

NORWOOD GREEN JUNIOR SCHOOL



A love of learning grows here...

NEWSLETTER ISSUE 8 23 OCTOBER 2026

HAPPY HALF-TERM!

This half term has flown by, and all our children and staff have worked incredibly hard throughout. Thank you for taking the time to read our newsletters, I hope they've helped keep you informed about all the wonderful things happening at Norwood Green Junior School.

I'm sure you and your children are ready for a well-deserved break. Thank you for your continued support.

Children return to school on Tuesday 3rd November.



POPPY APPEAL SALE

Pupils will be able to purchase Poppy Products from 3rd to 6th November from the school office.



Paper Poppy: 50p.

All other Poppy Products: £1

Please help by providing your child with the exact money as we will have very little loose change.

GLOW DISCO - FUNDRAISER

We are holding discos at school to help raise money for the school.

Wednesday 4th November - Year 3 & 5 Disco from 4.30pm – 5.45pm

Thursday 5th November - Year 4 & 6 Disco from 4.30pm – 5.45pm

Tickets can be purchased for your child on ParentPay. Every child in the school will be allocated one ticket at £4.00 each. This ticket price will include refreshments for each child.

There will be competitions and prizes for the best dressed and best dancers!

Tickets are on sale on ParentPay.



PARENT DONATIONS

We'd like some donations for our school discos. These can include:

- juice cartons/squash bottles
- packets of crisps/pop corn

If you are able to help by donating some of the items above, can you drop off your donations to the school office anytime by 3rd November. Thank you.

NEWS AND REMINDERS

DIWALI CELEBRATIONS

We will be holding a special Diwali lunch and class parties for children on Friday 6th November. Children can come to school in traditional or smart clothes that day.

Deadline to book the Diwali Lunch on ParentPay is Tuesday 27th October.

DIVERSITY WEEK

As part of Diversity week, the school will be hosting workshops for the children with Ska Band – Maroon Town on Friday 6th November.

JA SPORTS

After School Clubs start after half term. Please book through JA Sports website.

<https://jasportscouching.classforkids.io/term/517>

Monday – Girls Club
Tuesday – Dodgeball Club
Wednesday – Football Club
Thursday – Multi-Sports Club
Friday – Cricket Club

START OF AUTUMN TERM 2

Children return to school on Tuesday 3rd November.

SCHOOL LUNCHES

The new school lunch menu is now available on ParentPay. You are now able to book your child's school lunches all the way up to Easter holidays using below link.

[ParentPay](#)

COATS IN SCHOOL

As the weather is changing and it is getting colder, please ensure your children bring their coats to school. There are so many children coming to school without coats.

REMINDERS

YEAR 6 SECONDARY SCHOOL APPLICATIONS

Year 6 children will be transferring to secondary school in September 2027.

Parents need to apply for a secondary school place by 31st October 2026. Please go to the website of the local authority where you live, to complete the application.

Applications must be submitted by 31st October 2026.

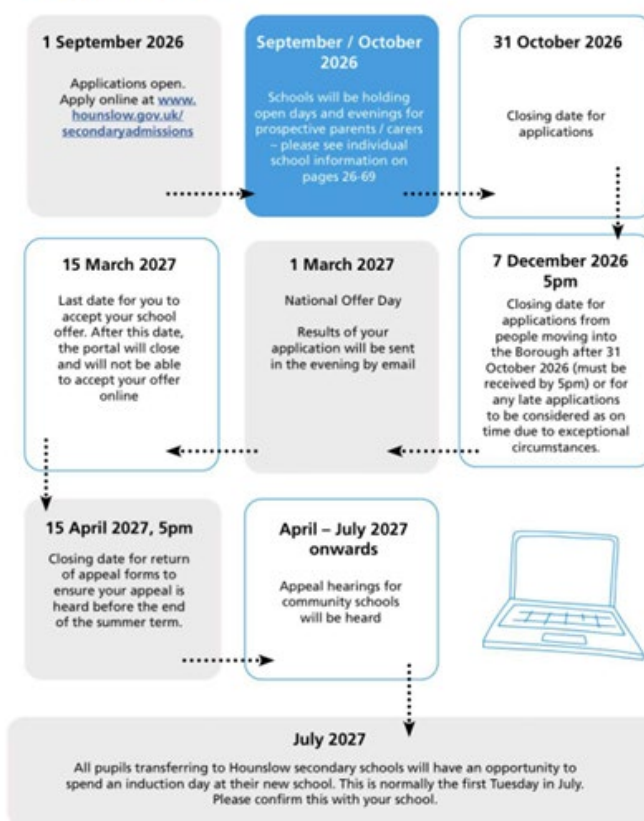
www.hounslow.gov.uk/secondaryadmissions

[Apply for high school \(primary to high school transfer\) | Apply for high school \(primary to high school transfer\) | Ealing Council](#)

