



Queen's Park Post

15th March 2024

... keeping school and parents in touch

Our value this half-term is

Forgiveness

"Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.

Luke 6:37

Dear Parents,

Friday comes around so quickly and we have had another jam-packed week of learning in school. We have been looking at design technology this week with most year groups focusing on food and nutrition.

We have had a 'Kitchen Disco' in EYFS, delicious smoothies in Y1 (I tasted these personally and they were delicious) healthy wraps, fruit crumble and spaghetti bolognese. The corridors of our school have smelt absolutely mouth-watering. Ask your child to show you the cooking skills they have learnt this week.

Parental Engagement Dates for next term.

Thank you to EYFS parents for coming in to see our Crown curriculum in action. Dates for the next sessions are below

- **Wednesday 20th March—Year 2**
- **Wednesday 27th March—Year 1**

We are illustrators

We had a jam-packed hall this morning full of EYFS and KS1 parents who have come along to admire our children's art work. We have a school full of talented illustrators. I hope you enjoyed the experience. It has been a different focus this year linked to World Book Day but so important to explore with the children that illustrations are so important. Hopefully, we have managed to inspire some children to continue to pursue their art work with this in mind.

PTFA—Easter Bingo

Thank you for all your kind donations for our Easter Bingo next week. Eyes down—Friday 22nd March—eyes down 3:30pm.

EYFS Visitors

We had some very special visitors into our EYFS this week. The children were so excited. The children loved exploring the ambulance and hearing the noisy sirens! They were so inquisitive, asking lots of great questions to find out more about the role of a paramedic. Thank you to Ivy's Mum for organising this for our children.

Every Moment Matters

Attendance has always been a priority for us at Queen's Park. You may have heard on the news or the radio, articles all about 'Every Moment Matters'. This is a National push to get children into school. We have an attendance team here at school. Let me remind you who they are.

Miss Walton—Miss Walton is our dedicated Attendance Officer. She checks our attendance registers daily. She will send you a letter if your child's attendance has become a concern and she may invite you in for a meeting. Please be assured that this invite is to offer support. I also ask Miss Walton to do home visits if needed so please don't be surprised if your child is off and she knocks on your door. We are just checking that everything is ok.

Mrs Leadbetter—Mrs Leadbetter is our Pastoral and Safeguarding Lead and she oversees attendance with Miss Walton. She can attend meetings and home visits if needed. Any questions or queries about attendance, please don't hesitate to contact me via Class Dojo or via the office.

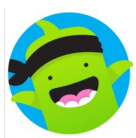


Qu'il est bon, qu'il est doux pour des freres de vivre ensemble et d'être unis

How good and how pleasant for us to live together in unity Psalm 133

Reading Plus Level Awards— Kai M, Joel M (Y2) Tyvon-John R (Y4) Oliver M, Isla D (Y5) Kamila B, Alexandra R, Lydia T, Lola-Rose P (Y6)

Dojo Winners



QR	Harry GW	PR	Lana R
Q1	William W	P1	Bobby R
Q2	Harry C	P2	Thoriq A
Q3	Megan P	P3	Amelia J
Q4	Harvey O	P4	Joe M
Q5	Poppy L	P5	Keaton F
Q6	Ryan S	P6	Alisha D

Star Badge Winners



QR	Lucas-James L	PR	Cayden S
Q1	Macy-May B	P1	Jidenna M
Q2	Harrison F	P2	Harry W
Q3	Harley P	P3	Nathaniel W
Q4	Samuel B	P4	Cory H
Q5	Ruby B	P5	Casey-Leigh M
Q6	Kye Y	P6	Maisie M

Important Dates for Spring 2:

Wednesday 27th March –9am Y1 Class Worship

Thursday 28th March School closes for the Easter Break

Monday 15th April School re-opens for Summer



15th march **1999** -
Paul McCartney placed into the Rock
and Roll Hall of Fame.



For children and young people, low quality sleep can become a serious issue. Please see attached a parent's guide to developing healthy sleeping patterns

**Keeping
children safe
is everyone's
responsibility**



"Jesus said, "I am the light of the world.""

Qu'il est bon, qu'il est doux pour des freres de vivre ensemble et d'être unis
How good and how pleasant for us to live together in unity Psalm 133



Whole School Attendance			
PR	89.7%	QR	95.2%
P1	87.1%	Q1	93%
P2	90.8%	Q2	95.2%
P3	97%	Q3	86.3%
P4	96%	Q4	88.3%
P5	96.9%	Q5	96.8%
P6	92.8%	Q6	89.3%

313 children had perfect attendance last week! Can we beat this next week?

We can do it!



Attendance Update

We work really hard each and every week to make sure every class beats our **school target of 97.5%** - this will help us to success

Our attendance last week

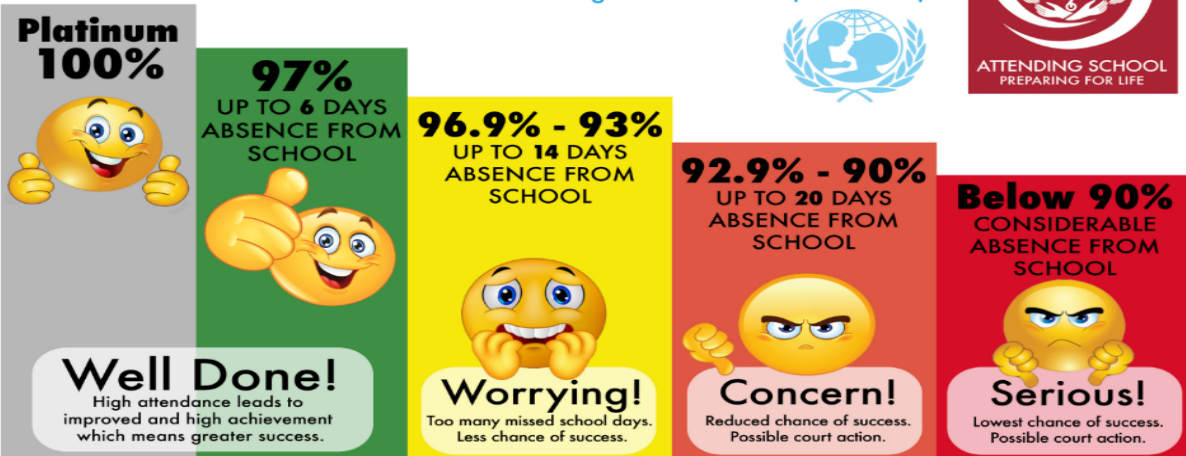
92.6%

Our attendance this year so far

94.5%

WHAT IS YOUR ATTENDANCE?

Right to education (Article 28)



There are 175 non school days a year.
That's plenty of time to go on visits, holidays, shopping and other appointments.

"Jesus said, 'I am the light of the world.'"



QUEENS PARK PTFA
PRESENTS

EASTER BINGO

FRIDAY 22ND MARCH
3PM

£6 FOR 2 GAMES

FREE BINGO TICKET FOR EACH CHILD
WITH PAYING ADULT

Eyes down at 3:30pm

Refreshments available

Tombola with prizes to be won too!

ENTRANCE TO THE HALL VIA
YEAR 5 DOOR

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.



X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.03.2024