Day (staff training)</b>