The deadline for secondary school place applications is 31 October

SCHOOL

Key dates



ATTENDANCE

ATTENDANCE CHAMPIONS FOR WEEK: 19TH – 23RD OCT 2026

The Attendance Award was won this week by 4T – congratulations! Their attendance this week was 99.1%!



TERM TIME LEAVE

Please remember that children are not allowed any time off during term time. There are 13 weeks of non-school time throughout the year when holidays and visits can take place. This is a directive by the Government which all schools must follow. Please ensure that your child attends school regularly.

ATTENDANCE AND PUNCTUALITY

Children should be in class and ready for learning by 9.00am. It is important that children learn to be punctual for school every day. Any children who arrive past 9.00am are considered late and must report to the school office or a member of staff on duty on the playground. At the start of the day, we operate a soft start system to help build children's confidence and independence.

ATTENDANCE

NORWOOD GREEN JUNIOR SCHOOL OVERALL ATTENDANCE CHART 3RD SEPTEMBER – 23RD OCTOBER 2026

Class	Percentage
3R	96.5%
3S	96.8%
4R	96.5%
4S	97.7%
4T	98.7%
5R	94%
5S	97%
5T	98.1%
6R	96.4%
6S	94.8%
6T	96.4%
Overall School	96.6%

The Government target for attendance is 96%. Any attendance below this figure has been highlighted red. It is important that your children attend school unless they are too ill to do so.



REPORTING ABSENCES

If your child is ill or unable to attend school, you will need to report it to the school. This can be done by ringing the school office on **0208 574 1726** to speak to a member of the office staff, or alternatively, you can email us at:

office@ngjs.hounslow.sch.uk

or

parents@ngjs.hounslow.sch.uk

Please notify the school by 9am if possible. The school will only "authorise" this absence if it is appropriate to do so.

