



January Newsletter 2023

Dear parents / carers,

It is hard to believe that we are almost at the end of the first month of 2023 already. We have lots of exciting things planned over the next two terms. Class assemblies will restart where you will be able to come in and see what your child has been learning so far throughout the year. Following the assembly, you will also get to watch your child doing some maths fluency in the classroom. We also have an 'Every body Writes' project being launched in March where all children will write for a purpose and to a real audience and then publish their writing into books made by themselves. School extra-curricular clubs will restart after half term and there will be information sent out about these in the near future.

Uniform

A reminder to parents that children should not be wearing trainers to school - these are not part of our school uniform. Also, hair accessories should be in uniform colours of grey, green or white not bright colours. We thank you for your support.

Parent Consultation meetings

A reminder that parent, child and teacher meetings are scheduled for the afternoon of Tuesday 7th February and after school on Wednesday 8th February. A letter has been sent out for you to book your appointment. Please note, if you are a parent of a child with a one plan, you will already have had your meeting with the class teacher so you do not need to book another slot.

Nut free school

A reminder that we are a nut free school due to some children in our school community having allergies. This does mean that chocolate spread in sandwiches (on Fridays) should be avoided as most of these spreads do contain nuts.

Free school meal vouchers

Parents of children entitled to Free School Meals (not universal free school meals) will be emailed a voucher to use for over the half term break.

Punctuality

We have noticed since Christmas that we have more children arriving late at school after the start of the school day. Children should arrive between 8.40am and 8.50am and after this time they are then late and the school doors are then closed. If you are running late, please take your child into the school office area and give your reason for being late to a member of staff. Whilst we appreciate that the occasional late arrival may happen due to very heavy traffic and extreme weather, your child arriving late on a regular basis is unsettling for them as they are walking into class where learning has already started.

Pantomime success

Due to unforeseen events last term, our annual pantomime had to be postponed. Last week, the whole school walked up to Passmores to watch Scrooge together. A great time was had by all. Thank you to Friends of Purford Green for subsidising some of the cost of this - we are most grateful.

Watching Films

It is becoming increasingly more difficult to find films which are classed as 'U' for children to watch in school. Most films are now 'PG' so we would like for children to be allowed to watch these going forward. If you do not wish for your child to watch a PG film, please can you pop into the school office and inform a member of staff.

Non uniform day

The school council have arranged for a non-uniform day on Friday 10th February, to raise funds for play-ground equipment. We are asking for a 50p donation. Thank you for supporting the school council.

Pupil mental health and wellbeing

Last term pupils took part in completing a survey linked to their mental health and wellbeing. Results showed that the most common aspect from a number of children affecting their overall wellbeing linked to sleep and feeling tired. A large number of children said that they find it difficult to go to sleep and often wake up in the night.

Lack of sleep affects children's ability to concentrate in lessons and also more importantly affects their overall wellbeing and general happiness. Bedtime routines are essential for children so that they can distinguish between day-time activities and night-time activities. Here are some tips for a good bedtime routine:

An hour before your child's bedtime - switch off games and devices - activity on these before sleep can suppress the body's production of melatonin - the sleep hormone.

Encourage your child to take part in a quiet activity and dim the lights - jigsaws, colouring, playing a board game, a craft activity or reading a book half an hour before sleep time will help them to wind down.

We have been made aware of an App called Moshi which currently is free and is being promoted by Essex Libraries - see link below. The app provides hundreds of audio stories, guided meditations, music and much more, that will help your child sleep better, regulate their emotions and encourage their imagination grow.

Parents have reported that their children are falling asleep twenty-eight minutes faster than before and stay asleep for twenty-two minutes longer, after use of the app. Families with children who have special educational needs say that using the app has improved their child's routine and wellbeing when it comes to big transitions and regulating their emotions. Although the audience for the app is aimed at ages 0-10, older children have been using the app for sleep and homework, reporting better concentration and quality of sleep. The app is split into five sections, stories, moments, music, sounds and mediations. Each part is represented by a different Moshi character, making the app engaging and fun to children.

Moshi – <https://libraries.essex.gov.uk/news/moshi-comes-to-the-library/>

If you are struggling with your child not being able to get to sleep, having night terrors and disturbed sleep, please click on the link for 'the sleep charity' [Home - The Sleep Charity](#)

Dates for your diary

Thursday 2nd February—Year 5 Class Assembly

Thursday 2nd February—Year 2 Library visit

Friday 3rd February – Year 5 trip to Kidzania

Friday 3rd February—EYFS maths session for parents (9.00-9.30am)

Tuesday 7th February—Parents Consultation Afternoon 1pm-4pm

Wednesday 8th February— Parents Consultation Evening 3.45pm – 6:00pm
(Year 5 Thursday 9th February 3.45pm – 6:00pm)

Thursday 9th February— Year 4 Class Assembly

10th February— Non uniform Day organised by School Council

13th – 17th February –Half Term

Tuesday 21st February—Year 1 Library visit

Thursday 2nd March—World Book Day

Thursday 2nd March—Year 2 Library visit

Monday 13th March—INSET Day (school closed to pupils)

Tuesday 14th March—Year 1 Library visit

Thursday 23rd March—Year 2 Library visit

Friday 31st March—Non uniform Day organised by School Council

Friday 31st March School finishes @1.30pm

Half term

Monday 3rd April—Friday 14th April

Monday 17th April—Children return to school



Unicorn house - 2079



Lion house —2032



Dragon house - 1984



Griffin house —1946