



SPOTLIGHT

SPROWSTON COMMUNITY HIGH SCHOOL NEWSLETTER

Issue 8 January 2008

As we make our resolutions for the year, let us go forward with great hope that all things can be possible. (Anon)

Dear Parents, Guardians and Carers

I would like to wish all our readers a very HAPPY NEW YEAR! Have you made any New Year's resolutions? Maybe your children have – to keep their bedroom tidy; take the dog for a walk more often; drying the dishes?

Please encourage your child to make some resolutions to improve their school life. Perhaps that their work, their attitudes to work/peers/adults or their behaviour will improve this term?

We had a very successful end to 2007 with the excellent year group assemblies in the last full week of term celebrating all aspects of school life, My thanks go to those who attended. If you were unable to attend this time please put it in your diary for next Christmas (the last full week of term).

We also raised £1,187 for two charities – Nelson's Journey and the Evening News Teddy Bear Appeal for children who have to ride in an ambulance. We have purchased 152 teddy bears!

Our Sixth Form Charity week focused on 'Stopping the Traffik' and our school link in Tanzania which will get equal shares of the £500 raised.

Although it is a very short Spring Term your children have a lot of hard work ahead of them. Please work with them as much as they will let you. If you wish for some support you only have to ask!

With my very best wishes for successful Spring Term.

Kind Regards *Andrew John, Headteacher*

SCHOOL PRODUCTIONS

At the end of this newsletter are two posters, about productions by the school taking place later this month.

Please have a look and support our students by attending these productions.

I am sure you will be impressed with the talents displayed. Tickets can be purchased from the school.

We are now in the 'snow season'. If bad weather is predicted and the school has to be closed, an announcement will be made via the local radio, our website and the Norfolk County website (www.schools.norfolk.gov.uk)



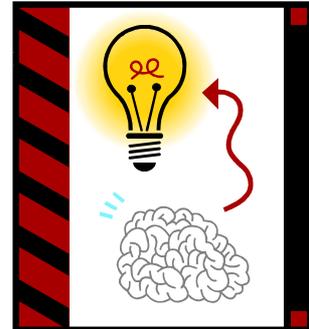
Hopefully we will not have to close the school but when this is done it is for the safety of the students and staff.

Using Fatty Acids to improve concentration

Elliot is nine years old. A year ago, he was falling behind in his schoolwork, particularly reading – which he found a struggle. He had little interest in studying and would crash on the sofa to watch TV when he got home from school.

But over the past year, a dramatic change has taken place in Elliot. He has soared through the Harry Potter books and now heads to the library after the school bell has sounded.

Elliot has been taking part in a scientific study on more than 100 children from 12 Durham schools. The children were required to take a course of capsules with their meals for the duration of six months.



The results have not yet been published, but they are expected to show a statistically significant improvement in school performance in the group of children given Omega 3 supplements. This does not mean that every child benefitted from the treatment – many did not. But according to researchers, about 40% of children showed some clear improvement

“His reading jumped 18 months [over the trial period]. He’s just a lot more interested in everything. He’s even developed an interest in classical music,” says Sheila, Elliot’s mother.

Problems vanished. Over the course of the year, Elliot's academic problems disappeared.

Mark, 10, who is in the year above Elliot at Timothy Hackworth School in Shildon, Durham, experienced similar changes.

“When I first heard about it, I didn’t think Mark had any problems. He’d only been taking them a few weeks when I started to notice changes. His handwriting became better and his teachers said he was joining in more in class discussions,” says Mark’s mother Christine.

“At home, he started asking loads of questions. It was quite hard work for me.”

The capsules given to children in the trial contained oils high in Omega 3 fats, which are found naturally in oily fish such as mackerel, salmon and sardines and in some plant crops such as rape seed.

Omega 3s and another group called Omega 6s belong to a family of fats known as essential fatty acids. The right balance of these two types of fatty acids is important for the healthy functioning of many parts of the body.

If you would like to know more about the use of fatty acids to improve your child's concentration take a look at

Food and Behaviour Research – www.fabresearch.org

The Durham Research – www.durhamtrial.org