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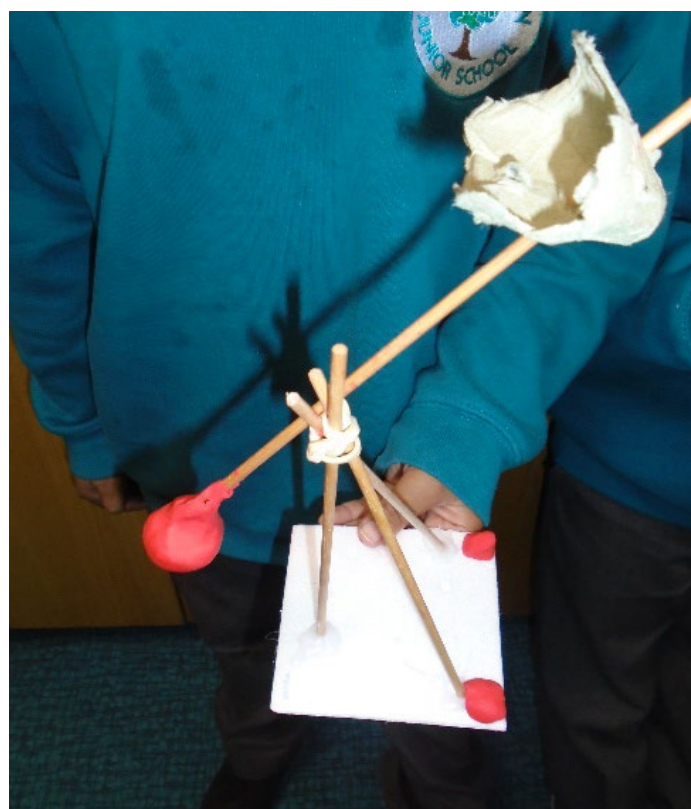
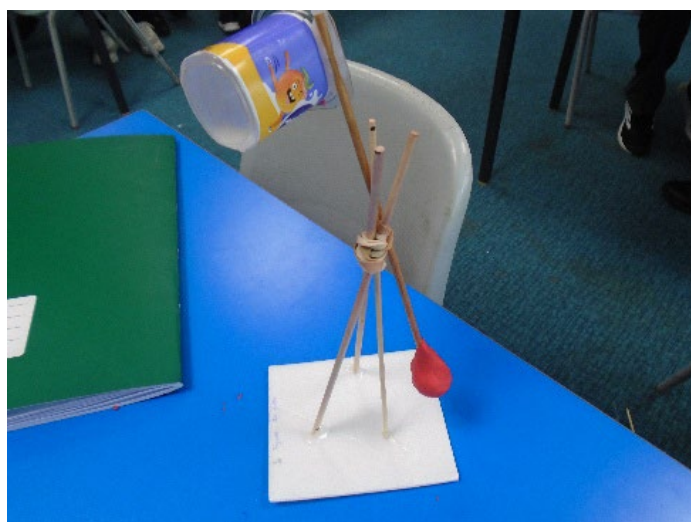
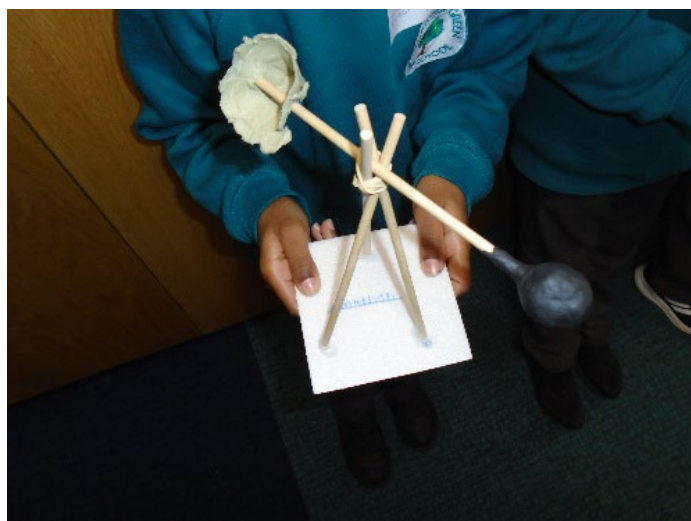
YEAR 3

YEAR 3 – DT

This week in DT, Year 3 have been busy designing and creating their own shadufs! They explored how this ancient Egyptian invention was used to lift water for irrigation before putting their engineering skills to the test. The children showed great creativity, problem-solving and perseverance as they brought their designs to life. Well done, Year 3!



YEAR 3



YEAR 4

YEAR 4 – PEDESTRIAN SKILLS TRAINING

The children took part in a pedestrian skills training session, where they learnt how to stay safe when out and about. They explored different types of crossings, including zebra, toucan and island crossings, and practised the key steps of the Green Cross Code: Stop, Look, Listen and Think. They also learnt how to stay safe around driveways and when waiting at bus stops. The session helped the children develop their road safety awareness and understand how to make safer choices when walking near traffic.



YEAR 4

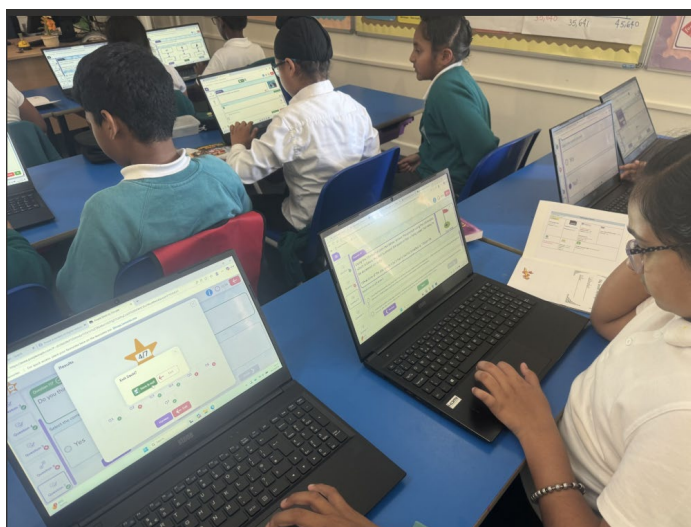


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YEAR 5

YEAR 5 – COMPUTING

Year 5 children have been busy developing their computing skills using Purple Mash. They have enjoyed exploring what makes a great quiz and learning how to create their very own! The children have been practising how to write clear multiple-choice questions, provide suitable answer options and make their quizzes fun and engaging. It has been lovely to see their creativity and growing confidence as they put their new skills into practice!



