



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. 24 : 14 Mar 2025

DIARY DATES

Mon 17 Mar	3.15pm Ladybirds Friendship Teatime in Tandridge Village Hall—all welcome
Wed 19 Mar	Ladybirds visit to Big Wood Estate
Fri 21 Mar	Comic Relief Red Nose Day / Odd Socks Day for Downs Syndrome
Tues 25 Mar	Parent Teacher Consultations by appointment
Thurs 27 Mar	2pm Mothers Day Assembly Parent Teacher Consultations by appointment
Tues 1 Apr	9am "How we teach reading at St Peter's"—Parent info session in school hall
Wed 2 Apr	FOSP Cinema Evening
Thurs 3 Apr	Sponsored Bunny Hop 2.45pm Easter Bonnet Parade—Parents welcome to watch
Fri 4 Apr	9am Easter Service at St Peter's Church—All welcome
Tues 22 Apr	INSET Day—school closed for staff training

Dear Parents and Carers,

This week Dragonflies Class took their second visit of the year to Big Wood Estate to continue their investigations into what happens to our environment as the seasons change. They engaged in lots of hands-on learning experiences that ignited their curiosity about farming, health and nature. This visit was all about the health of our whole environment and was not only educational but also an inspiring, memorable adventure for everyone involved! They saw the black spotted pigs again, which they were very excited about. Both Peppa pig and Thelma pig are pregnant and due in a week or so. If the Ladybirds Class are very lucky, they may see some piglets on their visit next week, otherwise David (from the Estate) has promised that he will send us a video of them. The class looked carefully at the different signs of spring, saw the horses and I do have to say, talked a lot about 'dung', exploring the benefits of this for different creatures as well as plants. They had a fabulous time and Lily again wowed us with her knowledge of fungi while Jacob absolutely blew everyone away with his knowledge of animals, insects and the countryside in general. They are all looking forward already to their final trip in the summer term.

We would like to say a huge thank you to Charmaine and the Jumping Jacks Team for very kindly taking the children there and back in their minibuses. It is greatly appreciated.



Big Wood Estate isn't just for school visits: they have many courses coming up this spring and summer for families and for adults so if you'd like to get equally inspired then check out their website for courses that are coming up, with more being added regularly. Whether you're interested in gardening, nature or crafting there's something for everyone! <https://bigwoodestate.co.uk/>.

"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind." – Dr. Seuss

After last weeks lovely Collective Worship from Ladybirds, yesterday was Dragonflies turn to led the school in worship. The focus was on celebrating differences and being 'unique' with a worship called 'It's Good To Be Me!'. They presented very significant messages about the importance of being confident in who you are and not what someone else wants you to be; that each child is a unique individual with their own strengths, talents, and perspectives. Being unique is something to be celebrated. It's what makes each of us special and contributes to our vibrant community. This came through wonderfully in the Dragonflies worship and with the pictures they had drawn. Thank you very much Dragonflies.



COMING NEXT WEEK...

LADYBIRDS FRIENDSHIP TEATIME – MONDAY 17 MARCH

The Ladybird Class will be hosting their tea time in the village hall after school on Monday. They have all been working really hard to make things that they would like to sell at this event. Please do come along and support them either straight after school or when your child has finished their club. They look forward to welcoming you all.

ODD SOCKS & RED NOSE DAY—FRIDAY 21 MARCH

Next Friday the children may wear odd socks and multi-clothes in recognition of both 'Odd Socks Day' and 'Red Nose Day' together. Odd Socks Day is in support of World Down Syndrome Day, which is a cause close to us at school. We will be splitting the proceeds of the day between both the charities, so if you are able to make a donation, however small, it would be greatly appreciated. Thank you very much in advance.



BUSY BEES

This week Busy Bees read the story "Handa's Surprise" by Eileen Browne and together we explored new vocabulary and learned all about adjectives. The children used adjectives to describe Handa and some of the fruits from the story and then wrote sentences containing them. We made 'African necklaces' and designed a habitat which might exist in the Savannah. In Maths we focused on 'one more' or 'one less' than a given number up to 20 and practiced counting and writing numbers up to 20. In RE we created Easter Gardens and talked about their importance in the Christian faith.

Homework: Write 2 or 3 sentences about your favourite animal that might live in a Savannah habitat

LADYBIRDS

Ladybirds have had a very creative week, making lots of things to sell at our teatime after school on Monday. In Maths, we have been learning to find half and a quarter of a number using a bar model. We have worked very hard to understand this method. In Geography, we have looked at human and physical features around the school. As part of our new History topic about castles, we learned about the various jobs people did within a castle and decided what job we would like to do and why!

