

15th March 2024



Dear Parents and Carers

Thank you for your efforts with the crazy hair today and for supporting the great cause of Comic Relief. We are looking forward to seeing the children in the talent competition this afternoon!

Top Readers

Well done to these children for their supper reading from 26th February - 11th March. (This is for two weeks) .

3H Alek H,	5T Remus M
3S Anya M	5W Imogen H
4E Florence L	6BD Kacper K
4F Awab I	6P Attal R

School Dinners

As we are approaching financial year end, please remember to keep your balance topped up. Moving forwards, from 1st April, all dinners will need to be paid for online and we will be unable to accept cash.

Skate Park

There have been several incidents in the skate park before school recently. It is a lovely facility and is used by all ages, but younger children do need supervising. We seem to be picking up a lot of issues where there has been some conflict and then it affects children for the start of their day. We will always try to call you if your child has been involved, so that you can speak to them.

Office

Some of you may be aware that we are quite short staffed in the office at the moment as Mrs Horn is off due to breaking her arm. Miss Morgan is doing an amazing job, but she may take a little more time in responding than usual. Thank you for your patience.

Lateness

We have seen a large increase in lateness recently. Please can you make sure your child is in class for 8.50 when school starts. The doors to classrooms are open from 8.40, so there is plenty of time for the children to get in and settle. Latecomers disturb everyone in the class and children do not like being different to their friends. Hopefully with lighter mornings, we will see fewer children arriving late. Thank you.

Car Park

Please note that access to the car park is restricted to blue badge holders, as there is not enough space for other users. Thank you.

Mrs Mellors' Maths Challenge

Can you complete
10 story levels
before our next Celebration Assembly?



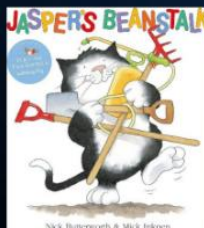
Nursery

Signs of the week

Use fingertips to outline beans



beans



This week in Nursery we have continued our learning about growing and life cycles. We read Jasper's Beanstalk and have planted our own beans. They are in the window of Nursery and have already started to grow! We have worked on our fine motor skills using hole punches to make holes in leaves and thread them onto beanstalks.

We are still enjoying watching our tadpoles that we collected from our school pond grow everyday! They are definitely getting bigger by the day.



Reception

This week we have been learning all about Ramadan and Eid. Some of the children have been sharing their experiences from home.

We have also learnt about the famous Artist Kandinsky. The children have been drawing their own pictures inspired by his famous paintings.



We also had a busy outdoor learning afternoon on Wednesday. We planted some seeds and learnt how to be safe around a fire.

Year one have had a very busy few weeks. They have been learning to use different paint brushes in art to create texture on fossils. We have also started reading A First Book of Nature which is full of seasonal poems. The children have been learning to perform these in groups. This has linked to our science where we have been exploring plants and trees.



Year 1

Year 2



Year two have had a very busy few weeks. They have been learning to create lighter and darker secondary colours by mixing two primary colours. We have also been working on creating artwork in the style of the Aboriginals who lived in Australia. We have also been learning about Australia in Geography. Learning about the climate of different parts in the country, population and the landscape of Australia.

15th March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Main Meal	Main Meal	Main Meal	Main Meal
Brunch with Saute Potatoes and Baked Beans	Beef Burger in a Bun, Wedges and Peas	Roast Chicken, Roast Potatoes, Fresh Veg Medley	Ham and Cheese Carbonarra, Garlic Focaccia Bread and Mixed Salad	Breaded Fish, Chips and Baked Beans or Sweetcorn
Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option
Spring Vegetable Frittata, Saute Potatoes and Peas	Quorn Sausage, Wedges and Beans	Cauliflower and Broccoli Bake, Roast Potatoes, Seasonal Vegetables and Gravy	Tomato and Basil Pasta, Garlic Focaccia Bread and Mixed Salad	Cheese and Bean Pasty, Chips and Baked Beans or Sweetcorn
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
With Cheese / Beans / Tuna Mayo	With Cheese / Beans / Tuna Mayo	With Cheese / Beans / Tuna Mayo	With Cheese / Beans / Tuna Mayo	With Cheese / Beans / Tuna Mayo
Dessert	Dessert	Dessert	Dessert	Dessert
Muffin Or Fresh Fruit/Yogurt	Shortbread Or Fresh Fruit/Yogurt	Fruity Jelly Or Fresh Fruit/Yogurt	Cake Or Fresh Fruit/Yogurt	Cookie Or Fresh Fruit/Yogurt

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



X @wake_up_weds

f /www.thenationalcollege

ig @wake.up.wednesday

yt @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.03.2024