YEAR 5



YEAR 6

YEAR 6 – PE

In Year 6, we have been learning invasion and net ball games such as bench ball and volleyball. Bench ball is an exciting game of passing, catching and teamwork. The goal is to get our entire team onto our bench by passing the ball down the court. Once we have caught it, we cannot travel and must pivot to look for a pass. To score, we pass the ball to our captain who is already on the bench. The winners are the first team to have everybody off the game floor! We played a class vs class tournament, so we got to experience PE with different pupils. Many of us showed great sportsmanship by cheering for other teams and demonstrated fantastic self-control on the court - as we weren't allowed to communicate with our voices when we passed the ball. Some moments were really tense though!



YEAR 6



CENTRE FOR THE DEAF

CENTRE FOR THE DEAF

CENTRE FOR THE DEAF – MS CLYDE

This week, the children in the Centre enjoyed creating some birthday cards for Ms Clyde, who is celebrating a very special birthday! They put lots of thought and care into their cards and wrote some lovely, personal messages inside. It was wonderful to see the children taking the time to make something so thoughtful and special. We would all like to wish Ms Clyde a very happy birthday and hope she has a fantastic day celebrating!

We would also like to take this opportunity to wish our children and their families a very happy and restful half-term!



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STARS OF THE WEEK

Well done to our Stars of the Week this week, we are very proud of you all!

YEAR 3 STARS OF THE WEEK



**Amaya
3R**



**Khalil
3S**

YEAR 4 STARS OF THE WEEK



**Arnav
4R**



**Maham
4S**



**Gabrielle
4T**

STARS OF THE WEEK

YEAR 5 STARS OF THE WEEK



**Muumina
5R**



**Seeret
5S**



**Avani
5T**

YEAR 6 STARS OF THE WEEK



**Gursahib
6R**



**Hudayfa
6S**



**Musab
6T**



DIARY DATES

2 NOV: INSET DAY SCHOOL CLOSED FOR PUPILS

3 NOV: PUPILS RETURN TO SCHOOL

6 NOV: MAROON TOWN WORKSHOP

6 NOV: DIWALI LUNCH & PARTIES

13 NOV: YEAR 5&6 BOYS FOOTBALL TOURNAMENT AT GUNNERSBURY PARK

13 NOV: SCHOOL PHOTOS

17 NOV: INTO FILM FESTIVALTRIP FOR CENTRE FOR THE DEAF

19 NOV: PARENTS EVENING

24 NOV: PARENTS EVENING

24 NOV: FLU IMMUNISATIONS 2ND CLINIC

2 DEC: CHRISTMAS PANTO

9 DEC: PUPIL CHRISTMAS LUNCH

18 DEC: LAST DAY OF TERM – PUPILS FINISH AT 2.30PM

4 JAN: PUPILS RETURN TO SCHOOL

TERM DATES 2026-2027

AUTUMN TERM 2026

THURSDAY 3 SEPTEMBER TO FRIDAY 18 DECEMBER 2026

HALF TERM:

MONDAY 26 OCTOBER TO MONDAY 2 NOVEMBER 2026

CHRISTMAS HOLIDAYS:

MONDAY 21 DECEMBER TO FRIDAY 1 JANUARY 2027

SPRING TERM 2027

MONDAY 4 JANUARY TO THURSDAY 25 MARCH 2027

HALF TERM:

MONDAY 15 FEBRUARY TO MONDAY 22 FEBRUARY 2027

EASTER HOLIDAYS:

FRIDAY 26 MARCH TO FRIDAY 9 APRIL 2027

SUMMER TERM 2027

MONDAY 12 APRIL TO WEDNESDAY 21 JULY 2027

MAY DAY: MONDAY 3 MAY 2027

HALF TERM:

MONDAY 31 MAY TO MONDAY 7 JUNE 2027



Online Safety Newsletter

October 2026

CapCut

CapCut is a video editing app. Their services are intended for those over the age of 13 (those under the age of 18 must have consent from their parent/legal guardian). It is rated as 13+ on the App store.

