Newsletter

Friday 16th October (No.6)

A message from Miss Pountney in Sycamore Class

Wow, what a fantastic start we have had in Sycamore Class! We have welcomed our lovely new reception children to Newtown and our Year 1 children have been so kind and supportive towards them.

The reception children have been on a walk around the school looking for signs of Autumn. We saw lots of different leaves and so many bright and beautiful autumnal colours! We also collected some sticks to use to make some clay hedgehogs!

The Year 1 children have been busy being engineers and learning about bridges in their DT topic. They have also been making their very own bridges that move using a winch and hinge mechanism. All children in Sycamore class have loved getting to learn practically, both in the classroom and outside. Here are some photos of what we have been getting up to!







Safeguarding



Is your child getting enough sleep?

Why do we need a good night's sleep?

A good night's sleep is essential to feeling good, being able to learn and staying healthy. A lack of sleep can make you feel unwell, unable to learn and not wanting to go out with your friends and family. If you, or your child, is struggling to get a good night's sleep, follow these top tips:

1. Think about your bedtime routine - What time do you go to bed? If you are going to bed too late, you will not get enough sleep. Try bringing your bedtime forward by 20 to 30 minutes at a time.
2. Make sure you are tired before going to bed - the less time you have to spend awake in bed, the better.
3. Have at least 15 minutes of quiet time before going to sleep so that your body and brain can relax and prepare for sleep.
4. Don't use your phone or computer before bed - this can stimulate your brain and make it more awake.
5. Try having a lukewarm bath as this can help your body to relax.
6. Try to go to bed at the same time every day once you have a settled routine
7. Choose a relaxing activity before bed, such as reading or listening to calm music.
8. Create a cosy environment. Is the room dark enough? Is the room at the correct temperature… not too hot and not too cold?

Avoid screens in the bedroom

Tablets, smartphones, TVs and other electronic gadgets can affect how easily children get to sleep. Older children may also stay up late or even wake in the middle of the night to use social media. Try to keep your child's bedroom a screen-free zone and get them to charge their phones in another room. Encourage your child to stop using screens an hour before bedtime.

How much sleep should my child be getting?
The NHS recommend the following amount of sleep for different ages.

Age	Amount of sleep
5 years old	11 hours
6 years old	10 hours 45 minutes
7 years old	10 hours 30 minutes
8 years old	10 hours 15 minutes
9 years old	10 hours
10 years old	9 hours 45 minutes
11 years old	9 hours 30 minutes
12 and 13 years old	9 hours 15 minutes
14-16 years old	9 hours

For the attention of all parents

Will your child be transferring to a secondary school in September 2027?

You must apply for a secondary school place

Apply online at **wiltshire.gov.uk** or complete an application form, available at all Wiltshire Council offices.

The deadline for applications is

12 midnight, 31 October 2026

All forms must be returned to the school admissions team at County Hall, Trowbridge, Wiltshire.

Contact customer services on **01225 713010** for more information or to request our guide to finding a secondary school place in Wiltshire.

Wiltshire Council

FIREWORKS Night

TROWBRIDGE R.F.C.

GATES OPEN 5:30PM

£35 FOR A FAMILY OF 4
(2 AD + 2 CH UNDER 16 OR 1 AD + 3 CH UNDER 16)

£13.50 ADULT (16+) / £8.50 CHILD (3-15yrs)
UNDER 3s FREE / CONCESSIONS £11

FRI 6TH NOVEMBER

QUIET DISPLAY 6:30PM - MAIN DISPLAY 7:30PM

BOOK YOUR TICKETS NOW
https://bit.ly/trfcfireworks2026

OPEN TO ALL, INCLUDING NON-MEMBERS!
TROWBRIDGE RFC • DORIC PARK • TROWBRIDGE • WILTSHIRE • BA14 6JB
01225 767765 • FUNCTIONS@TROWBRIDGERFC.COM

FIREWORKS SHOW BROUGHT TO YOU BY FIREWORK EFFECTS

FRIDAY 23RD OCTOBER, 5-7PM
ST JAMES' CHURCH

Bright Lights PARTY

A whole family event with games, music, crafts, a talk about Jesus, and food. £2 per person. Come dressed in your best bright party clothes, but no Halloween costumes please. We'd love to see you there! Scan the QR code or email nick@stjamestrowbridge.co.uk to book your place

Superstars



Dominic, Joshua, Lexi, Izzy & Arlo

Attendance

114 children had 100% attendance in the last week. You are awesome!

Sycamore class were the best at being in & on time every day last week. Well done Sycamore class!

0 Penalty Notice Applications have been made so far for this academic year.

Absence line 01225 752678 option 1



Congratulations to Chestnut class who are top of the leader board this week!

Please encourage your child to log on and play.

Home - Times Tables Rock Stars

Dates for Diary

20/10/2026	Last day of term 1
02/11/2026	TD Day - school closed to children
03/11/2026	Children back to school - start of term 2
04/11/2026	Oak & Cedar classes swimming
09/11/2026	School photos (rearranged date)
10/11/2026	YR Parent Phonics Workshop (9.00am-9.45am)
17/11/2026	YR children visiting Aldi supermarket