



# School Newsletter



Reception children just about to head off on their train ride

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## A New Year

Welcome to 2024 everyone, I trust that you all had a great festive period and New Year. The children have certainly come back in happy and contented, and the term has started well. We have welcomed our two new members of staff into the fold, Miss Taylor and Miss Hay who are working in Year 1 and Reception. All the children have now started their new topics, details of these are available for you to view together with all the previous topics taught this year on the school website. You can now link directly to these topic overview pages from the main topic overview page.

<https://www.guildhallfeoffment.org/page/?title=Curriculum+Overview&pid=84>

As a staff we have been thinking about all the different ways that we can support the pastoral needs of the children across the school. To that end, we have a number of additional support sessions running for children at different points in the day. Together with this we have been refreshing the children's understanding of all the simple things that they can do to support a healthy mental lifestyle. This can be as simple as making sure that they stay well hydrated during the day, having a focus of positivity and an active lifestyle. One aspect of life that we have been talking to the children about is the importance of good quality sleep. We've had assemblies about it and teachers will have discussed it with classes. Below are some tips for parents and children about supporting good quality deep sleep, that refreshes the brain and allows the children to start the day in the best possible way.

These are the messages that we have been giving the children about the importance of sleep:

- During sleep, the brain sorts through and stores information, replaces chemicals, and even solves problems.
- Without enough sleep, children can feel moody, tired, or cranky.
- It might be hard to pay attention or follow directions.
- School work that's normally easy may feel impossible or very hard, or you may feel clumsy playing your favourite sport.
- If you don't get enough sleep, you may not grow as well. Too little sleep can affect growth and your germ-fighting immune system, which keeps you from getting sick.

## Attendance

Attendance is a very important issue in schools and we are very clear that children should be attending school as much as possible and certainly for over 95% of the school year. You will have seen the recent data on national persistent absence (those with attendance of lower than 90%), which stands at 17.2% of the school population of primary school children.

We would like to remind parents of the dramatic effect of consistent low attendance on academic outcomes for children. For example research has shown that if a child has 80% attendance consistently during their schooling then they have only about a one in 4 chance of getting 5 or more GCSEs, if consistent attendance is 90% then they have about a 50:50 chance of 5 or more GCSEs. If attendance is 100% they have an 81.7% chance of getting those qualifications. So please remember that attendance matters.

## Ways to improve the quality of sleep

For most children, sleeping comes pretty naturally. Children 5 to 12 years old need 9 to 12 hours each night. Here are some tips to help them catch all the ZZZs they need:

- Try to get them to bed and wake up at the same time every day, even on weekends. This helps their body get into a routine.
- Turn off the TV, computer, and other devices, at least 1 hour before it's time to sleep.
- Follow a bedtime routine that is calming, such as taking a warm bath or reading.
- Don't give them drinks with caffeine in them, especially in the late afternoon and evening. Coffee, tea, energy drinks, and some sodas have caffeine.
- Don't allow them to watch scary TV shows, movies or games close to bedtime because these can sometimes make it hard for them to fall asleep.
- Don't get them to do exercise just before going to bed. Do exercise earlier in the day.
- Keep their bedrooms as dark as possible.
- Use the bed just for sleeping — that way, they'll train their body to connect bed with sleep.

If they have a hard time falling asleep for more than one or two nights or have worries that are keeping them from sleeping, discuss these, as this can help solve worrying problems. If you need any further help with sleep support then please get in touch with the school.

As the children have been made aware that we will be sharing this information with you, any changes you might want to employ at home to improve your children's sleep can be blamed on us!

## Parent Consultations in February

We will be having our mid-year parent consultations during the week of the 12-16<sup>th</sup> February. We will let you know when the booking system will become available for sessions. This is an important opportunity for your teacher to let you know how your children are getting on academically and how you can support them in any areas where they might require a little more practice and consolidation.

## Friends Movie Nights in February

The Friends are arranging a few movie nights for the children at school for some point in February. There will be an after school movie in the school hall for Reception, Year 1 and Year 2 children, then a different after school date for both Years 3 and 4 and Years 5 and 6. Each age group will have an appropriate film together with a drink, popcorn and snacks for £3. More details of the films being screened and dates to follow.

## House Points Trophy

Congratulations to the Sapphires house for winning the first week's House Point trophy of the new term.



## New Clubs and the Mix news

Over the past year we've worked really hard to improve the variety of clubs that are offered to the children. This term alongside all of the usual clubs being offered we also have a range of clubs being offered by Premier Sports. Some of these early morning clubs (such as fencing) are full, others (like Boxercise) still have places available. If you'd like to book a place then please contact the school office.

This term we have tried to share the clubs out evenly rather than on a first come, first served basis. This should allow as many children as possible to enjoy a school club. Too often last year, some children were booked into all of the clubs very early and so many others didn't get a place.

We are aware that often clubs provide an additional element of after-school care for the children, but it is a shame when some children get booked a place and then don't really want to be there. To hopefully assist in this matter, we've increased the capacity of the mix from 55 to 60 places per session with immediate effect. Please book in the normal manner with the school office.

## Additional Online Safety

In the Christmas newsletter I shared out new Online Safety Guide for 2024. It is also now available to download from the school website in the Online Safety page of the Parent section of the site. You can also access it directly using this link

<https://www.guildhallfeoffment.org/attachments/download.asp?file=305>

It will take a couple of minutes to download, but it will hopefully be worth it, as an informative read.

These documents are often outdated quickly as new software and materials become available online. To this end, please contact us directly if there is any aspect of online support that you would like information or guidance about.

We try not to draw unnecessary attention to certain media, so as to not glorify it. When we do, it is because it has reached the ears of Guildhall children. One such online material that we would like to flag to parents is Jeffy gets Potty Trained, which looks like it is for children but is actually 18+ and contains lots of profanity and disturbing views about suicide and disabilities.

## Reception Train Ride

Our Reception children enjoyed a wonderfully imaginative train ride last week. The children had spent the week building trains and designing magical train stations. The playground turned into a train network with three of these stations; Rainbow Land, Jungle Land and Superhero Land. The children had a wonderful time dressing up, buying tickets, drinking Superhero hot chocolate and travelling from one station to the other. It was great fun! The stimulus for this adventure was the book *Magic Train Ride*.



## Year 2 at Pizza Express

Our Year 2 children have been spending a day at Pizza Express making Pizzas, which some of you will have enjoyed after school on those days. They had a great time, as you can see in the pictures below.



## Snow and poor weather closures

As you will appreciate, it's getting very cold at the moment, and with this comes the increased risk of snow and therefore potential school closures. In the event of poor weather that might require such a closure, please check the school website and class Dojo pages for notification. We will also communicate through other channels too, but this will be the quickest port of call.



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