Homework: Finding Halves and Quarters

DRAGONFLIES

Dragonflies have had a very busy week...again! We finished reading our book 'A Walk in New York' by Salvatore Rubbino and we are now conducting research to help us write our own versions, choosing a title 'A Walk in Washington DC' or 'A Walk in San Francisco'. We have used the laptops to find out interesting facts about key sites in the city we chose e.g. Alcatraz or The White House. Next week we will put this research into a story plan, and then write the stories. In Maths we are learning about division. We are doing this by sharing or grouping and have really impressed with how quickly we have all picked up the reasoning. In History we have continued investigating explorers, focusing on the Americas. We continued studying the 13 original British colonies and have started to look at the Slavery Triangle. We led the School Collective Worship 'It's Good To Be Me' yesterday. We shared self-portraits which we had created using charcoals and we had each thought of a reason why we like being ourselves. We also shared a story with the whole school on this theme.

Homework: Research on lemons and tomatoes



FRIENDS OF ST PETER'S NEWS

St Peter's School Fete
Saturday 21st June, 11-4pm

Stallholders call out!

We're inviting St Peter's parents to register their interest for a stall at our Summer Fete!

If you have a local business or hobby and would be interested in having a stall at our fete on Saturday 21st June, please email friends@stpetersinfant.org and we'll send you the information pack.

Priority for school parents where possible.
Application deadline 4th April.

SING

F.O.S.P. CINEMA NIGHT PRESENTS

Wednesday 2 April 2025
3.15 - 5pm in the School Hall

Tickets on sale soon

CHIPS POP CORN

Helpful tips for Improving Your School-Aged Child's Sleep

As spring comes into play and the days start to get longer (although this is a welcome change to the dark nights), this can affect your child's sleep patterns as they think it is great fun to try and stay up later. Unfortunately this can have a detrimental effect to their learning and behaviours when they come into school, especially after weekends. They are not necessarily 'school ready' and some children can spend a couple of days getting back into the swing of their school routines. As we approach a new week, I wanted to share some helpful tips to ensure your child is school-ready for Monday.

Your Child's Sleep Needs : To improve your child's sleep, first understand their age-specific needs. Children aged 3-5 generally need 10-13 hours of sleep, while 6-10-year-olds need about 9-11 hours. These are general guidelines; as individual needs can vary. Some children may need more sleep to feel rested, while others need less. To set an ideal bedtime, consider their wake-up time and count backwards. For instance, if your 7-year-old needs 10.5 hours of sleep and wakes up at 7am, aim for a bedtime of around 8.30pm. Adjust based on how your child functions during the day to ensure they are well-rested.

Bedtime Routine : A consistent bedtime routine is important for good sleep habits. For school-aged children, 20-mins of quiet activities like drawing, colouring, or simple games help transition from daytime activity to relaxation. Hand-eye coordination tasks can be soothing, and a light snack can prevent hunger from disrupting sleep. A bath/shower can further relax your child by soothing muscles and signalling bedtime. Finish the routine with a calming activity, like reading a story or doing relaxation exercises. Aim to keep the entire routine to about 1hr, ensuring the time from bath to bed doesn't exceed 30 mins. Consistency is key, as a regular routine helps signal to your child's body that it's time to sleep.

Sleep Environment : Creating the best sleep environment is important. The bedroom should be as dark as possible to boost melatonin production, which signals that it's time to sleep. If your child is uncomfortable in total darkness, use a dim nightlight. Ensure the room is calm and free from distractions by minimising noise, hiding toys/electronics, and keeping it clean and uncluttered. Maintain a temperature between 16-20°C and experiment with bedding and sleepwear to find what's most comfortable for your child. By optimizing these factors, you can help your child fall asleep faster and enjoy better quality sleep.

Screen Time Before Bed : Establish screen-free time at least 1hr before bed (2hrs is even better!) Encourage your child to unwind and prepare for sleep with non-screen activities (reading, doing a puzzle, or talking with family). By reducing screen time before bed, you're helping your child's body and mind transition smoothly into sleep, ensuring they get the rest they need.

