



King Athelstan Primary School

Newsletter 9

Monday 28th January 2013

Working Together We Will Be Stronger

We are proud of our relationship with our school community. We have a strong PCSA and a team of parents and carers keen to support the growth of our school. We hope that this newsletter gives you some additional ideas and guidance on how you can help at home, as well as keeping you up to date with our news.



Spring Term Dates

Monday 28 th Jan	Y6 Chessington Citizenship Day
Tuesday 29 th Jan	Y6 Shakespeare Residency (PM)
Thursday 31 st Jan	Y6 Shakespeare Residency (PM)
Friday 1 st Feb	Y6 Shakespeare Residency (AM)
Tuesday 5 th Feb	Y5 Science Museum
Thursday 7 th Feb	Maths Passport Briefing -6.00pm
Monday 11 th Feb	Parent/Carer consultation Mtgs
Wednesday 13 th Feb	Parent/Carer consultation Mtgs
Friday 15 th Feb	End of half term 3.15pm
18th-22nd February	HALF TERM
Monday 25th Feb	Back to school
Wednesday 27 th Feb	'How to help your child at home' 3.30-4.15pm (crèche provided)
Thursday 7 th March	World Book Day 2.45pm Lowry (pm) Mother's Day Celebration
Friday 8 th March	2pm Mother's Day Assembly Y1-Y6 Cezanne Mother's Day Celebration 8.45am Rousseau Mother's Day Celebration 8.45am Lowry (am) Mother's Day Celebration 11.15am
Friday 15 th March	Red Nose Day 9am Parent/Carer Forum
W/B Mon 18 th March	Family Lunch Week
Weds 27 th March	Musical Theatre 'Wind in the Willows' visiting school End of term 2.30pm
Thursday 28 th March	INSET Day
Easter Holiday - 29th	March - 12th April
Monday 15 th April	Beginning of term
Thursday 2 nd May	Bags to School collection
Monday 6 th May	School Closed - Bank Holiday
Monday 13 th May	Y6 SATs WEEK
Friday 24 th May	Circus Skills Day End of half term 3.15pm
Monday 7 th June	Back to school



Sleep Your Way To Academic Success!

Teachers are reporting that a lot of children are coming to school tired. Research tells us that children who get between 10-12hrs of quality sleep a night will be more successful at school. We need your help! Helping your children to get a good night sleep could significantly improve their progress and attainment at school. Research indicates that lack of sleep not only makes it hard to concentrate but also can effect behaviour and emotional wellbeing.



Top Tips for a settled bedtime:

- Establish a routine - bath, teeth and story time.
 - Give your child a set bed time which will allow them to get enough sleep.
 - Avoid the use of computers for at least one hour before bedtime.
 - Remove televisions from your children's bedrooms.
- Too much screen stimulation unsettles children's brains and makes it hard for them to switch off and settle. All children have periods when they find it difficult to settle. However, if this is on-going challenge for your child, please visit your GP for advice, talk to us, or for children under 5 - pop in to the Children's Centre.

Interested In Learning More About Read Write Inc?

We Need Your Support!

Mrs Bennett is looking for parents and carers who can spare **an hour a week** to come in and play phonics games with small groups of children to reinforce the work they are doing in RWI sessions. All volunteers will receive specialist training from Mrs Bennett. If you are interested, please leave your name and contact details at the school office. All helpers must be CRB checked. Please arrange a time to pop into the school office to process this paperwork.

Parent/Carer Forum

We are delighted that our school caterers will be offering taster sessions after the Parent/Carer Forum on **Friday 15th March**. If you are interested in sampling some of the food that we offer the children please join us at the meeting.

If you have items which you would like to be placed on the agenda please write them down and hand them into the school office, clearly marked 'Parent/Carer Forum'. We always value your thoughts and questions.

Healthy Lunchboxes

Eating well is important. Children need to eat well as it will give them energy and nutrients to grow and develop, be healthy and active. A healthy enjoyable lunch gives children the energy they need to learn and play at school. All packed lunches should contain at least one portion of fruit or vegetables; a protein such as meat, eggs, beans or fish and a starchy food such as bread, potato, rice, pasta or yam. This will give your child the essential energy, fibre, vitamins and minerals they need to be strong and well. Please limit the amount of salt, sugar and chocolate they have in their lunch and avoid putting in sweet drinks. Water is made available to all children in the school lunch hall. Drinking water helps children to concentrate and feel well.

For more information and advice go to:

www.eatwell.gov.uk/ www.schoolfoodtrust.org.uk/packedlunches/

Please Support Siobhan Strode's Half

Marathon Run



Our energetic Reception teacher, Siobhan Strode, will be running the Bath Half Marathon on 3rd March 2013. She will be raising money for Bliss, a charity which supports families who have babies who are born too soon, too small or too sick. They have a helpline, great publications, support groups and counselling available to support families. If you are interested in making a donation to support this charity please go to Siobhan's Just Giving page:
<http://www.justgiving.com/TeamStrode>
Many thanks in anticipation of your support.

Governor News

Last year saw our school gaining an impressive list of Eco credentials. We will be continuing our mission to make King Athelstan the shining example of environmental awareness. One simple action we are asking our families to take is to limit the number of plastic bags they pick up in shops. Last year in England we used a staggering 8 billion plastic bags. Please do not add to this!



Andrea Craig - Governor



PCSA Circus Skills Day - Friday 24th May



We are very excited about the upcoming circus skills day that the PCSA have kindly organised for the children. Everyone will get the chance to work with a professional and try out some circus skills - plate spinning, stilt walking, juggling and even unicycling. We will be asking the children to make a donation of £1 to support with the cost of the event and come to school in mufti with a circus theme. It promises to be a great day! Look out for more information after Easter.



Smokers - A Polite Request From the Children



We are very grateful that parents and carers no longer smoke on the school premises. We have a Healthy School award and see it as our responsibility to help children understand the dangers of smoking. A number of children have been coming into school worried about the smoking that is taking place outside the school gates. Please can parents and carers support our children and refrain from smoking anywhere in front of the school premises, this includes the site managers house. Thank you for your cooperation.

School Toilets

Although we have raised this matter on several occasions, a large number of parents/carers regularly request to use the staff toilet near the school office. From now on we will decline requests as this is extremely disruptive for the admin team and has also caused a number of problems. Nappies were put down the toilet last week and this flooded the toilet and stock cupboard causing hundreds of pounds of damage, remedial maintenance work and staff overtime. This is the 3rd time this has happened. Please note that there are baby changing facilities in the Children's Centre. Thank you for your cooperation.

Next Week - Maths Passport Briefing

All families are invited to come along to our **Maths Passport Evening on Thursday 7th February at 6pm** in the Main Hall. It promises to be an informative evening which will help parents to see just how much fun maths can be! There will be a prize draw of maths games and books for you to enjoy at home. If you are planning on coming convince a friend to come too. The more the merrier!

