

At the moment we have a number of pupils in school who are highly sensitive to nuts in particular peanuts, exposure or ingestion of nuts can cause very serious health problems for some students therefore.

Pupils are prohibited from bringing any form of nuts or nut products into school / school trips. eg, M&Ms, Snickers, peanuts etc..

Thank you for your cooperation in this matter.

Why not make healthier Changes for 2010

Healthy Eating

A healthy diet contains food from the five major food groups, to give us the energy and nutrients we need.

A healthy diet can be a massive step towards reducing your risk of developing heart disease (British Nutrition Foundation).

Eat five portions of fruit and vegetables. Fruit and vegetables are a good source of carbohydrates, fibre, vitamins and minerals and they are low in fat.

Reduce the amount of fat and sugar in your diet. Increase the amount of starchy foods (pasta, rice and potatoes).

Drink more water - We should be drinking about 6 to 8 glasses (1.2 litres) of water.

Break the Fast - Why not start the day the healthy way.

Breakfast is the most important meal of the day.

Breakfast can help give us the energy we need to face the day ahead.

Evidence shows that eating breakfast boosts concentration and mental performance.

Eating first thing in the morning helps to stabilise blood sugar levels, which control appetite and energy.

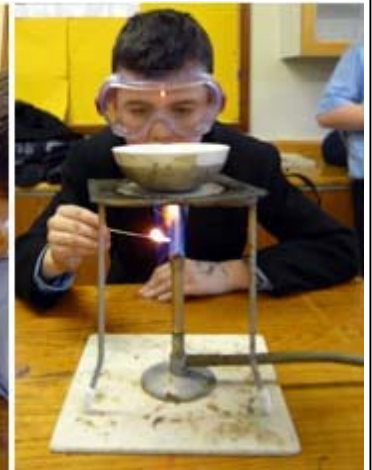
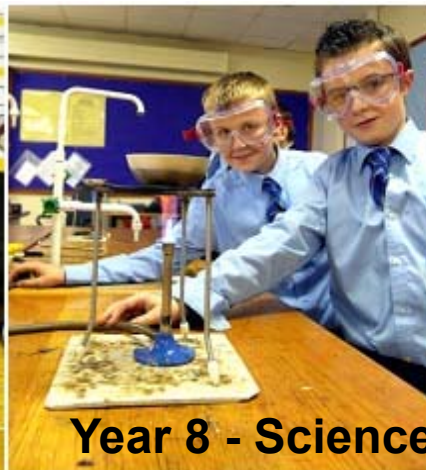
Something To Remember

Skipping breakfast can lead to tiredness, lack of concentration and poor performance at work or school.

You are more likely to snack on unhealthy foods such as chocolate or crisps before lunch.

Try these ideas:

Cereal and milk with a piece of fruit. Home Economics Department



Year 8 - Science experiments

Year 9 Gaelic Super-league

9E won the Indoor Soccer event and were VERY impressive in their matches. Man of the Match was undoubtedly Sean Mc Anespy whose impressive saves helped 9E to victory! After completion of the Indoor Soccer event, the table now stands like this :

| Class | Total |
|-------|-------|
| 9A | 18 |
| 9B | 29 |
| 9C | 36 |
| 9D | 25 |
| 9E | 19 |
| 9F | 29 |

Draughts continues on Thursdays in Room 52. This week 9A will play 9D and next week it's the turn of 9B vs 9E.

Darts competition will commence in a few weeks time so keep practising – you could be the next Phil the Power Taylor!

Year 11 & 12 Trip to the Share Activity Centre

Year 11 and 12 students with the highest positive scores in e-behaviour were rewarded with an activity day at the Share Centre in Lisnaskea. Pupils had the opportunity to participate in canoeing, archery and fussball.



STUDENT COMPETITION

**MAKE
YOUR
MARK**

ART COMPETITION

The Make Your Mark student competition is an art competition open to all students worldwide and has two categories - Under 12 and Under 18. Students can create their piece of art using any kind of paint and/or drawing media. To enter the competition see your art teacher for further details or log onto www.mycompetition.com fill out a form and upload a digital image of your art work.



Turn your vision into Art

What would the world look like if we **lived without prejudice**? Enter the Young Brits at Art awards by producing a piece of artwork, which reflects how our world would look without prejudice. For further details see your Art teacher or log onto:

<http://www.equalityhumanrights.com/fairer-britain/youth-projects/young-brits-at-art/>

Lost Property



Two pairs of glasses have been found!!