What can I do on CapCut?

CapCut is used as a video and image editing tool allowing users to edit their videos/ images as well as add music, sound effects, text and stickers.

What should I be aware of?

- The templates are user generated, therefore they may not always be appropriate for your child to view, for example may contain adult themes.
- CapCut includes access to a library of music that may include explicit lyrics.
- Premium content – CapCut does include in-app purchases/monthly subscriptions to allow users access to premium content.

Further information

Wayne Denner provides further information about the social side of CapCut including a comments section: <https://www.waynedenner.com/capcut-parents-guide/>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version: <https://www.knowsleycitylearningcentres.org.uk/october-2026/>

1

AI companions

What are AI companions?

AI companions are artificial intelligence services designed to interact with users to simulate friendship or romantic relationships. There are many different AI companions available, accessible via apps or websites. Many of these apps are intended for adults and have an age rating of 18+.



Why are children using AI companions?

There are many reasons a child might want to use an AI companion, including:

- To ask advice and questions that they may be embarrassed to ask another person. It may be easier to talk to an AI companion, so it is imperative children understand the difference between AI and real people.
- They feel lonely and are looking for friendship.
- Children may just be curious and want to try new technology.

What should I be aware of?

- **Age restrictions:** it is important to check the age rating to see if it is appropriate for your child.
- **Inappropriate content:** there is often a lack of moderation so users could be exposed to content/language that is not suitable for their age.
- **Emotional dependence:** AI companions are designed to act as a friend, encouraging an emotional dependence. This may lead to your child becoming over reliant on the service. A chatbot should never replace a parent, a medical professional or other trusted adult.
- **Relationships:** repeated use of AI may influence a child's understanding of relationships and consent in real life.
- **Privacy and personal information:** children should not share personal or confidential information with AI companions.

What can I do?

- Check the age rating and any privacy settings.
- Set up appropriate parental controls on their devices/ broadband.
- It is crucial to have regular conversations with your child about the risks outlined above and about what they are doing online. Ensure your child knows that they should talk to you or another trusted adult if anything concerns them.

Further information

<https://www.internetmatters.org/resources/ai-chatbots-and-virtual-friends-how-parents-can-keep-children-safe/>

Discord

Discord is a social networking app originally designed for gamers, but is now used by lots of different people to chat to each other online. The minimum age to access Discord is 13. The App store rates it as 17+.

Discord is made up of servers, which are spaces for groups to chat, upload files and share images etc. Anybody can set up a server, and it can be set as either public or private. Users can video call and send direct messages to other individuals or groups. Children who play online games such as Fortnite may use Discord to chat whilst playing the game (rather than using the game's own chat facility). In-app purchases are available through Discord's subscription service called Nitro.



How can I make it safer?

Discord have created a Family Centre, which provides further information about what Discord is, as well as information about different safety settings available:

<https://discord.com/safety-family-center>

As always, we would encourage you to chat to your child to see why they use Discord and ensure that they know how to block users and what to do if they see any inappropriate content. It is important to be aware that Discord does include video/voice calling which cannot be filtered. Discord is used by an array of users and therefore adult content can be found on Discord, as well as inappropriate language. Discord have produced this article, which answers frequent questions:

<https://discord.com/safety-library>

5 fun online activities

Whilst we must be aware of the negative aspects of the internet, it's also important to remember that it can also be a great place to have fun or learn something new as a family. Why not try the following?



1. Play a game together.
2. Take a family quiz – it could be around the topic of online safety (e.g. from Childnet) or you could use Kahoot to create your own.
3. Learn something new – explore BBC Bitesize, National Geographic Kids or Khan Academy.
4. Create something – make a digital drawing or video.
5. Read an Audio book.

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.10.26. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos, nor are we claiming any ownership or copyright in the content of the linked materials.

Doki Doki Literature Club

Doki Doki Literature Club is a game that, due to its cartoon anime appearance, may appear to be a game suitable for all. However, as the game progresses, it contains much darker and potentially distressing themes. The game includes references to suicide, self-harm and death.

The App store rates it as 18+ as it has cartoon or fantasy violence and horror/fear themes as well as infrequent profanity and crude humour. The game is described as psychological horror. You should also be aware that the app also includes in app purchases.

