



# Sports bulletin

## January 2020



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TruroLearningAcademy



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### SPORTS EVENTS AND FIXTURES

January has been a relatively quiet month for sports events and fixtures.

#### **Cross country**

Thirteen runners from Year 3 and 4 represented TLA in a tough 800 metre Year 4 race at Threemilestone school.



#### **Results**

**Girls race:** Lily-Mae—13, Amira—29, Roxanne—29.

**Boys race:** Riley-25, Harrison-33, Connor-34, Hudson 40 and Aiman, Hennie, Toby, Ruben, Maxton and Peter just finishing outside of the top 45.

#### **CLUBS—Don't forget to sign up for clubs on ARBOR please!**

Monday—Cross country Year 3,4,5 and 6.

Tuesday—Football Year 2,3 and 4.

Thursday—Netball Year 4,5 and 5.

#### **PE Kit polite reminder.**

All children's PE kit must be clearly named and stored in a named bag. Our PE expectations are;;

White or light blue round neck t-shirt

Plain blue shorts

Plain navy jogging bottoms (for cold weather sports outdoors)

Logo sports hoody (for cold weather sports outdoors)

A pair of comfortable sports trainers which can be tightly fastened and support their ankles

**NOTE:** Can you also please ensure that children are able to take their own earrings out or don't wear earrings on their PE day. This is really important as I want to reduce the risk of injuries due to earrings getting caught during PE.



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### Are you ready for Fizz Free February?



Fizz Free February is coming to TLA for the first time, will you be making the pledge to #gofizzfree?

It's time to ditch sugary drinks for 29 days. Fizz Free February is a great way to reduce your sugar intake by cutting out fizzy drinks. By going fizz free for all of February, it can help you on your way to drinking less sugary drinks for the rest of the year too.

Through this campaign, TLA aims to raise awareness of the health implications of drinking fizzy drinks which often contain high amounts of sugar. Latest data Public Health England on the nation's diet shows that sugar now makes up 13.5% of 4 to 10 year-olds and 14.1% of teenagers daily calorie intake respectively, while the official recommendation is to limit sugar to no more than 5%<sup>1</sup>.

#### The hard truth about soft drinks:

- You can save £438 a year if you stopped drinking one bottle of soft drink, per day for a year
- Drinking just one 330ml can of fizzy drink a day could add up to over a stone weight gain per year
- Tooth decay is the leading cause for hospitalisation among 5-9 year olds in the UK, with 26,000 children being hospitalised each year due to tooth decay – in other words, 500 each week.

**NOTE: Complete the fizz free February pocket calendar and receive your certificate at the end of the month!**