

DATES FOR THE DIARY

March

Tue 26th – Reports out for Years 1-5

Thur 28th – Dress Down for £1 contribution to PTA

Finish for the Easter holidays

April

Mon 15th – All pupils return to school

Fri 19th – House Day (wear colour of your House)

May

Thur 2nd – School is Polling Station but OPEN

Wk beginning Mon 13th - SATs week for Y6

Fri 24th – Break up for half term

Residentials: please put these dates in your diary:

Year 2 Residential to Tattenhall: 3rd – 4th July 2024

(Deadline for payment in full: Thursday 6th June 2024)

Year 6 Residential to Min-y-Don: 8th – 12th July 2024

(Deadline for payment in full: Monday 20th May 2024)

ASK ME ABOUT...

Education is most effective when schools and parents work in partnership. So, this week;

Caterpillars: *what was hiding in the book*

Butterflies: *different creatures that hatch out of eggs*

Reception: *moving in different directions*

1Mc: *Beegu's Adventure*

1/2T: *keeping our Oceans clean*

2M: *arrays*

3U: *my shadow is pink*

3/4T: *sewing*

4G: *factor bugs*

5I: *what causes a hurricane*

5/6K: *the Easter story*

6T: *SNAPTRAP performance and the ways in which I have learnt to stay safe online*

BYE BYE PARENT PAY, HELLO SCHOOL SPIDER!

We are excited to announce that we are getting ready to move to School Spider for our communications and payments when we return after Easter, at which point we will stop using ParentPay. We are sure most of you are as pleased about this as we are!

The setting up process for this change will start this week and you will soon be asked to upload the School Spider App to your mobile phone or device. This can be done via the App Store or Google Play.

We are confident that School Spider will be much more user friendly for our families. Paying for items is similar to shopping online whereby you put your "products" into the basket and you pay for them with your debit card. Communications will come through like a WhatsApp or message notification.

Regular users of the Before and After School Club have been sent a revised Handbook and Registration documents. Please help us by completing these and returning to Mrs. Leadley. All new users will be asked to complete these documents too, when they next book into this provision. Bookings will be made via the School Spider App moving forward.

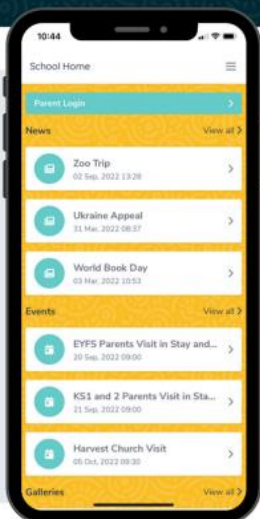
We have been working hard to remind families to clear any accrued debts to a zero balance. Please continue to support us and settle amounts you have been reminded of. Any money / credit currently on ParentPay will be transferred across to a School Spider account, so please do not worry about this.

Guide to our app for parents & carers



School Spider allows you to receive and return information directly to and from the school. Receive instant messages, complete surveys, book your parents' evenings and report absences.

Select your school to get started!



How to get started

Once you have selected the school, you will see posts from the school website. Click parent dashboard to login or create an account. Create an account by pressing "create account" and enter your email address.

You must have your email linked with the school!

Take a look around...

See all action items on your dashboard

Click to respond or book for each child



Click the envelope to see your recent messages

Click these 3 lines to:

- Switch between areas
- Edit your profile
- Logout

DOWNLOAD NOW



ACORNS EASTER HOLIDAY CLUB



We are thrilled to announce that through some amazing collaboration between Edsential, Mr Painter, Mrs Leadley and other fabulous staff at The Acorns, plus with the unwavering support of Greggs Foundation, we are able to run our own Holiday Camp this Easter for 4 mornings. The camp will be 100% free of charge.

The camp will run from Tuesday 2nd to Friday 5th April from 9am-1pm each day. Each day there will be a wide range of fun activities for the children to get involved in. Every child who attends will receive a free snack and free packed lunch every day, thanks to Greggs Foundation.

Those that have been identified as eligible to attend will have received a letter this week. Please return the letter, with all the necessary information included, to secure your child's place at the camp.

Places will be given on a first come, first serve basis.

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.



#WakeUpWednesday

The National College

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