



HEADTEACHER'S WEEKLY BULLETIN

"For I know the plans I have for you... plans to give you hope and a future"

Jeremiah 29:11

ISSUE NO. 23: 15 Mar 2024

DIARY DATES

Mon 18 Mar	3.15pm Ladybirds Friendship Teatime in Tandridge Village Hall—All welcome
Tues 19 Mar	Parent Teacher Consultations by appointment
Wed 20 Mar	Pause Day: Easter
Thurs 21 Mar	Odd Socks Day —wear odd socks in support of P.S.D.S. Parent Teacher Consultations by appointment
Tues 26 Mar	2.45pm Easter Bonnet Parade—All welcome
Wed 27 Mar	9am Easter Service @ St Peter's Church, Tandridge—All welcome
Thurs 28 Mar	Last day of spring term

Dear Parents and Carers,

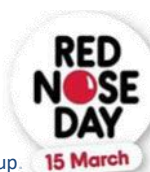
The days may be grey and gloomy but here, at St Peter's, we always look on the bright side of things. The children are always cheery and smiling, wanting to tell you about their learning and adventures. It is so wonderful and certainly puts you in a great mood to start each day.



"You cause the grass to grow for the livestock and plants for man to cultivate, that he may bring forth food from the earth" Psalm 104:14 ESV

During the week the children were treated to a Farming Live session where they learned more about the rural farming community. They found out all about lambs and sheep, looked at the workings of a tractor and then listened to lots of questions sent in by the schools. Unfortunately this time, due to the amount of schools participating in the event, none of our questions were chosen, but the children listened avidly anyway. The session has also given the children lots of ideas for growing different vegetables. Watch this space!

HAPPY RED NOSE DAY Today was a day like no other as we not only were greeted with our great 'Happy Friday' messages from the children and parents, but we were also treated to all things red. It is fantastic to see how everyone gets into the spirit of things and Comic Relief day is a fantastic excuse to have red hair, red noses and anything else red that you can think of. Thank you all so much for the donations we have received towards this extremely worthy cause. We are collecting after school today too so if you missed the opportunity to donate this morning and would like to do so, please bring your pennies at pick up.

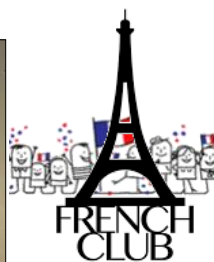


C'EST FORMIDABLE!

Some of the Dragonflies children attend a fabulous lunchtime French Club run by Claire Devey. Claire does this purely on a voluntary basis and we are extremely grateful to her for her time and enthusiasm. This week the children have been learning to read and say numbers to 20 in French. They absolutely astounded everyone and made Claire extremely proud with the speed at which they could not only learn these but do sums as well. They all certainly love their French days!

Felix and Ollie were not only the first to complete the challenge but didn't need the crib sheet to help them either. Wow!

Aurelia and Dominique's challenge. Well done girls!



THINGS TO CHECK THIS WEEK:

- ☐ Please check that all items of uniform, coats, etc are clearly named
- ☐ Book After School Clubs for summer term



REMINDER:

PARENT TEACHER CONSULTATIONS NEXT WEEK!

We look forward to seeing as many of you as possible at the **parent consultation evenings on Tuesday 19th March and Thursday 21st March.** Please do check your time and day, as it can really upset timings if parents turn up at the wrong time/day. Please also be respectful of the 10 minutes time allocated—overrunning appointments can have a real knock on effect for both staff and other parents. If you feel you would like to discuss anything in more detail please ask to make an additional appointment at a later date. Thank you very much in advance.

Join Ladybirds for a cup of FRIENDSHIP TEA



Monday after school
in the Village Hall

THANK YOU FROM CAPE VERDE

Nicola Roberts, Tilly and Louis would like to say a huge thank you for all the donations received to support the children in Cape Verde. They arrived back at the beginning of this week having spent time in the country delivering much needed resources to the communities.



CLASS NEWS

BUSY BEES

Busy Bees have been learning about the plants that exist in the Rainforests across the World and discussed and learned about the life and work of Sir David Attenborough. We looked at a picture of the Rainforest and wrote in full sentences what we could see in the picture. In Maths we are continuing to develop our understanding of number bonds to 10. Our art project this week was to create Toucans and Macaws and they look amazing!!! During our RE session today we learned why the cross is special for Christians and why Jesus died. We created sunset pictures representing the day Jesus that died on the cross.



LADYBIRDS

Ladybirds have had another brilliant week. We have been preparing for our Friendship Teatime on Monday—please come along if you can to see what we have made! In Maths we have been learning to tell the time. We have learned and mastered both o'clock and half past. Our outdoor learning this week was all about looking at sentences and whether they were written correctly or not. We had to find and sort sentences and correct any mistakes in them. In Geography we have been re-visiting human and physical features and we looked at images of castles to see which features we could identify as part of our 'Crazy Castles' topic learning.



