



KEY DIARY DATES

- Friday 21st May Eid Parties – children can come in party clothes
- May half term Friday 21st May – Friday 4th June
- School reopens on Monday 7th June

Eid

On behalf of all the staff and governors, we would like to wish all of our families celebrating Eid a happy time with their family. Please remember only one day is allowed for religious observance.

What is the function of the four components of our blood?

Plasma is a yellowish liquid which carries nutrients and proteins to different parts of the body. It also helps to filter out waste. Plasma is 90% water and 10% dissolved nutrients. It makes up 55% of our blood.

Red blood cells make up 45% of our blood and are made in the bone marrow. They are disc shaped cells that are responsible for transporting oxygen to our tissues and different body parts. They contain a protein called haemoglobin which gives our blood the red colour.

White blood cells make up less than 5% of our blood and are an important part of our immune system because they act like warriors to help fight off infections, viruses and diseases.

Platelets also make up less than 5% of our blood. When you get a cut, they will stick to the broken area to repair and stop it from bleeding. If we didn't have platelets that work in our blood, then we would need to be in hospital as we would lose a lot of blood.

By Aydin Y5.



How to keep a healthy heart?

During the pandemic we have been reminded about the importance of looking after our health, a good starting point is your heart.

Get healthy

Your heart is a muscle and as with any muscle you have to strengthen it by exercise. Your first step is to determine your target heart rate. Then find an activity you enjoy and can stick with.

Quit smoking

Quitting smoking is tough. It is important to quit because it is linked to heart disease.

Don't overeat

Eating a lot of food at once leads to:

- Blood shifting from the heart to the digestive system
- Faster and irregular heart rhythm

A balanced diet, plenty of fruit and vegetables will help to reduce heart disease.

By Aleena Year 5

Diseases in the heart

There are many different heart conditions and problems which are collectively called heart disease. Heart disease and different conditions affect the heart's ability to work efficiently.

- Coronary Heart disease
- Angina
- Unstable Angina
- Heart Attack
- Heart Failure
- Arrhythmia
- Valve Disease
- High Blood Pressure
- Congenital Heart Condition
- Inherited Heart Condition



By Izma Year 5

Broadfield Primary School

Awards



'Together We Can Achieve'

Pupil of the Week



Reception 1	Muhammad Ali
Reception 2	Aaron
Year 1 Larch	Eshal
Y1/2 Beech	Amna
Y2 Willow	Maaz
Y3 Maple	Subhaan
Y3/4 Woodlands	Jawad
Y3/4 Chestnut	Aliya
Y5 Ash	Lybah
Y5 Sycamore	Araful
Y6 Elm	Mohammed
Y6 Oak	Oak
Y6 Oak	Danyal

Honourable Mentions

Hamayl	Kaleem
Treyden	Aamer
Mohammed Gohar	Mohammed Mustafa
Amelia	Lewis
Mohammed Faizan	Ramiza
Mehak	Aydin

Best Attendance



This week's best attenders are:



Outstanding!

Well Done to All!