



# *Ashton Hayes Primary School weekly newsletter*

Another week has flown by! Once again, the children have been incredible and are continuing to make us proud every single day. This week's newsletter, as always, has lots of great information about what your children have been up to. However, I would draw your attention especially to the next section about our PTFA – the PTFA do an incredible job and it would be wonderful if we could secure some more support, especially as a Chair for the forthcoming year.

## **Non-uniform day:**

Next Friday, we are holding a non-uniform day. This is at the request of our three amazing gardeners (Alfie, Arthur and Harry). In return for coming to school in non-uniform we are asking for a donation of a plant, such as a bedding plant or a tomato plant or similar, alternatively some seeds that are suitable for planting in pots now would also be appreciated.

## **PTFA:**

Our wonderful PTFA are looking for new members and, in particular, someone who may be willing to take on the role of Chair to help organise fun events throughout the year.

The PTFA do a fantastic job raising much-needed funds for our school. Over the last 12 months, their support has helped to transform our tired old library into a wonderful learning area. Our gallery area has also been transformed and now houses reading areas, learning zones and a much more purposeful learning space for our children.

The PTFA have also funded the installation of artificial grass in our EYFS area, supported work to update the Maple Room, contributed towards travel costs for school trips and an upcoming Careers Carnival and funded our incredibly exciting visit from Rock Kidz in a few weeks' time.

The events organised by the PTFA are always a real highlight of the school year. Events such as the school discos and Summer Fair provide wonderful opportunities for the children to have fun, let off steam and make happy memories with their friends. They are also fantastic social occasions for parents and families and play an important role in strengthening the warm community spirit that makes our school so special.

Any support parents can offer would be hugely appreciated. Whether you can give a little time, help at events, share ideas, or support in a more regular role, your involvement really does make a difference to the children and to the wider school community.

If you are interested in finding out more, please contact Gemma Taylor or Suzie Green.



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## **INSET**

Please be reminded that we break up for half term on Thursday 21<sup>st</sup> May, as we have an INSET day on the Friday.

## **Owls:**

What an amazing trip we had to the World Museum this week! We learned so much about Ancient Egypt, including looking at and touching real artefacts and exploring the fascinating mummies section. We also enjoyed visiting the space exhibition, dinosaurs, bug room and aquarium — it was a fantastic experience for everyone.

In English this week, we have been planning our diary entries, thinking carefully about all the features and writer's knowledge we need to include to make our writing exciting and engaging.

In Maths, the Year 3 children have successfully completed our topic on Money and showed a great understanding during their review work. We are now beginning our new topic on Time, so please encourage your child to practise telling the time at home.

In Science, we have been researching cold-blooded vertebrates and creating an information book filled with interesting facts, including life cycles and food chains.

What a fantastic week we have had!

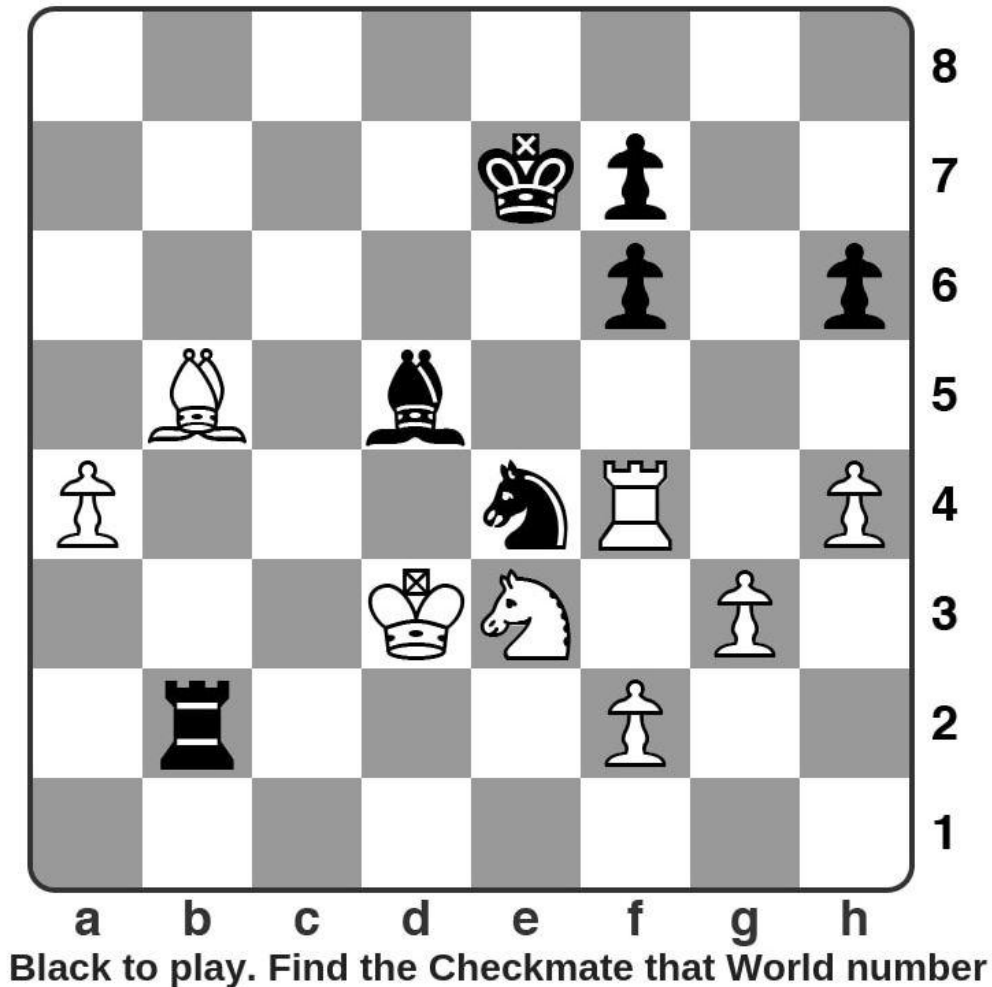


## **Chess Club**



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Chess Club got off to a fantastic start last week! So far, we have been getting to know each other and our different playing styles, while enjoying games against children of all skill levels. During this week's session, we learnt some of the most challenging yet important moves in chess and had lots of fun playing different variations of the game, including matches using only pawns or only the larger pieces. We have also been challenging ourselves to solve tricky chess puzzles to develop our strategic thinking skills — see if you can solve this week's puzzle below! It has been wonderful to see such excellent sportsmanship and teamwork from everyone involved.



