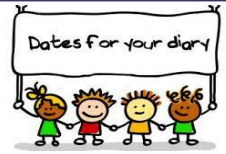




CLAREMONT PRIMARY SCHOOL NEWSLETTER FRIDAY 15th NOVEMBER 2024



Dear Parents and Carers,

Welcome to our first Newsletter of this half term.

I hope that you had a good break and a good Diwali if you were celebrating. It certainly feels like the holidays were along time ago and the winter is coming. It is getting darker earlier and there is a definite chill in the air. Please ensure that your child comes to school wearing a warm coat that is clearly marked with their name. We have had a busy start and been thinking about Remembrance Day, Anti-Bullying Week and Children in Need as well as getting on with the usual day to day learning in classes. I am delighted that our clubs are back up and running and it is wonderful to see how many children are taking the opportunity after school. Thanks to all of the staff that run them.

The cones on Fern Avenue certainly appear to have improved the conditions for the children and our families at drop-off and collection time – thank you for observing them and helping to keep our children safe.

We are now moving into one of my favourite times at school. I love the togetherness at this time of year and The Nativity by Early Years never ceases to make me feel so proud. Please remember to send your children to school every day possible as every day of lost learning has a profound effect on your child's education.

Best wishes,

Dates for your diary:

- 19/11/24 – School photographer
- 21/11/24 – Year 3 to visit Butterfly House
- 03 and 05/12/24 – Parents' Evenings
- 11/12/24 – Nativity performance
- 13/12/24 – KS1 Panto visit
- 17/12/24 – Christmas Fayre
- 18/12/24 – KS1 Christmas Performance
- 20/12/24 – Last Day of Autumn term
- 06/01/25 – First Day of Spring Term

School Photographs

We will be hosting Star Photography on Tuesday 19th November to take individual, family and sibling portraits. The school office will be open from 8am – 8.45am to coordinate any family photographs. We will then use the school day to take the rest of the photos. It is really nice for the children to be photographed in their school uniforms so it would be great to see as many children as possible wearing them.

Parents' Evenings

We will be holding our Autumn Term Parents' Evenings on 3rd and 5th December. Please use the Arbor invite to book your appointment – you have up until next Friday (22nd November) to do so. If you are having difficulty booking the appointment or accessing the Arbor information, please contact the School Office who will be able to assist you.

Thought of the week:

“Do not judge me by my success, judge me by how many times I fell down and got back up again.” — Nelson Mandela



What have we been learning this week?

Nursery – have been having fun outside on their balance bikes.

Reception – made poppies out of string to help commemorate Remembrance day

Year 1 – have visited the Pirate Park to get ideas for their writing about the local area.

Year 2 – celebrated Anti-Bullying Week by coming to school wearing their odd socks

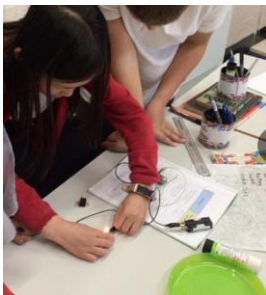
Year 3 – have been creating Rainforest Bridges in Design and Technology

Year 4 – have been learning about Mount Everest, gathering facts to help with their writing.

Year 5 – have been learning about square and cube numbers in Maths

Year 6 – have been studying electrical circuits in science

Acorns – enjoyed some wonderful games in their PE session

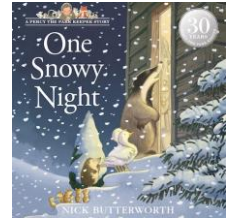


Recommended Reads

“One Snowy Night”

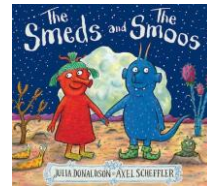
by Nick Butterworth

Percy the Park Keeper always feeds the animals in the park where he lives. But one cold night, Percy finds out that they need more than food.



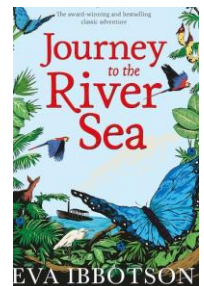
“The Smeds and the Smoos by Julia Donaldson

The Smeds and the Smoos never mix but what happens when two of them fall in love?



“Journey to the River Sea” by Eva Ibbotson.

A joyous Amazon adventure set in the lush nature of Brazil.



Parent Governor Opportunity

We have an exciting opportunity for one of our parents or carers to join our school's governing body. The governing body are the organisation that hold the school to account and have a large influence on the strategic leadership of the school. They are looking for a parent or carer to join them to help to do this. More information will be coming out shortly, including nomination forms. If you would like more information about our Governors, please go to the website:

<https://www.claremontnottingham.co.uk/governors-1/>

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.

