



St James' Sports & Change 4 Life Newsletter



Live Life Well



change 4 life

eat well move more live longer

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Date: 26/10/2018

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Issue I

OUR CORE VISION: READY FOR THE FUTURE—SOCIALY, MORALLY AND ACADEMICALLY - AS WE USE OUR SKILLS TO SERVE OTHERS AND IMPACT POSITIVELY ON OUR COMMUNITY

Welcome to the very first Change 4 Life newsletter, where you can find out about school competitions, league results, an exercise of the month, healthy recipe ideas and much more.

Did you know half the sugar kids eat comes from unhealthy snacks and sugary drinks? Too much sugar can lead to harmful fat building up inside and serious health problems, and also painful tooth decay.



To help you reduce the amount of sugar your children are consuming, remember fruit and veg are always the best snack, and count towards your child's 5-9 A Day. But if you are giving your children packaged snacks, stick to two a day max!

Blueberry and banana smoothie recipe

Make a delicious smoothie with fresh or frozen blueberries blended with bananas and semi-skimmed milk.



Prep time
5 mins
Cooking time
None
Effort
Super easy
Serves
4



Ingredients

75g blueberries (fresh or frozen)

2 small ripe bananas

400ml skimmed milk

1/2 tsp vanilla extract

Method

Tip the **blueberries** into a blender and slice in the **bananas**.

Add the **milk**. Whizz together for a few seconds until smooth and blended, then pour into 4 glasses. Serve at once.

EXERCISES FOR KIDS



How many of these exercise can you do?

Netball League



St James 15 – 0 Sandal Magna

St James 10 – 6 Sandal Castle

See our website for match report

Kettlethorpe Pyramid Year 5/6

Athletics Competition

Amazing performance by the team – we came 4th overall!

See our website for full event report

Football League



Sandal Magna 0 – 8 St James

See our website for match report