



Every Child, Every Chance, Every Day

# St Mark's News

12<sup>th</sup> October 2018  
Issue 3

[www.st-marks.islington.sch.uk](http://www.st-marks.islington.sch.uk)

Dear Parents and Carers,

It's been yet another incredibly busy half term with much happening in the life of our school, thank you to teachers and parents for your continued support and dedication towards every day being a platform for great learning.

Sadly, next week we say goodbye to Ms Bambury, our Pupil Premium teacher. Ms Bambury has decided that she needs to spend more time with her family. Ms Bambury has been a key part of lots of our academic achievements, supporting many of your children to much success. We will all miss her.

I wish you all a very relaxing and enjoyable half term (when it arrives) and look forward to seeing you back at school on Monday 29<sup>th</sup> October 2018. Ms Braithwaite

## School Council

Well done to all the children who wrote and presented speeches to become School councillors. All staff were impressed by the thought that went into the speeches and the execution of delivery. Congratulations to the children chosen by their classmates to represent them this year.

## Parent Governor Elections

I am delighted to say that we have had four parents put themselves forward to be parent governors. Please look out for their statements in the next newsletter, elections will be taking place after half term.

## Secondary Transfer Deadline

Y6 parents. Please remember that the deadline to submit your secondary transfer forms is fast approaching. We recommend you submit before the deadline to avoid any problems.

## Macmillan Coffee Morning

Together we raised the amazing sum of £430 for this charity. Thank you again for your support and generosity.

## Can you help our school?

Do you have some spare time to help put on whole school events that strengthen our school community and to help raise funds? St Mark's family (our parent body) is looking for more parent volunteers to organise a Christmas fair and to help develop St Mark's family throughout the rest of the year. If this is something that you are interested in please come to a meeting on Thursday 18 October in the music room from [9.am](#). Tea and coffee provided.

A record number of children in England are classed as "severely obese". Across England one in 10 children (9.5%) are already classed as obese by the time they enter Reception, while one in five (20.1%) of those in Year 6 are in the same category. Dr Max Davie, officer for health promotion for the Royal College of Paediatrics and Child Health said "20% of children are already obese by the time they leave primary school and this is totally unacceptable".

## Understanding the health implications of being overweight

Doctors have reported that they are seeing more cases of obese children suffering from health problems that are normally only seen in adults. These include poor mobility, fatty liver, coronary artery disease, high blood pressure and type 2 diabetes. There are also emotional issues that are linked to being obese. Obese children are also more likely to become obese adults and health problems can develop into serious illnesses such as cardiovascular disease, hypertension and stroke, and cancer.

## Here are 5 key ways to help your child achieve a healthy weight:

- encourage 60 minutes, and up to several hours, of physical activity a day
- keep to child-sized portions
- Have healthy meals and offer water instead of fizzy pop or juice
- less screen time and more sleep
- be a good role model

*Is anyone among you in trouble?*

*Let them pray.*

*Is anyone happy?*

*Let them sing songs of praise*

*James 5 v13*

# Behaviour Basics for Parents One Day Intensive Course

**Saturday 27th October 2018**  
**10am - 3pm**  
**St Mark's CE Primary School,**  
**Sussex Way, N19 4JF**



**During the course parents will participate in workshops exploring each of the 4 fundamentals of positive behaviour...**



Course Leader:  
**Tracey Campbell**  
Director of  
**Together Transforming Behaviour**



## **Effective Communication**

Guiding children with your WORDS and your WAYS



## **Setting Limits**

The importance of balance: love and limits, dos and don'ts



## **Giving Praise**

The place of power and praise



## **School & Home**

Cultivating a joined up approach to behaviour

*"Very impressive and straight to the point. I am really beginning to understand my son's behaviour and my part in it."*  
Parent, North London

**£40 pp**  
Includes lunch,  
refreshments and  
course materials  
**FREE**  
Parking available



This course featured on the 2014 Channel 4 documentary  
**'Mr Drew's School for Boys'**  
where Tracey was the resident behaviour consultant.

Book in at:  
[info@togethertransformingbehaviour.com](mailto:info@togethertransformingbehaviour.com)

