



Stockbridge

Primary and Pre-school



Newsletter 14

1 March 2024

Every learning minute counts

We hope that those of you who came along to the sharing mornings found it useful to see what your child has been learning and their learning environment. There are relatively few opportunities across the year to come into the classrooms themselves whilst children are learning. After feedback through parent forum, we decided to trial a blend of a bit of teaching and a bit of sharing; that way, you can see how some of the tricky bits of learning are taught and this time it came with a maths theme.

Mr Taylor braved it and taught fractions whilst others taught times tables and pattern matching.

There will be another opportunity to come and share your child's work in the summer term.

Punctuality

This is becoming an increasing issue and we have too many children arriving after school has begun. School begins at 8.50am this means we are underway with learning by 8.55am. If you've ever walked down the corridor at this time, you'll see all of the children absolutely engrossed in their learning already. Every minute your child is late leads to awkward entries into class, questions from their classmates and missed learning. You should aim to be on the playground by 8.45am at the latest.

Mrs Jefferies
Headteacher

Homework

To avoid confusion (and your child telling you there is no homework, each week!), we'll post here what your child should be completing at home in line with our homework policy.

Sprat & Winkle	Reading: Spelling:	Read at home every day practice tricky words which were passed to you at parent's evening.
Lower School	Reading: Spelling: Maths:	Read at home to an adult x4/wk Y3 read & respond Complete spelling activities linked to focus 5. Y1 phonics sheet to go through with words too please! TTRS - do at least 4 Garage sessions a week.
Upper School	Reading: Spelling: Maths: Topic:	Read at least x4/wk. Read & respond - in for Tuesday Set on Mon, in for Fri - 3 spelling activities - DONE WELL!! TTRS - do at least 4 Garage & 3 Soundcheck this week. Time to start! New topic h/wk booklet went home last week Y6 have separate SPAG & Maths homework.

Stockbridge Saver

Although we seem to be deluged by rain, temperatures are warming up slowly so it's time to have a look at your boiler. The help for households campaign by the Government recommends that you:

- Adjust your combi boiler's flow temperature to 60 degrees - this ISN'T the same as turning down your thermostat and won't noticeably reduce the temperature of your home, it may mean it takes a little longer to heat up that's all.
- Take time to have your boiler serviced as this helps it run safely and efficiently. During your service, a Gas Safe registered engineer checks for leaks and issues hopefully saving you money on future repairs.

[More information on boiler services here](#)

Parent forum

Parent forum minutes are out with this week's newsletter. Please do take a moment with a cup of tea to read them through as this is your opportunity to have your questions answers about some of the hot topics in school at the moment.

Massive thanks to those who came along. Next one will be early in the summer term.

Signposting

Please note that from time to time, we signpost families to local activities, clubs or events. Whilst we are selective in what we send out, this should not be seen as a recommendation or endorsement. We do not carry out the same checks for signposted activities as we would for those activities hosted within or by the school and parents should therefore satisfy themselves that they are happy with the organisation and their activity.

Tutors

During recent parent teacher meetings, it is apparent that many of you are looking at tutors for your children. This is entirely a family decision of course but I would urge you to consider what value for money you are getting from these once a week sessions. In school, we do not do any interventions that cannot happen at least 3 times a week. This is because children need repeated instruction on something they find tricky.

They also concentrate for a good number of hours in the day and what the tutor is delivering may not be linked to what they're learning in school and therefore a waste of your money and everyone's time.

IN addition to this, you should do a significant amount of 'homework' to check the safety of your tutor. We undertake a lot of safeguarding checks to ensure every adult who works with your child is a safe adult. There is some advice on the [NSPCC website here to guide you in this.](#)



RPSHE photos from this week – Year R learning about the importance of being active. Year 5 learning the recovery position.

REGULAR



UPDATES

Rucksacks & Room

It is school policy that we only have a school PE bag and a red book bag in school for every child. Please DO NOT send in rucksacks, even for PE kits, we simply don't have room and the cloakroom becomes hazardous when this happens.

Comic relief

A reminder of rules to break for Comic relief:

1. NO crazy hair
2. NO temporary tattoos
3. NO nail varnish
4. NO hats
5. NO make up or face paint
6. NO odd socks or crazy tights
7. NO superheroes or fancy dress
8. NO football, rugby or other sports shirts
9. NO odd shoes
10. You MUST wear school uniform

Mental health

The NHS have issued a very useful guide to mental health – it's 65 pages long! We thought it would be helpful to focus one of their strategies to support mental health each newsletter.

This week, we've chosen to start with 'SLEEP' – it's the one area that we notice instantly affects a child's ability to cope with the demands of life both in school and out of school.

