Newsletter

Thursday 5th June (No. 33)

Message from Mr Marshall

We are very lucky at Newtown to have extensive school grounds which include many high-quality spaces for different activities. A few years ago we installed our all-weather pitch. This development improved the quality of the PE lessons the children had overnight. It has also meant that we have been able to host various coaching and competitive activities. We have recently worked with the 'Chance to Shine' cricket foundation, who, for a second year running, have provided free cricket coaching to many children in the school. This was a great experience for the children involved. The coaches also spent time training some of the children in the older year groups to be sports leaders. These children will now use their new found skills to lead a range of games and sports on the playground. It is great to see young people take on roles of responsibility such as this. In addition to working with 'Chance to Shine', we have also worked with Bath Rugby Foundation. They provided coaching earlier in the year, and as Miss James previously shared, very recently ran a rugby festival at our school. Both these experiences have been both enjoyable and rewarding for the children involved.

I have included a photograph of Miss Kearney who was recognised for her outstanding teacher participation during the Chance to Shine coaching sessions. The organisation also donated equipment to the school which was greatly received and will be used by the children. Thank you Wiltshire Cricket Limited!

PE Kits

Physical Education (PE) is an essential part of the curriculum, and it is vital that children have their PE kits in school to take part fully. We have recently noticed that quite a few are not bringing PE kits into school. The details of our PE kit expectations can be found on the school website. We value your support in ensuring your child has their PE kit in school.



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 result in your child arriving at school feeling unwell and unable to learn. 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 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





Consent for Processing Personal Data

Please be aware you can withdraw consent at any time. If you have any queries or wish to withdraw, or review your consent you can contact Chris Marshall or the school's Data Protection Officer iwest@bathnes.gov.uk

REMINDER

Please ensure your child's uniform & PE kit is labelled clearly with their name .
We have a large amount of uniform we cannot return due to it not be named!

Thank you.

Dates for Diary

09.06.2025	Oak class & Willow class visiting Trowbridge Library
10.06.2025	Braeside medical meeting 3.30pm (year 6 parents)
12.06.2025	Beech class visiting Trowbridge Library
18.06.2025	Maple class Dance Festival at the Forum, Bath
19.06.2025	Sports Day (9:15 - 12:00) All welcome!
24.06.2025	Year 5 Taster Day at John of Gaunt
25-27.06.2025	Year 6 Braeside Residential Trip
01 July 2025	Year 6 children visiting their secondary school for the day
01 July 2025	Sycamore class Victorian Day
03.07.2025	Year 5 Taster Day at Clarendon
14.07.2025	Year 6 performance at 6.00pm (details to follow)
17.07.2025	Willow Class visiting Warminster town park
21.07.2025	Year 6 leavers party (3.15pm to 5.30pm)
23.07.2025	Year 6 leavers assembly (9.15am to10.15am) All Year 6 parents welcome!
24.07.2025	Last day of term 6