

SPORTS FUEL

St Peter's Catholic School
Edition 2, Term 2 2015

Jump Jam

Every Monday, Tuesday and Thursday the whole school have been taking part in Jump Jam sessions with our resident "Jump Jam Extraordinaire" Miss Clayton. Her high energy sessions have even the most reluctant student joining in. The whole session has the students engaged and enjoying themselves while increasing their aerobic fitness.



Jump Jam is designed to challenge fundamental movement skills, increase fitness, develop student leadership & motivate students to move and enjoy exercise which is certainly what it has been doing in our school sessions.

Studies have shown that physically active students achieve 2x higher academic scores than those who are not physically active. Thanks Miss Clayton you rock!



HALBERG JUNIOR DISABILITY GAMES

In the school holidays Ryan Branje & Seb Bartley took part in the 2015 Halberg Junior Disability Games held at St Peter's School. There were over 100 athletes from all over the country taking part.

On the Friday night after the Opening Ceremony Ryan and Seb both participated in the cycling which took place at the Avantidrome.

Ryan then competed at Porritt Stadium the following day in shot put, discus, 200m race on his crutches and a 50m wheelchair race. Later that day, back at St Peter's he then played Ambulant football (walking, with some children like Ryan, needing crutches to play). Archery was next on his event list.

Seb also competed in swimming, Boccia (bowls) and rowing. His favourite event of the Games was the cycling.

Sunday saw both boys competing in a Triathlon (100 m swim, 6 km cycle and 600m walk).

It was a amazing weekend which both Ryan and Seb would love to be part of next year.



REDUCED FAT

This means there is less fat than the regular version, whether it's 2% less or 40% less.

"Fat Free" products might still be high in sugar - check the label!

NUTRITION CLAIMS

NUTRITION INFORMATION

SERVINGS PER PACK: 2 SERVING SIZE: 50g

	QUANTITY	% DAILY INTAKE*	QUANTITY	% DAILY INTAKE*
PER SERVING	PER SERVING	PER 100g	PER SERVING	PER 100g
ENERGY	240 kJ	5%	2400 kJ	60%
PROTEIN	<1.0 g	0%	<1.0 g	<1.0%
AT, TOTAL	6.5 g	0%	65.0 g	130%
- saturated	1.7 g	3%	16.5 g	33%
- trans	0.05 g	0%	0.5 g	1%
- polyunsaturated	1.6 g	3%	16.0 g	32%
- mono-saturated	4.45 g	9%	43.5 g	87%
- ALA	3.2 g	6%	31.8 g	64%
CHOLESTEROL	<0.3 mg	<1%	<3 mg	<1%
CARBOHYDRATE	<1.0 g	0%	<1.0 g	<1.0%
- sugar	<1.0 g	0%	<1.0 g	<1.0%
SODIUM	36 mg	2%	360 mg	72%
VITAMIN A	100 µg (2000 IU)	20%	1000 µg	200%
VITAMIN D	1.0 µg (20 IU)	2%	50 µg	100%
POTASSIUM	19 mg	0%	190 mg	4%

* All specified values are averages. † Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your severe needs. *Recommended Dietary Intake.

2015 Waikato BOP Mountain Bike Championship

Our school was represented at the Waikato BOP Schools Mountain Bike Champs for the first time this year. Hunter

Bodle competed in the Year 5/6 boys event and Jakob Miller competed in the Year 8 boys event. The conditions were pretty miserable and made for a hard slog on the very muddy track at Te

Miro. Both boys did our school proud coming in at 6th place in their respective events. Well done boys!

If you have had a sporting success or competed in an event you would like to share in the next Sports Fuel, please send a photo with some information to Mrs Warwick at office@stpeterscatholic.school.nz