We really like this useful video from CAMHS – a short workshop on getting good sleep <https://hampshirecamhs.nhs.uk/video/sleep-workshops/>



Sleep

Lots of children and young people find getting to sleep, staying asleep or waking up a real problem. Disrupted, broken or insufficient sleep can really impact on people's mood and ability to cope with daily life.

Sleep is important for growth and development. Teenagers aged 13-18 years should regularly sleep 8-11 hours per 24 hours.

Factors that impact on quality and amount of sleep

- The sleep environment may be too noisy, messy, too hot or too cold.
- The bed being uncomfortable.
- Not having a regular sleep routine.
- Not getting enough physical exercise during the day.
- Eating too late in the evening- and finding it hard to get off to sleep because of feeling full, uncomfortable or having provided your body with a boost of energy (particularly if sugary food has been eaten).
- Going to bed hungry and waking up too early because of hunger.
- Drinks containing caffeine, such as tea, coffee and energy drinks.
- Illness, pain, or a high temperature.
- Feeling worried or low in mood.
- Overthinking and having a busy brain.
- Medications that affect sleep.
- Drug and alcohol misuse.
- Engaging in stimulating activity such as using a phone, watching TV or playing games on a console immediately before bed.

What can help a child or young people get good quality and enough sleep

- Create a calming and peaceful sleeping environment. Rooms that are dark and cool are best for sleep.
- Aim to have a regular bedtime routine and sleep pattern, this includes going to bed and getting up at the same time every day.
- If at all possible, avoid using the bed for studying, reading or listening to music. Ideally, the bed space should only be used for sleeping.
- Avoid napping during the day.
- Avoid drinking caffeinated drinks (tea, coffee, energy drinks) particularly before bedtime.
- Avoid drinking too much before bed and go to the toilet as part of a night time routine.
- Avoid engaging in highly stimulating activities before bedtime such as using a phone, watching TV or playing games on a console.

- Avoid exercising right before bedtime.
- Exercise during the day.
- Get organised for the day ahead so this reduces any worry or thinking about what needs to be done.
- Encourage your child to talk to someone they trust about anything that's bothering them that might be keeping them awake.

Useful websites and resources

Hampshire CAMHS sleep help and guidance:
bit.ly/3etqTMZ



The Sleep Council:
SleepCouncil.org.uk



The Sleep Charity:
TheSleepCharity.org.uk



The Sleep Foundation:
bit.ly/3etr8rn



A workshop on getting good sleep:
bit.ly/45vAmc9



A coping strategy film on how to perform the coping strategy of progressive muscle relaxation: bit.ly/3fcolNN



A coping strategy film on breathing techniques:
bit.ly/3UyD3Vk



JUMBLE SALE

At
Stockbridge Primary & Pre-School
Saturday 9th March 12pm - 2:30pm

All donations of jumble clothes, bric-a-brac, children's books and cakes gratefully received.
Please bring donations to school from **Wednesday 6th March onwards.**

LorraineLee Training

Improving Family Communication

This workshop covers avoiding shouting and arguments, giving instructions, guiding behaviour and sibling communication

March 4th 8-9pm online - Search Lorraine Lee Training Eventbrite - £10 plus booking fee

Diary Dates Spring term 2023-24

Our website is also updated with all of these new dates and will now be up to date as we've bravely moved to an online diary for all staff!

Date	Who does it apply to?	Time	Notes
Mon 4 th March	Whole School	12.00pm-1.00pm	Pie Week – email with new menu has been sent out.
Mon 4 th March	Upper Sch	10.00am-12.00pm	Tag Rugby – letters have gone out
Thurs 7 th March	Whole school		World Book Day – No dressing up, we will celebrate this in May.
Sat 9 th March	Whole School & Public	12.00pm – 2.30pm	Jumble Sale – being held in the school hall. All donations to be brought in from Wed 6 th March onwards. Please see attached poster.
Wed 13 th March	Year R	9.30am-2.30pm	Trip to Hillier Gardens – letters have gone out
Fri 15 th March	Whole School	8.50am-3.15pm	Comic Relief – Break the Rules! Red Noses will be on sale from Wed 13 th .
Mon 18 th March	Clubs		Last week of clubs before Easter.
Wed 27 th March	Year 4		Wednesday 27 th – Thursday 28 th March – Tile Barn
Thurs 28 th March	Year 1,2 & 3	9.00am-3.00pm	Trip to Butser Farm – letters have gone out.

Reminder of INSET dates for next year so you can book holidays around these:

Day 4	Monday 22 nd July
Day 5	Tuesday 23 rd July