The game's own website also states that it "is not suitable for children or those who are easily disturbed."

Please ensure you have set up appropriate parental controls on any devices and platforms that your child uses to ensure they can't access games that are not suitable for their age.

Happy Tree Friends

Happy Tree Friends is another animated series that might look harmless because of its cartoon graphics, but the programme contains violence, death and blood. Clips of Happy Tree Friends are also circulating on social media platforms.

As above, we would recommend that you have set up appropriate parental controls to limit exposure to content like this. Also, chat to your child about what they are watching online and ensure they know that if they do see something online that upsets them, then they should talk to you or another trusted adult.

Further information:

<https://www.common sense media.org/website-reviews/happy-tree-friends>

A love of learning grows here...



Free Children Piano/Keyboard Taster Available Now

- Weekly 1 hour lessons available Monday to Sunday for children aged 5-13
- Children learn to read, write and play music in every lesson. we also provide keyboard at every lesson
- Termly Exams and certificate along with opportunities to sit at internationally recognised exams and perform at live events



Contacts us Now by Email, Phone, Whats App or via our Website/QR Code to Book Your "FREE TASTER SESSION"



e:office@soundstepsmusic.co.uk t:07926 371583

www.soundstepsmusic.co.uk

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FREE TASTER SESSION AVAILABLE ACROSS THE FOLLOWING AREAS AND ONLINE

Greenwood Community Centre 1A School Rd, Hampton TW12 1QL
Monday 4pm and 5pm and 6pm, Thursday 4pm and 5pm and 6pm

St Johns Church St Johns Road Isleworth TW7 6NW:
Saturday 12.30pm

Hounslow United Reformed Church 114 Hanworth Road TW3 1UF:
Monday 4pm and 5pm, Wednesday 4pm, Friday 4pm and 7pm

Heston Community Centre Vicarage Farm Road TW5 0EE:
Monday 4pm and 7pm, Wednesday 4pm, 5pm and 6pm

St Michael and St Martin Parish 94 Bath Road TW3 3EH:
Thursday 1st of October at 4.15pm

St Dunstan's Church St Dunstan's Road Feltham TW13 4JY:
Tuesday 4pm, Wednesday 4pm, 5pm and 6pm, Friday 4pm and 7pm

Christchurch Hanworth Road Feltham TW13 5AB:
Thursday 4pm, 5pm and 6pm, Friday 4pm, 5pm and 6pm

West Acton Community Centre Churchill Gardens, West Acton, London W3 0JN:
Monday 4pm, 5pm and 6pm, Thursday 4pm, 5pm and 6pm

Pitshanger Lane Methodist Church Linfield Road W5 1QP:
Wednesday 4.30pm and 5.30pm, Saturday 1pm and 3pm

Northfields Community Centre 71a Northcroft Road West Ealing W13 9SS:
Friday 4.30pm, 5.30pm and 6.30pm

St John's Church, Church Ave, Southall Green UB2 4DH:
Tuesday 4pm, 5pm and 6pm, Wednesday 4pm, 5pm and 6pm

Greenford Methodist Church Ruslip Road Greenford:
Monday 4pm, 5pm and 6pm, Friday 4pm, 5pm and 6pm

St Marys Ealing Rd, Northolt UB5 6AA:
Tuesday 4pm and 6pm, Wednesday 4pm, 5pm and 6pm

Online via Zoom:

Monday 4pm, Tuesday 4pm, Wednesday 4pm, Thursday 4pm and 7pm, Friday 5pm



Contacts us Now by Email, Phone, Whats App or
via our Website/QR Code to Book Your "FREE
TASTER SESSION"



e:office@soundstepsmusic.co.uk t:07926 371583
www.soundstepsmusic.co.uk

A love of learning grows here...

The Plough Inn in Norwood Green will be hosting a Halloween Spooktacular on Saturday 31st October, from 4pm–7pm, with a kids' Halloween disco, face painting, pumpkin carving, costume competitions, spooky colouring, mask making and a Halloween photo booth.



A love of learning grows here...

Access Sport is excited to be hosting a free October Holiday Programme for children and young people with SEND living in Ealing and the surrounding areas.

