Newsletter

Friday 11th October (No. 6)

Message from Mr Marshall

It is hard to believe how quickly we are moving towards the final full week of learning for this term. Each Friday we have an assembly where the children and teachers celebrate the successes of the week. These are without doubt my favourite assemblies. This week we heard about how the police came to visit Willow Class. Their topic this term is 'People that help us', and having the police come and spend time with the children is an important and enjoyable part of this learning. The children all got to sit in the police car and understand more about the job that police officers do - you can just imagine the excitement! I also heard about the Willow Class role play area, where we have some very hard-working doctors and nurses ready to treat any patient who comes their way. Whilst both activities were clearly fun for the children, planning activities like these are vital for children's development. The children become knowledgeable about the adults they can trust in the community, and they develop ambitions amongst other things. This week was the first Super Stars assembly that Willow Class have attended this year. They were awesome role models helping everybody understand what it means to be a great audience member. I have attached a couple of photos of their learning from this week.







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

PE Kit

Please ensure that your children have full PE kit in school **everyday**. Even though there are set days for PE these are subject to change at short notice. PE kit can be left in school all week and then taken home for washing on a Friday if necessary and return the following Monday. As the weather starts to change and becomes colder, it may be worth considering including a pair of joggers and a jumper or hoodie in with their PE kit.

Don't forget your coat!



Autumn has arrived and with it has come the rain and the cooler days. Getting fresh air and exercise and burning off energy is good for all of us; so we go outside in all weathers. Please can you make sure that your child has a coat in school every day, even if the day starts off sunny, the weather is so changeable!

Cake Sale

Thursday 17th October
Straight after school



Please can any donations be brought to school Thursday morning.

FONS Meeting

Thursday 17th October at 1pm

Friends of Newtown would like to invite any parents / carers along who would be interested in supporting future fundraising events



Harvest Assembly

Tuesday 15th October at 9.15am

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

Also, as in previous years, we will be holding a collection for the local food bank.
Any donations of non-perishable items would be very gratefully received.

GDPR

Our data protection policies and privacy notices can be found on our website www.newtownschool.co.uk/data-protection/

Parents Evening

Parents evenings will be held on 21st and 22nd October from 3:30pm to 6pm. **These will be online meetings.** Appointments can be made using SchoolCloud.

Please click the link below to be taken to the login page:

https://newtownschool.schoolcloud.co.uk

Free School Meals

Please take a look at the list of entitlement criteria for applying for free school meals. If you are entitled to any of the items in the list, you should put in your application to Wiltshire Council:
www.wiltshire.gov.uk/schools-learning-free-school-meals

If you think you are eligible, you should put in a claim even if your child currently gets Universal free school meals because they are in Years R - Y2. This is because there are other benefits that can be claimed, for example supermarket vouchers for the holidays and discounts for residential trips, etc. You can still register for free school meals even if your child doesn't want a meal every day!

- Income-based Job Seekers Allowance (Not contribution based JSA)
- Income-related Employment and Support Allowance (Not contribution based ESA)
- Support under Part VI of the Immigration and Asylum Act 1999—National Asylum Seekers Support (NASS)
- The guarantee element of State Pension Credit
- Child Tax Credit (you must not be entitled to Working Tax Credit and have an annual income (as assessed by HM Revenue & Customs) that does not exceed £16,190 (April 2012)
- Working Taz Credit 'Run On' - payment you receive for a further four weeks after you stop qualifying for Working Tax Credit
- Universal Credit (provided you have an annual net earned income of no more that £7,400 as assessed by earing from up to three of your most recent assessment periods)

If you currently receive Working Tax Credit (other than 'Run On') you are not eligible to claim.





Superstars!



Charlie,
Sherina,
Mollie
Olivia,
Bartosz &
Bertie

Attendance

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

Beech class were the best at being in & on time every day last week.

Well done Beech Class !

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

01225 752678
option 1

Dates for Diary

15.10.2024	Harvest Assembly at 9.15 am - all welcome
17.10.2024	Willow Class welly walk
17.10.2024	FONS meeting 1.00pm - all welcome
17.10.2024	FONS cake sale 3.15pm - donations please
21.10.2024	Parents' Evening
22.10.2024	Parents' Evening
23.10.2024	Last day of term
04.11.2024	TD Day - school closed to children
12.11.2024	Flu Immunisations