



Alsager Highfields Primary School

Mighty oaks from small acorns grow

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Friday 10th October 2025

Dear Parents & Carers,

Autumn has well and truly arrived and playtimes seem to have had the entire range of seasons this week. We are hopeful that even in the wet weather we will be able to continue to use the field as the PFA have generously agreed to fund several welly stands. These will allow children to change their footwear and still access the entire school grounds whilst also keeping the school carpets clean. If you do have any old, outgrown wellies that are no longer used, please consider sending them in.

The PFA have also funded some more tepees to be built along with a stage area as the next phase of our Opal Play. The dressing up clothes have been well received by pupils at lunchtime and it really is a pleasure to see such imaginative play going on by pupils of all ages.

Rachel Woollam

Opal Play



We're excited to share some lovely news about our playtime enhancements this year. We've introduced more elements to keep the children engaged, including dressing up outfits and den building equipment. The little ones are absolutely loving the new zones we've created! In addition, we've ordered more wheeled carts to support their imaginative play.

As we continue to evolve our play experience, we would greatly appreciate any donations of balance bikes, scooters, dolls, or dressing up outfits. Every contribution makes a difference!

One World Festival



Our talented school choir showcased their skills by performing at the Community One World Festival on Saturday. The appreciative audience were clearly impressed with the song choices and harmonious voices. Huge thanks to Mrs Dyde, Mrs Matthew and Mrs Flood who prepared and supported our singers. The choir is now gearing up for another exciting opportunity as they prepare to join the other primary choirs from the Trust to enter a competition to sing at the Cheshire Constabulary Carol Concert, held at the beautiful Chester Cathedral this December. Regardless of the outcome, the opportunity to sing in a larger group is always special and the video recording of our entry will be available to view. Watch this space!

Harvest

We shall be celebrating harvest on **Wednesday the 15th of October**, with the whole school coming together in a special assembly. Pete Howard, the pastor from Alsager Community Church, will be leading our harvest thanksgiving. The choir have been busy learning songs and we will take time to reflect on the food we eat and the work involved in farming and producing crops. We will also think about those less fortunate than ourselves and the vital work done in our community by the Alsager foodbank.

If you are able, please consider donating tins and packets of consumable goods so that we can support our local food bank. We ask that donations are sent in on **Monday and Tuesday of next week**, so that we can arrange the hall ready for Wednesday. Any support and donations will be gratefully received.



Medicines in school

Inevitably, with the return to school, there has been many coughs, colds and bugs not to mention chicken pox, doing the rounds. The chart below clearly explains the length of time pupils need to remain at home. The school will administer non-prescribed medicines, such as calpol, to pupils, as long as parents or carers have filled in a medical form.

When should my child return to school?

Chicken Pox When all spots have crusted over	Conjunctivitis None*	Diarrhoea & Vomiting 48 hours from last episode	Glandular Fever None*	Hand, foot & mouth None*	Impetigo When lesions are crusted & healed or 48 hours after commencing antibiotics
Measles or German Measles 4 days from onset of rash	Mumps 5 days from onset of swelling	Scabies After first treatment	Scarlet Fever 24 hours after commencing antibiotics	Slapped Cheek None*	Whooping Cough 48 hours after commencing antibiotics
Flu Until recovered	Head Lice None*	Threadworms None*	Tonsillitis None*		



This information is based on the Public Health Agency guide - full copy here

*No need to stay off but school or nursery should be informed.



Football Success



Mr Hocknell is having a run of success with the footballers this term.

Our year 5 and 6 team came second overall in their tournament last week and the year 3 and 4 squad came third last night. Last night's team did not concede a goal in any of their matches and more importantly, behaviour was exemplary and all pupils enjoyed the opportunity to play in a tournament. Huge thank you to Mr Hocknell and Mr Bundy who give freely of their time in order to provide our pupils with these additional opportunities.

Bronze Award

The bronze certificates keep on coming. Huge congratulations to the following pupils in year 4, who have all received their bronze award in the past two weeks:

Max G, Briana C, Amelia H, Amelie R, Lowen R, Mia B, Freya Bl, Nicole V, Zackary F, Thea B, Quinn H and Nora O.

Also we have our first word millionaire:

Mrs Harrison is clearly setting the standard in year 6 by achieving this in record time this year!

Mrs Harry and myself continue to battle weekly for the highest word count. As it stands, Mrs Harry is winning!

Bedtime routines

We have a few pupils who are struggling with learning in the morning due to fatigue. Please encourage a healthy bedtime routine by ensuring screens are not kept in bedrooms overnight. Thank you for your anticipated help.

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.

- MINDFUL TECH USE**
Encourage a balanced approach to screen time. When phones, laptops, tablets and so on are used as a helpful means of stress relief, it's advisable to encourage that use right before bed. These devices can keep the mind racing long after they've been put to rest, impacting how easily and how well a person can sleep.
- 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 could use to log sleeping, for example, or they could use up excess energy by exercising during the day.
- HYDRATION HABITS**
Underline the importance of drinking plenty of water throughout the day, while leaving alone space to urinate to prevent disruption during the night. If it is not possible to reach out if you're needing to get up and use the toilet, avoid caffeinated drinks later in the day and allow the body and brain to slow down naturally, without any chemicals firing them back up.
- CONSISTENT BEDTIME SCHEDULE**
Kiss children in developing consistent bedtime routines that tell the body it's time to wind down, prioritising 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.
- OPTIMAL SLEEP ENVIRONMENT**
Ensure that the bedroom is comfortable, dark and free from distractions, leaving an open space for quality rest. The room's temperature should also be adjusted for sleeping – that is, not too hot and not too cold – while ensuring the bed is kept on tidy and free of clutter as possible.
- 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-key is a good way to wind down before bed.
- PRIORITISING ADEQUATE SLEEP**
Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to establish a healthy sleep pattern during challenging and intensive periods in one's life, during the school years for children and young people, for instance.
- NUTRITIONAL BALANCE**
Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to limit the amount of food and drink in the evening, and encourage a diet rich in fruit and vegetables, served in reasonable portion sizes. And sleep is the best medicine, but it also requires the chance of feeling too full to be comfortable to bed.
- PARENTAL SUPPORT**
Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can involve their own sleep habits (and encourage children to do the same) and they don't do already to model a balanced bedtime routine and reinforce the importance of self-care.
- MILITARY SLEEP METHOD**
Look up 'the military sleep method'. It's a technique for falling asleep quickly, which incorporates deep breathing exercises. You should encourage children to try it out once or twice a week. While it can take a great deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

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

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