Avoid Caffeine and Sugary Foods Before Bed : The food/drink your child consumes in the hours leading up to bedtime can have an impact on their ability to fall asleep and stay asleep. Caffeine (which can be found in chocolate, chocolate ice cream or soda drinks), is a stimulant that can keep the brain active and delay sleep. Even small amounts of caffeine can have a noticeable effect, particularly in younger children. Avoid giving your child caffeine or sugary snacks in the late afternoon and evening, as these can spike energy levels and make it harder to wind down before bed. Instead, focus on providing snacks that promote sleep, such as dairy, a banana, or a handful of cherries. These foods contain nutrients that help your child to feel calm and ready for sleep.



CHURCH NEWS



Our services this Sunday:

11am All Age Worship
6.30pm Evening Prayer

>> [St Peter's Church & Tandridge Village Magazine](#)

God of love,
You love each of us at every moment of our lives,
Give us confidence in that love and help us to love as you do.
As we listen to the needs around us with our physical ears,
open the ears of our hearts to receive and respond
to those who come to us in their time of need.
In your all-loving name, we pray.
Amen.



I hope you all have a fantastic weekend. God Bless, Lenia Greenaway

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 Vaquinhas, or telephone Surrey Child Services 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 and the school website

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What Parents & Educators Need to Know about

ROBLOX



Roblox is one of the most popular video games among children. In 2020, the game's developers claimed that more than half of the USA's children had played it. As a 'sandbox' title, the game lets players create their own gaming experiences with Roblox Studio to build custom levels, which can then be shared online.

WHAT ARE THE RISKS?

ONLINE PLAY RISKS

Because Roblox connects random players across the world, it can put younger players into an environment with anonymous users who could use the platform for nefarious reasons. For example, some role-play games are used for online dates and mature role play, which could expose youngsters to inappropriate messages in the public chat box.

MATURE CONTENT

Content is difficult to moderate throughout Roblox, due to the number of games available. This is particularly notable on smaller games and experiences, but in summary, some of the games and experiences offered on the platform contain age-inappropriate content that could easily be seen by young players.

IN-GAME SPENDING

The majority of games within Roblox have extensive monetisation options, usually through season passes or microtransactions. Purchases can range in value from a few pennies up to much larger sums of money. While some games offer a lot of content via purchases, others can offer very little for real world money, causing younger players to end up out of pocket.

ANONYMOUS PLAYERS

The anonymity of users can leave players vulnerable to bullying, harassment, and predatory behaviour. Without the right parental controls or monitoring, users can connect with each other via personal messages or friend requests, and it is very difficult to know who's behind a username in this vast online world.

RISK OF ADDICTION

Roblox games can feature rewarding or satisfying mechanics that keep players coming back – or persuade them to stay logged-in for much longer. Like most games, they focus on interactivity, with constant rewards via in-game unlocks and currencies, which can sometimes lead to an addictive need to remain online for long periods of time.

SCAMS

Many of the games on Roblox feature collectible items, pets, or characters. These objects, while digital, are worth a lot of real money on certain online markets. Scammers will attempt to trade with younger users in the hopes of getting rare items that can be sold for real money, manipulating the child into handing them over, usually via misleading information.

Advice for Parents & Educators

MONITOR THE CONTENT

While Roblox does implement plenty of moderation tools and parental controls, it's up to parents and guardians to monitor the types of games a child or impressionable player is experiencing. If a youngster wants to play Roblox, be sure to check out which specific games they want to play within it, and get a good idea of their content.

TAKE ADVANTAGE OF TOOLS

Use the parental controls within the game itself and teach youngsters how to report and block other players. Knowing the powers within their reach will make Roblox a safer, happier experience. You can set age ranges for who's allowed to contact you, close public chat boxes, block spending, and even make your Roblox profile completely private. All these options are helpful in cutting off bad actors from engaging with children.

PLAY TOGETHER

Consider playing Roblox with the children in your care. There are few more effective ways to see how monetisation works, gauge whether the game could lead to addictive behaviours, or even witness how interaction between players works, than sitting down and trying the game for yourself. This should help you figure out whether it's suitable for particular children.

TEACH ONLINE BEHAVIOURS

Have an open conversation about the risks of online play and how to spend money wisely. By being honest and giving tips on how a younger user can protect themselves, you can empower them to not only take care of themselves, but others too. Any user can be reported to Roblox moderators by other players for behaving inappropriately. With this knowledge, younger players can be aware of what to look for and help prevent it.

Meet Our Expert

Dan Lipscombe is a videogame journalist and author of over 20 books on gaming, including books on Minecraft, Fortnite, Roblox, and more. For 15 years he has been writing about his passion for gaming. When he's not playing games, he's talking about them at GAMINGbible.



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