

11th May 2018

What's Coming Up

- 14.05.18 SATs WEEK
- 18.05.18 Yr. 3/4 RSPB Trip—Pegasus & Kraken class

**NEXT WEEKS ASSEMBLY
PHOENIX CLASS**

Give your Town the Run Around

Yesterday year fives from St. Catherine's took part in a day learning about nutrition and exercise that was provided by Your Town (a local business based in Hoddesdon Town Centre). The children were divided into two groups that visited the Your Town offices for a session on the benefits of eating a healthy and varied diet. The talk also taught the children why it is important to keep fully hydrated and why sleep is a very important part of a healthy lifestyle. They then took part in a competition to identify the fruit or vegetable, with some strange and amusing results.

Following this, the children then visited Fit 4 Less, where the instructors explained about the importance of exercise and they also tried out some of the equipment. Whilst one group enjoyed this experience, the others learned about the Your Town brand and how they support events around Hoddesdon.

They also entered a competition, that will be judged when the children compete in the runaround day in June at Robert Barclay Academy on 21st June (which will be attended by all of the primary schools in the area.)

Additionally, the children took part in a selection of sports and games on the school field and learned the rules of rounders.

For further information, follow this link; www.thedailymile.co.uk

<https://www.yourtown.community/about-us/>

Last week's Attendance Figures

Class	Possible	% Attend
Jumblies	100	94.8
Gruffalo	100	94.3
Phoenix	100	96.4
Psammead	100	93.5
Fungus	100	90.9
Gruncher	100	98.6
Pegasus	100	98.7
Lorax	100	94.3
Kraken	100	96.8
Hobbit	100	96.4
Gremlins	100	97.9
Jabberwocky	100	95.4

SATS Breakfast

There will be a free SATs breakfast for all years 6s Monday - Thursday next week in the upper hall from 8.00 am.

Looking forward to seeing the children there

11th May 2018

St Catherine's

Party on the Field

In aid of Mrs Staiano's music room

featuring SOULED OUT



Date Saturday 23rd June

Admission time 3pm till approx 9pm

Adult admission £10.00 & Children under 12 £5.00

**Food, alcohol, soft drinks and snacks will be
available to buy**

Tickets are available visit

www.ticketsource.co.uk/st-catherines-school

All families and friends welcome

Spread the word

11th May 2018

Mrs Staiano

Please see below information from the 'gofundme' page that has been set up to receive donations towards the music suite we intend to open in her memory.

Please be assured that any donation, large or small will be very gratefully received.



The current total is £6,300

Thank you.

Mrs A Staiano 4th March 1968 – 4th March 2018

<https://gofundme.com/stcaths>

Design Royal Wedding Bunting

To celebrate the Royal Wedding on 19th May, we are inviting pupils to design some Royal bunting. Entries are £1 and there will be a prize for the winner in each year group.

Please return your bunting to the office with your £1 by Monday 14th
May

<https://www.facebook.com/st.cath.1>

Baked Bean Omelette

Did you know that 80g of baked beans (which is around three heaped tablespoons), counts as one of your 5 a day? (NHS choices) With that in mind, this fun dish is not only delicious and healthy but also a cheap meal. This recipe was found on the Netmums website.

Ingredients (serves 2)

3 eggs

200g of baked beans (half a tin)

Pepper

Oil for cooking (we used sunflower)

*We added a few sliced mushrooms as well.

**Adapt your omelette as required.

Method

Crack the eggs into a bowl. Add the baked beans and season to taste.

We sliced our mushrooms and added them to the mix.

Whisk the ingredients together.

Heat the sunflower oil in a frying pan. Pour in the egg mixture and swirl it around to coat the base of the pan. Make sure you have an adult to help you with this.

Cook over a medium heat for 3 minutes until the sides begin to set and then turn the omelette over.

Cook for a further minute.

Serve and eat immediately. This would be good served with grilled tomatoes.