Peregrines:



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This week, In English, Peregrines have begun writing their own character narratives inspired by the main character from *The Promise*. They have shown great creativity and are developing their ability to describe characters in depth using modal verbs and parenthesis.

In PE, they have been enthusiastically practising a range of track events in preparation for Sports Day. It has been fantastic to see their determination, teamwork, and encouragement of one another.

In Science, Peregrines have been learning about the different types of human teeth and their functions. They have demonstrated a good understanding of how each type of tooth helps us in our daily lives.

During guided reading, Peregrines have been focusing on prediction as well as reading and explaining skills, using our class text *The Last Wild*. They are becoming increasingly confident in sharing their ideas and justifying their thoughts with evidence from the text.

Well done, Peregrines, for another fantastic week of learning!

## **Buzzards:**

Another great week in Buzzards this week! We've completed the last of our SATs preparations (including our last booster club) and we're feeling ready for whatever next week throws at us. I'm so proud of every single member of Buzzard class for their hard work and positive attitudes towards their learning – all that's left for them to do is show off everything they know!

Alongside final bits of revision, we've also been working on our information text about Wolves this week. The children have used their independent research to plan out the content of their paragraphs and have begun writing their final text.

During the afternoons, we have continued learning all about Ancient Greece, with a focus on the city states of Athens and Sparta this week. We researched each city state and compared what life was like for Spartans and Athenians.

We've also begun work on our DT project this week which is to create an electrical quiz game for 10 or 11-year-olds. So far, we've had a go at making a prototype game – figuring out how to construct a suitable circuit to make the game work successfully. We've also conducted some 'market research' to ensure that our design concept will appeal to our target age.

## **Kestrels:**



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A lovely week, as always, in Kestrels, continuing our learning all about how to look after our world and the people in it.

The children have continued thinking about the problems our world faces and, more importantly, what they can do to help. Their ideas have been thoughtful, creative and very entertaining! From designing traps to catch people who drop litter, created "litter police" to teach them a lesson, imagined force fields to protect wild flowers from being picked, and even writing to the King to encourage everyone to ride their bikes to school. The children care so genuinely about the world around them, and it has been wonderful hearing their 'Kestrel' ideas and solutions.

The children are taking such pride in their handwriting and letter formation. We have been writing instructions explaining how to make our recycled paper, and the care and effort being put into every piece of writing is just lovely to see.

Maths this week has seen us counting to numbers much bigger than ever before! We have been working hard to find ways to make counting less tricky, thinking carefully about how to be accurate and exact rather than just guessing or making silly mistakes. I love the confidence these little dots have for number.

We have also been sewing this week - onto hessian and even into our homemade paper! There has been so much resilience, patience and determination shown as the children tackled something quite challenging. We are so proud of how they keep going, even when things feel difficult at first...and whilst it was all about the process, the finished products are just beautiful.

Another joyful week with our lovely little learners.

Have a wonderful weekend everybody. 



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### **Sparrowhawks:**

It has been a short week in Sparrowhawk Class this week but that has not stopped us packing in the learning! We have continued our space quest and the children are really showing a great understanding of their knowledge of the moon landings. We had some fantastic interpretations and representations of rockets made from Knex, Lego, blocks and junk modelling. We had pictures of the planets, models and space food - the imagination was amazing!

We have been looking at flowering plants and naming the parts of a flower.

We have been continuing our work on Andy Warhol and have started applying it to the background of our space themed moon landing pictures.

Our work on our year one and two books continues and the children have been developing amazing language. Year ones have been specifically focusing on ING and ED endings and how they change a word.

We are now looking forward to another fun packed busy week next week.



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## Attendance:

We are now above our attendance target of 96.7% - Thank you everyone. Lets keep it up until the end of the summer term!

Class	This week's attendance	Cumulative attendance for the year
Kestrel	97.4%	96.82%
Sparrowhawk	98.16%	95.13%
Owl	99.49%	97.42%
Peregrine	96.43%	97.59%
Buzzard	99.28%	96.85%
Whole school	98.11%	96.72%

## Celebration Assembly:

Kestrel – Eleanor & Archie  
Sparrowhawk – Albie & Daniel  
Owl – Billie & Ewan  
Peregrine – Millie & James  
Buzzard – Sophie

## Top tips for developing healthy sleeping aptterns:

For children and young people, low-quality sleep can become a serious issue. It has been theorised that poor sleep can have a significant impact on children's brain development, affecting them for the rest of their lives. A healthy – and consistent – sleeping pattern, therefore, is incredibly important for children and young people's wellbeing.

With the stresses and distractions that can present themselves to youngsters, it can be tricky to ensure they're in the best mindset to wind down in the evenings for the rejuvenating rest that they need. The right approach, however, can give them a better chance of cultivating a healthy sleeping pattern. Our guide has some practical tips on helping them to achieve exactly that.

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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](http://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 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.





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**Have a great weekend!**

**Mr Bell**