This is a fantastic opportunity for young people to try a range of local activities in a welcoming and inclusive environment. All sessions are adapted to meet individual needs and designed to be fun, accessible, and engaging.

Ealing Inclusive October Holiday Programme

 **When:** Monday 26 October and Friday 30 October, 2pm - 4pm

 **Where:** Elthorne Sports Centre, W7 2AD

 **Who:** Children and young people with SEND aged 5–18

 **Cost:** Free

 **Find out more and sign up:**

[Ealing Inclusive Sport & Physical Activity Network - SEND October Sports and Activities in Ealing 2026](#)

Please note: Parents and carers must remain at sessions at all times, as we are unable to provide 1:1 support. Siblings are also welcome to attend; however, please complete a separate registration form for each child.

If you have any questions or would like further information, please don't hesitate to get in touch.



Access Sport

House of Sport, Marathon House

190 Great Dover Street, London SE1 4YB

0207 993 9883

www.AccessSport.org.uk



Stand for Inclusion.

Registered charity number: England and Wales 1156819, Scotland SC052913

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London Borough
of Hounslow



LEARNHOUNSLOW



**FREE WORKSHOPS
FOR PARENTS AND
CHILDREN
DURING HALF TERM**

**ALL IN MEADOWBANK,
CRANFORD, TW5 9QX**

YOU MUST ENROL IN ADVANCE!

**NO BABIES
ALLOWED**

CLICK ON THIS LINK TO ENROL:

[HTTPS://FORMS.GLE/NDCKQFXXJG7Y6RHR8](https://forms.gle/NDCKQFXXJG7Y6RHR8)

**MAXIMUM OF 2
CHILDREN PER ADULT**

CATEGORY: FAMILY LEARNING – HOUNSLOW COURSE SEARCH

Call 020 8583 6000

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**London Borough
of Hounslow**



MONDAY 26TH OCTOBER

10am - 12pm: Clay Workshop - Diwali Tealights age 5+ (MM199QDA)

1pm - 4pm: Pottery Workshop - Pumpkins age 11+ (MM199QEA)

TUESDAY 27TH OCTOBER

**10 - 11:30am: Storytelling Workshop - Where the Wild Things Are,
age 3 - 6 (MM299QGA)**

1pm - 3pm: Science Workshop - Volcanoes age 5+ (MM299QHA)

WEDNESDAY 28TH OCTOBER

**10am - 12pm: Science Workshop - Light, Rainbows and Bubbles
age 5+ (MM399QIA)**

1pm - 3pm: Maths Workshop - Catapults age 5+ (MM399QMA)

THURSDAY 29TH OCTOBER

10am - 12pm: Engineering Workshop - Bridges age 5+ (MM499QNA)

1pm - 3pm: Recycling Workshop - Autumn age 5+ (MM499QOA)

FRIDAY 30TH OCTOBER

**10am - 12pm: Art Workshop - Drawing and Painting, Bird Spotting
age 5+**

MM599QQA

**1pm - 3pm: Art Workshop - Collage, Bird Spotting age 5+
MM599QRA**

CLICK ON THIS LINK TO ENROL:

[HTTPS://FORMS.GLE/NDCKQFXXJG7Y6RHR8](https://forms.gle/NDCKQFXXJG7Y6RHR8)





London Borough
of Hounslow



What you need to bring:

MONDAY 26TH OCTOBER

Clay Workshop - wear old clothes

Pottery Workshop - wear old clothes

TUESDAY 27TH OCTOBER

Storytelling Workshop - bring some clean recycling items

Volcanoes Workshop - bring a small empty plastic bottle
and an empty cardboard box

THURSDAY 29TH OCTOBER

Bridges Workshop - bring some clean recycling items

Autumn Recycling Workshop - bring some clean recycling items

CLICK ON THIS LINK TO ENROL:

[HTTPS://FORMS.GLE/NDCKQFXXJG7Y6RHR8](https://forms.gle/NDCKQFXXJG7Y6RHR8)

CATEGORY: FAMILY LEARNING – HOUNSLOW COURSE SEARCH

Call 020 8583 6000



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 London Borough
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Free Parenting course: Understanding Children's Mental Health

Online
Wednesdays 5:30 - 7:30pm for 6 weeks
4.11.26 until 9.12.26

Complete an online enrolment form, follow
this link:
<https://forms.gle/afvW42EUExEffM6>

