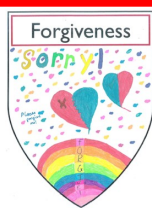


Oldswinford Cof E Primary School

'Believe, achieve and shine brighter together'



Summer Newsletter: 5th July 2024

Dear Parents/Carers,

It's was lovely to welcome Mary Stevens Hospice to school on Tuesday to sell ice creams - thank you for supporting this wonderful cause. Our school dinner taster session on Monday also seemed to be a huge success with lots of positive feedback. I must say it smelt delicious and I hear it tasted even better! Apologies for not getting our finalised classes out to you by the end of this week - it's taken a bit longer than expected. They will definitely be coming out on Monday.

We had a brilliant meeting with our OPAL mentor this week who is helping us to plan out all the different play activities that will be on offer at lunchtime. We look forward to sharing this with you and the children in school as soon as it is finished. Staff have started their training, which will be continuing next year as we introduce new things!

I can't quite believe that there are only 2 weeks to go until we break up for summer! They are a busy 2 weeks with our Year 6 production, leavers' service and reports will come home on the 17th July.

The holidays will be here before we know it!

Have a lovely weekend,

Ellie Game

Value of the half term...

Patience

This week we looked at 1 Corinthians 13.

'Love is Patient'

We thought about what this might look like in our school.

Attendance

This **week** our attendance has been...

Reception - 93.9%

Year 1 - 95%

Year 2 - 98.2%

Year 3 - 95.2%

Year 4 - 96%

Year 5 - 93.9%

Year 6 - 97.5%

Well done **Year 2** for your amazing attendance this week.

Staffing

We have a few changes of staffing coming in September.

Mrs Sylvester and Mr Ramsay are leaving us for new adventures at the end of this academic year. They will be greatly missed but we wish them lots of love and best wishes.

Mrs Hardy will be starting back at school after her maternity leave. We can't wait to have her back again!

Mrs Whittaker, who works in our after school club is retiring. We wish her lots of love and luck.

We are currently in the process of recruiting new staff to replace those leaving and will let you know as soon as we can who will be joining us.

We also have 2 weddings taking place over the summer. Miss Thomas who teaches in FSC will be Mrs Terry and Miss Tait who is in Year 1 will be Mrs Perry. What an exciting summer - we wish them lots of love as they start their married life.

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 Gillatt – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.





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