

23rd January 2025

MOORSIDE PRIMARY SCHOOL AND NURSERY NEWSLETTER



Dear Parents and Friends,

We have enjoyed receiving updates from Marrick this week, as we packed Year 6 off on their adventures on Monday! It is amazing how much they grow in confidence and maturity in just a few days. We have also seen some great team work which builds and strengthens friendships! Mr Price, Miss Padbury-Hunt and Mrs Jemmett have been full of praise for them all.



I would like to thank Years 1 and 3 for letting us borrow their teachers and also Mrs Plummer, Mrs Lawson-Ross and Miss Barnes for all the additional cover they have provided this week. This has happened seamlessly in school - I am very grateful to them. I am also very grateful to the staff who accompanied Year 6 on their adventures this week and for sending lots of super photos for us to share with parents! They will be ready for the weekend I am sure!

Reception have been busy little 'Mathmagicians' this week exploring weight. They weighed different objects to see which ones were heavier or lighter and then investigated how to balance the scales by finding out how many cubes each object weighed. Some great talk about their learning! Mrs Burland has started to send home 'Talking Homework' this term and will share a different focus each time their class story changes. We hope you have been enjoying them so far!



We have had lots of bugs in school this week; staff and children have been affected so we hope that people have a chance to rest and recharge over the weekend. We know that absence from school is sometimes unavoidable - the most important thing is that people get better!! Get well soon to everyone who is feeling under the weather. If you are unsure about whether to send your child to school or not, the following NHS guidance may help: <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Attendance

Our attendance this week in school so far has been 91.65%.



| w/c | Reception | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|----------|-----------|--------|--------|--------|--------|--------|--------|
| 06/01/25 | 98.79% | 100% | 95.74% | 99.45% | 100% | 94.44% | 97.84% |
| 13/01/25 | 96.23% | 100% | 98.33% | 100% | 98.52% | 98.07% | 98.65% |
| 20/01/25 | 84.02% | 95.04% | 98.57% | 96.15% | 84.19% | 100% | 100% |

Well done to Years 5 and 6 with the highest attendance at 100%. Again - we hope that everyone feels better and can return to school soon!

Golf

As advertised in last week's newsletter, free golf sessions are available for pupils who are aged 9-11 during half term.... Please see the flyer below! The Y6 children had a great time during their golf workshops in school.

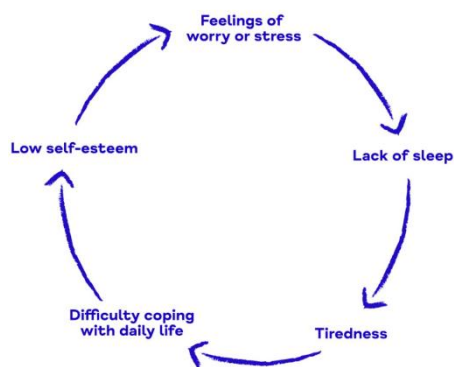
Holocaust service



Year 5 will be representing our school at the Holocaust Service in Ripon Cathedral on Monday morning next week. This is to commemorate the 80th anniversary of the liberation of Auschwitz-Birkenau. If your child is in Year 5, please ensure they are in their full uniform with a coat, as they will be walking there and back. Many thanks.

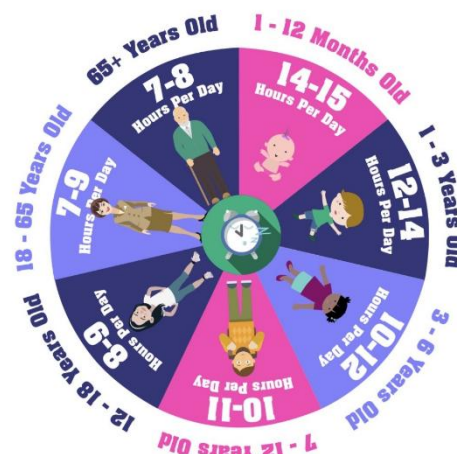
Sleep!

We frequently have conversations with children and parents about sleep! It is one of the main factors that impacts pupil well-being, their resilience and behaviour in school and their ability to focus in lessons. The diagram on the right indicates the amount of sleep we should have depending on age.



And to the left, the impact on our well-being if we don't have enough sleep...

On our website, you will find a booklet we have created to support parents with strategies to improve their child's sleep. You can find this at <https://www.moorsideschools.org.uk/wp-content/uploads/2020/04/Moorside-Sleep-Support-2.pdf>



There is also a 'Wake Up Wednesday' information poster with top tips for 'developing healthy sleep patterns' at the end of this newsletter. We hope this is useful if you are having any problems with sleep, especially when getting back into routines after the holidays!

On that note, we hope that everyone gets lots of rest over the weekend! Stay safe as the weather forecast is stormy and we look forward to seeing everyone back in school on Monday.

With very best wishes,

Mrs Rowett
Headteacher



Diary Dates:

| | |
|---------------------------------------|--|
| w/c 10 th February 2025 | Safety Week |
| Friday 14 th February 2025 | Break-up for Half Term Holidays |
| Monday 24 th February 2025 | Return to School after Half Term Holidays |
| w/c 3 rd March 2025 | Month of Reading Madness |
| Thursday 6 th March 2025 | World Book Day |
| w/c 7 th March 2025 | Science Week |
| Tuesday 11 th March 2025 | Reading Cafe |
| Friday 4 th April 2025 | Break-up for Easter Holidays at 3pm |
| Monday 21 st April 2025 | Staff Training Day |
| Tuesday 22 nd April 2025 | Children return to School |

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.





FREE FEBRUARY HALF-TERM TASTER SESSIONS

At Ripon City Golf Club for Children aged 9- 11 years.

Wednesday 19th February
either 10am - 12 noon or 1pm - 3pm

*Following the tasters we are offering a Pathway into Golf:
Weekly Group Coaching Course £12.00 per session.*

Sessions led by PGA Assistant Professional with safeguarding training and full DBS.
Contact us via email or telephone for more information or to register your child:

Call: **01765 603640 (option 2)**
email: **cameronsteadmanpga@gmail.com**