



Many of the children are very keen to share their work with the school community and I hope that you are enjoying their contribution to the newsletters.

A welcome addition to the newsletter this week, is art work from children in Chestnut class. Well done to all!

We finish for May half-term today and return to school on Monday 7<sup>th</sup> June. Have a safe and restful holiday.

## National Smile Month (17<sup>th</sup> May – 17<sup>th</sup> June)

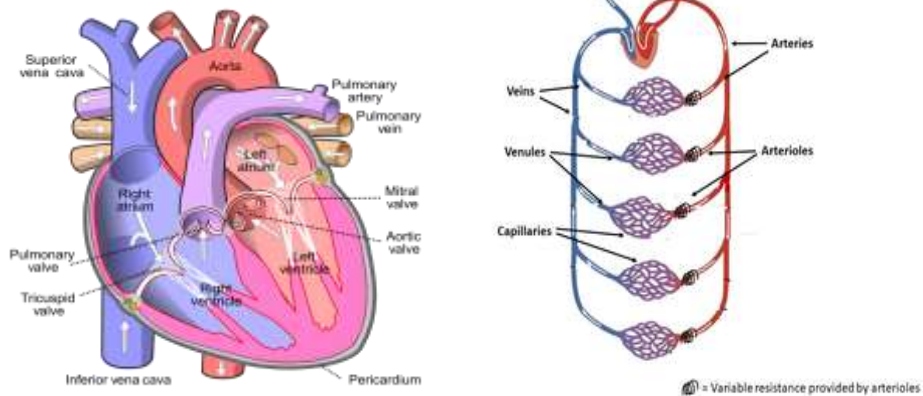
### Are your family having too much sugar?

- Sweet sugary food and drinks are part of the reason why some children under 5 have bad teeth. Find out more how you can swap sugar and cut down on @change4life website: <http://ow.ly/jXMO30ozGy5> #SmileMonth
- Sugary drinks in bottles are one of the biggest reasons why children have bad teeth. Swap them for healthier options, find out more on @change4life's sugar swaps page: <http://ow.ly/jXMO30ozGy5> #SmileMonth
- Children who eat sweets every day have nearly twice as much decay as children who eat sweets less often. Find out more about how to swap sugars for healthier options <http://ow.ly/jXMO30ozGy5> #SmileMonth
- Did you know kids are having over 2 times more sugar than they should? We're aiming to reduce sugar intake across the borough as part of #SmileMonth. Find out more, visit: <http://ow.ly/jXMO30ozGy5>
- Children get a lot of their sugars from fizzy/juice drinks, buns, cakes, pastries, biscuits, breakfast cereal, yoghurts, sweets/chocolate and ice cream. Find out how you can swap them for healthier options, visit: <http://ow.ly/jXMO30ozGy5> #SmileMonth

Do you know what the daily amounts of sugar are for children? Take a look below.

- 4-6 years – 5 cubes (19 grams)
- 7-10 years – 6 cubes (24 grams)
- 11+ years – 7 cubes (30 grams)

## The Circulatory System!



The circulatory system is a vital piece of our body and without it our heart would fail and we would die. It is divided into three essential parts, which are called: the heart, the blood vessels and of course the blood itself. The circulatory delivers: oxygen, nutrients and water around the body. It also has a completely different job to this, and this is to take away the body waste. The job of the heart in this complex system is to pump both oxygenated blood (blood with oxygen in its contents) and deoxygenated blood (which has no oxygen inside) around the body. There are also three blood vessels, which carry blood to and away from the heart. The blood vessels also have a role in delivering oxygen and nutrients around the body. These three blood vessels are known as the: arteries, capillaries and veins.



### Did you know?

1. Did you know, if you laid out all of the: arteries, capillaries and veins in one adult it would stretch around 60,000 miles (100,000 kilometres)?
2. It takes about 20 seconds for the blood to circulate around the whole body!
3. Red blood cells live up to 4 months and make approximately 250,000 trips around the body before returning to the bone marrow, where they were born and will die.
4. Did you know, between 2.3 and 3 million red blood cells (known as erythrocytes) are lost and replaced every second?
5. Surprisingly, the ancient Egyptians believed that the heart, instead of the brain was the source of: memory, wisdom and emotions.

### Conclusion

To conclude all, the circulatory system is the most vital section in our entire body and we can't live without it.

By Ayaan Oak class

## Art work

Children in Chestnut class have been learning the following skills sketching and colour mixing to produce the art work below. They are currently learning about plants in science.



# Broadfield Primary School

# Awards



'Together We Can Achieve'

## Pupil of the Week



Reception 1	Zainab
Reception 2	Fatima
Year 1 Larch	Mustafa
Y1/2 Beech	Mohammed
Y2 Willow	Warith
Y3 Maple	Anaayah
Y3/4 Woodlands	Emaan
Y3/4 Chestnut	Raiyyan
Y5 Ash	Ramiza
Y5 Sycamore	Ana
Y6 Elm	Talha
Y6 Oak	Aamer

## Week beginning 10<sup>th</sup> May

Reception 1	Aaila
Reception 2	Abdul
Year 1 Larch	Lewis
Y1/2 Beech	Daniella
Y2 Willow	Renad
Y3 Maple	Belin
Y3/4 Woodlands	Treyden
Y3/4 Chestnut	Rumaysah
Y5 Ash	Nagina
Y5 Sycamore	Daniella
Y6 Elm	Michael
Y6 Oak	Sara
Y6 Oak	Rebeca

## Best Attendance

This week's best attenders are:



**Willow**

**95%**

## Honourable Mentions

Arfa	Farhan
Rachel	Lybah
Razia	Maahi
Hamayl	Mayar
Mahida	Amelia

**Well Done to All!**