DRAGONFLIES

Dragonflies have had a great week! We have written our version of "A Walk In New York" changing it to "A Walk in Washington/San Francisco". The children's stories were very detailed and imaginative. In Maths we have started to look at multiplication, using an array to work out our questions. We then extended our learning to solve word questions related to the topic. In History we looked at chronological ordering. We placed events in order on a timeline, building up to the American Revolution of 1776. In PE we completed circuit training, incorporating elements of dance and balance, as well as lots of energetic activities. We continued our investigation of plants in Science by dissecting daffodil flowers and learning to identify the different parts of the plant.

STILL TO COME...

Don't forget that our last week of term seems to be speeding towards us at a great rate of knots. The week will be filled with lots of exciting events for the children.

Easter Bonnet Parade: Tuesday 26 March at 2.45pm

We always love to see the spectacular Easter Bonnets that the children are eager to make and then wear!

Easter Service at St Peter's Church: Wednesday 27 March at 9am prompt

Please bring the children straight to St Peter's Church for 8.45am so we can start promptly at 9am. We would love you to join us for our Easter celebrations and if you would like to walk the children back to school afterwards, that would be wonderful too. We look forward to seeing many of you there. A message from the Faith Group: "Please come to our Easter Service. If you can come that would be great. Thank you."

Bunny Hop: Thursday 28 March

The children will be bunny hopping around the school field in the morning to help raise lots of much needed funds for the school. Please do sponsor them on the 'JustGiving' page if you can. They will be so excited! We thank you all very much in advance. Here is the sponsorship link >> <https://www.justgiving.com/crowdfunding/stpetersbunnyhop>



"Blisters are Braille for awesome"

Joseph's mummy, Ché, is running the London Marathon next month in aid of St Peter's School. If you are able to sponsor her you can do so via: <https://www.crowdfunder.co.uk/p/stpeterscofe>. A huge thank you to Ché for doing this for us.

Ché is also inviting the children to design her running shirt which she will wear on the day. Your child is welcome to draw and colour a design in felt tip on A4 paper and submit it to their class teacher before the end of term. This is what the crowds in London will see while Ché is running, so be sure to make your designs as bold and as "St Peter's" as possible! Entries cost £1 (which will go towards the fundraising target) and winners will be announced after Easter, when the shirt will be revealed!



I hope you have a really brilliant weekend and Happy St Patrick's Day, for those that celebrate!

God Bless, Lenia Greenaway



HOUSE TEAM POINTS		
 SOUTHWARK	 LAMBERT	 YORK
38	19	24

HOMEWORK



Busy Bees: Colour a Rainbow number bond poster

Ladybirds: Telling the Time

Dragonflies: Multiplication

Please guide me and change me, oh God.

Please give me Your heart for others and the world around me.

Each and every day, help me to see, through Your eyes,

the truth of what is, what has been and what will one day come.

In the name of Your son Jesus I pray, Amen.



ST PETER'S CHURCH, TANDRIDGE



Phone: 01883 714263

Email: stmaryoxted.stpeterandridge@gmail.com

https://stpeterandridge.uk/Groups/343723/St_Peters_Church.aspx

SUNDAY 17 MARCH

11am All Age Worship

4.30pm Café Service @ St Mary's, Oxted

6.30pm Eucharist

EASTER

Monday 25 March

7pm Holy Week Prayers at St Peter's

Tuesday 26 March

7pm Holy Week Prayers at St Peter's

Wednesday 27 March

7pm Holy Week Prayers at St Peter's

Mundy Thursday 28 March

7pm Christian Seder Meal in The Space with communion
8.30pm Stripping the altar in St Mary's with a time of silent prayer

Good Friday 29 March

10am - 11.30am Craft Morning for all in OCH
9.30am - 11.30am The Meeting Place in The Space
12noon Seven Words on the Cross at St Peter's
1pm Walk of Witness (Council offices to the war memorial)
2pm An Hour at the Cross at St Mary's

Easter Sunday 31 March

6am Sunrise Vigil at St Mary's
8am Communion at St Mary's
8am Communion at St Peter's
9.30am Family Communion at St Mary's
11am Family Communion at St Peter's
6.30pm Evensong at St Peter's



CHILD PROTECTION CONTACT CENTRE

At St Peter's we take the safety and well-being of every child very seriously. If you are ever concerned about a child please speak in confidence to our Designated Safeguarding Lead, Miss Greenaway or our Deputy Designated Safeguarding Leads, Mr Atterton and Mrs Vaquinhass. If you feel you have not had a satisfactory response from us to any child protection issue, please phone the contact centre on:



Tel: 0300 200 1006

"Safeguarding is Everyone's Business"

Emergency information regarding the school will be announced on HEART RADIO 102.7FM

01883 712439

hello@stpetersinfant.org

www.stpetersinfant.org



Southwark Diocesan Board of Education
Supporting Christian Education



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.

