# Newsletter

Thursday 9th October (No. 6)

## A message from Mrs Potter

Thank you FONS!

Willow class have been lucky enough to receive some new scooters, bikes and tricycles from our Friends of Newtown (FONS). Developing our physical skills is an important part of the time the children spend in the early years and supports with creating healthy habits for the future. Over the years, our bikes and tricycles have been well used and therefore have started breaking down and needed replacing. The Friends of Newtown have very kindly donated some new equipment for the children using money raised through our school fundraising. Events such as the summer fayre, Easter bingo and school cinema nights are the reason that things like this are able to happen. We greatly appreciate the support of our school community with these events and fundraising activities. Here are some pictures of the new Willow class children absolutely loving their new equipment!









# 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 |

# Harvest Assembly




## Monday 13th October at 10am

**Parents/Carers are invited to the school for our Harvest Assembly**

Also, as in previous years, we will be holding a food collection.
This year we will be supporting Helping the Homeless in Bath & West Wiltshire (HHBWW).

Any donations of non-perishable items would be very gratefully received.

If you can donate, we are looking for :

Meal in a tin : mac & cheese, spaghetti bolognaise, chilli etc
(please make sure they have a ring pull on them)
Porridge pots
Pot noodle
Mug shots
Cuppa Soup
Cereal bars
Chocolate bars
Crisps
Fruit pots
Fruit juice cartons
Boxes of raisins
Small packs of biscuits
Tins of fish with ring pull
Tea bags
3 in 1 coffee sachets
Hot chocolate sachets
Small packets of sweets

**Thank you!**

## For the attention of all parents

### Will your child be transferring to a secondary school in September 2026?

**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 2025**

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




**Congratulations to Ash class who are top of the leader board again this week!**

**Please encourage your child to log on and play.**

Home - Times Tables Rock Stars

Trowbridge MUSEUM

Book via Ticketsource

# October Half Term Holiday Activities





Wands & Quills 30th Oct

Family Folk Fun Day 31st Oct

Lantern Making 24th & 29th Oct



Drop-in Shires sessions Tue 28th - Crafts Fri 31st - Pumpkin Carving

**For full details go to trowbridgemuseum.co.uk**
**Trowbridge Museum**
**01225 751339**

**Fri 24th Oct & Wed 29th Oct**
**Make a lantern** ready for the town's lantern parade (28th Nov).
Sessions at **10.30 -12.30, 1.30 - 3.30**
**Ages 8+**

**Fri 31st Oct**
**Pumpkin Carving** in the Shires
**Drop-in**
10.30 - 2.30
**Ages 5+**

**Thurs 30th Oct**
**Wands & Quills**
Sessions at **10.30, 11.30, 1.30 & 2.30**
Quiet session: **9.45**
**Ages 5+**

**Fri 31st Oct**
**Folk Family Fun Day**
Morris Dancing, Crafts, Games & a Museum Trail. Plus, poet, Mervyn Grist's talk on Wiltshire dialects.
Sessions at **11am & 1pm**
£5 per family!

Our workshops are **very popular**. If you do book and **can't attend** please let us know **as soon as possible** so that we can reissue the tickets. Thanks

Trowbridge Museum
The Shires, Court St
Trowbridge
BA14 8AT
01225 751339
trowbridgemuseum.co.uk

Discover TROWBRIDGE MUSEUM

# Wiltshire Family Hubs

Family Hub Wiltshire Council | All Together

Issue 8 - 2025

www.wiltshirefamilyhubs.org.uk

## Support for Families to Build Healthier Relationships

**At the Family Hub we recognise that there are times when the family dynamic can become increasingly stressful with communication that often ends in conflict.**

### Why not try Within My Reach?

Within My Reach is a four-week programme offered by Wiltshire Family Hubs, designed to support parents and carers living under the same roof who are seeking help in rebuilding a healthier relationship.

This program is ideal for couples and individuals alike—the flexibility allows either joint or solo participation.

Want to Get Involved? Here's How: Request your place online. Sign-up is easy:

CLICK HERE

### Why not try - Triple P Family Transitions

Triple P Family Transitions is a five-week programme where co-parents can come along, separately, to learn strategies and skills to manage their emotions, learn coping strategies during separation and divorce and balance play, work and life as you transition through the change.

CLICK HERE

## Choking and Strangulation

**Did you know?**

- Asphyxia (which also includes choking and strangulation) is the third most common cause of child accident deaths in the UK. Most of these accidents happen to children under 5.
- It takes just a few minutes for a baby to suffocate, and they are too weak to move themselves out of a position where they can't breathe.
- For some top tips to avoid risk for your little one click the link →



CLICK HERE

Contact us by email: wiltshirefamilyhub@spurgeons.org

Contact us by phone: 0800 970 4669

# Superstars




Harper,
Tuva,
Martha,
William &
Zuza

## Attendance

145 children had 100% attendance in the last week, you are awesome!

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

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

Absence line 01225 752678
option 1

## Dates for Diary

| | |
|---|---|
| 13/10/2025 | Harvest Assembly at 10.00am - All Welcome |
| 17/10/2025 | Flu Immunisations |
| 20/10/2025 | Parents' Evening |
| 21/10/2025 | Parents' Evening |
| 22/10/2025 | Last day of term 1 |
| 03/11/2025 | First day of term 2 |
| 06/11/2025 | Class Showcase (3.15pm to 3.45pm) |
| 20/11/2025 | Ash Class visiting Stonehenge |