Call 020 8583 6000
coursesearch.hounslow.gov.uk



 London Borough
of Hounslow 

Free Parenting Course: Supporting Children's Emotional Development

Online
Mondays 5:30 - 7:30pm for 6 weeks
2.11.26 until 7.12.26

Complete an online enrolment form, follow
this link:
<https://forms.gle/VEiEoLoh3WW3wHFa9>

Call 020 8583 6000
coursesearch.hounslow.gov.uk



 London Borough
of Hounslow 

Free Parenting course: Keeping Your Children Safe Online

Online
Wednesdays 6:00 - 8:00pm for 5 weeks
11.11.26 until 9.12.26

Complete an online enrolment form,
follow this link:
<https://forms.gle/UiXm8ybzz5z13QVR6>

Call 020 8583 6000
coursesearch.hounslow.gov.uk



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FREE FUN HOCKEY! SPORTS

ALL ABILITIES WELCOME!



MONDAY
26TH OCTOBER
2PM TO 4PM



TUESDAY
27TH OCTOBER
2PM TO 4PM

NON MEMBERS WELCOME



PLAY HOCKEY



ENJOY SPORTS



MAKE FRIENDS



HAVE FUN!

COME AND TRY



CONTACT
07957404731



INDIAN GYMKHANA CLUB
THORNBURY AVE, OSTERLEY, TW7 4NQ

Small changes...
BIG
difference!

SUGAR

AWARENESS WEEK

2 - 8 NOVEMBER

Less Sugar = Healthier You!

Be aware • Make better choices • Build a healthier future

THE RISKS

Too much sugar can harm your body and mind. It's not just in sweets – it's in fizzy drinks, breakfast cereals, "healthy" snacks and more!

- **TOOTH DECAY**
Sugar feeds harmful bacteria in your mouth, which can cause cavities and gum disease.
- **WEIGHT GAIN**
Extra sugar adds extra calories, which can lead to unhealthy weight gain and obesity.
- **ENERGY SPIKES & CRASHES**
Sugar gives a quick boost, then leaves you feeling tired, moody and less focused.
- **LONG-TERM HEALTH RISKS**
Too much sugar can increase the risk of type 2 diabetes, heart disease and other serious health problems later in life.
- **IMPACT ON MENTAL WELLBEING**
It can affect your mood, concentration and behaviour.

SUGAR ADDS UP... even when you can't see it!



One can of fizzy drink can contain up to
10-12 cubes of sugar!

THE CHALLENGES

Sugar is everywhere and it can be hard to avoid. Here are some of the biggest challenges:

- **HIDDEN SUGAR**
It's in foods you might not expect, like sauces, bread, yoghurt and ready meals.
- **PEER PRESSURE**
Friends, social media and advertising can make sugary foods and drinks seem fun and normal.
- **EASY ACCESS**
Sugary snacks and drinks are cheap, convenient and always around.
- **HABIT**
Sugar can be addictive – our brains crave it, making it hard to say no.
- **STRESS & EMOTIONS**
Some people turn to sugar when they're bored, stressed or feeling low.

WHAT CAN WE DO?

We can all make healthier choices! Here's how:

**CHOOSE WATER**
Water keeps you hydrated, helps you focus and has no sugar!

**EAT REAL FOOD**
Fruit, vegetables, wholegrains and nuts give you energy and keep you healthy.

**PICK HEALTHIER SNACKS**
Try fruit, nuts, plain yoghurt, popcorn or wholegrain options instead of sugary treats.

**CHECK LABELS**
Look for hidden sugar names like glucose, sucrose, fructose, maltose and syrup.

**STAY ACTIVE**
Exercise boosts your mood, energy and health – and helps balance your diet.

**GET GOOD SLEEP**
A rested brain is less likely to crave sugary foods.

HEALTHIER BODIES

**LESS SUGAR TODAY...
A BRIGHTER, HEALTHIER TOMORROW!**

HAPPIER MINDS

NORWOOD GREEN JUNIOR SCHOOL • THORNCLIFFE ROAD, SOUTHALL, MIDDLESEX, UB2 5RN
TEL: 0208 574 1726 • EMAIL: OFFICE@NGJS.HOUNSLOW.SCH.UK • WWW.NGJS.CO.UK
HEAD TEACHER: MRS P SEHGAL