



Wednesday 20th March 2024

LETTER FROM THE HEADTEACHER

Dear Parents and Carers,

END OF TERM – NO CLUBS

I cannot believe that next week is the last week of term! I would like to remind you that there are no after school clubs running in the final week of term – 25th March to 28th March and **school closes early on Thursday 28th March at 1:30pm** for the Easter holidays.

RED NOSE DAY

The children enjoyed wearing their own clothes to school for Comic Relief on 15th March. We raised a massive £400 for comic relief between own clothes day donations and red nose sales, thank you for your kind donations it really does make a difference.



SILVER BIRCH TRIP TO KENT LIFE

Silver Birch visited Kent Life on Thursday 14th March. The children learnt about Florence Nightingales life and looked at life in the past. Silver Birch saw many animals including sheep, pigs, goats and lots of different owls. The class completed the day by learning how to make rugs and having fun in the play area. Photos can be found on Silver Birch class page, on our website.

TRUST FOOTBALL COMPETITION

On Friday 15th March a group of students took part in a trust football competition at Painters Ash Primary School. The children worked really hard and had a fantastic time, placing 4th in the competition. We attend various sports competitions throughout the year so keep an eye out for future updates.

ELM TRIP TO THE FENN BELL INN

Elm Class visited The Fenn Bell Inn Conservation Project today. They saw lots of endangered animals and had a fantastic day. I will update you next week with photos from their trip.

Yours Sincerely,

Mrs A Wilson
Headteacher



STARS OF THE WEEK

Each class awards two stars of the week to children who have worked hard in their lessons, overcome a barrier to learning, met a target or produced a fantastic piece of work.



This week's Stars of the Week: Heitor Calandrini Brasi Da Silva and Adam Jobin Russel (Year 1), Ahaan Roy and Coraline Taylor-Briggs (Year 2), Alisa Mahmodi and Tia-Louise Todd (Year 3), the whole of Silver Birch Class (Year 4), Alan Adam and Ezel Ferenc (Year 5) and Lexi Nee and Bernice Adams (Year 6).

STUDENT OF THE WEEK AND HOT CHOCOLATE FRIDAY

Each week the staff in each class choose a child who has gone over and above and behaved impeccably. These children get a certificate and can sit on a chair for assembly that week. The children then join me for hot chocolate on the Friday afternoon.



This week's Students of the week:

HOUSE POINTS

This week's winning house with 4885 house points is... **Hever!**

COLOUR RUN

On Thursday 28th March children in years R to 6 will be taking part in a sponsored colour run for Autism Awareness Week. The money raised will go towards buying SEN and Sensory resources for the school. During the day different classes will come outside to do 10 laps around the field. Children will get very messy from this event and will need to wear clothes to school that they do not mind getting messy. The children are welcome to bring spare clothes to school to change into after, if they do not want to stay in their messy clothes. **A letter will be sent out to all parents of children in years R – 6 to OPT OUT of the event** if you do not want your child / children participating. If we do not receive a slip opting out, your child / children will join in with the colour run. A sponsor form will also be sent home, we would like to thank our parents and carers in advance for their sponsors!





LET'S TEAM



ONLINE GUIDANCE

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 easily and 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.



The National College®



GET CHILDREN READING

Did you know that turning on the subtitles on your TV at home is the easiest way to get your child reading?

Doing this can double the chance of your child becoming a good reader. Yes, it's really that simple.

Please visit: turnonthesubtitles.org/parents/ to see Hollywood legends Jack Black explain how you can turn screen time into reading time in 10 seconds.



IN THE COMMUNITY



**Sure Start
Children's Centres**
Grovesham

Easter Holiday Timetable

Tuesday 2nd April – Friday 12th April 2024



Monday 1st April	Tuesday 2nd April	Wednesday 3rd April	Thursday 4th April	Friday 5th April
Easter Monday Bank Holiday 	Little Gems Children's Centre Stay and Play 9.30-11.00am	Bright Futures Children's Centre Stay and Play 1.00-2.30pm	Riverside Family Hub Stay and Play 9.30-11.00am	Little Pebbles Children's Centre Stay and Play 9.30-11.00am
Monday 8th April	Tuesday 9th April	Wednesday 10th April	Thursday 11th April	Friday 12th April
Next Steps Children's Centre Stay and Play 9.30-11.00am	Little Gems Children's Centre Stay and Play 9.30-11.00am	Bright Futures Children's Centre Stay and Play 1.00-2.30pm	Riverside Family Hub Stay and Play 9.30-11.00am	Little Pebbles Children's Centre Stay and Play 9.30-11.00am