

ST ANDREW'S CE PRIMARY SCHOOL



A MEMBER OF THE  SW9 PARTNERSHIP

School Term and Holiday Dates

Spring Term 2024

Last Day of Term –
Thursday 28th March 2024

School Closes at 1.30pm

Summer Term 2024

Children return to school on
Monday 15th April 2024

Summer Half Term

Monday 27th May – Friday
31st May 2024

Last Day of Term –

Wednesday 24th July 2024

School Closes at 1.30pm

School will be closed:

Monday 6th May 2024

BANK HOLIDAY

Newsletter 96

Friday 15th March 2024

St Andrew's Easter Event

Friday 22nd March

3.30—5.30 pm



Join us for some

Cookie Decorating

Face Painting

Egg Decorating

Cake Sale

Easter Bonnet

Paper Flowercraft

Pet Petting

...and much,
much

FSM Vouchers

Please download and use your FSM vouchers as soon as you receive them. If you think that you are no longer entitled, or you do not wish to receive FSM vouchers, please let us know.

Note that the vouchers expire after a few weeks and cannot be reissued.



Evouchers



Parent Teacher Meetings

Wednesday 20th

&

Thursday 21st
March 2024

Contact us: 0207 274 7012 or

admin@standrewsce.lambeth.sch.uk

Don't forget to check out the website:

www.standrewsprimaryschoolstockwell.org

Check out our class blog site: www.standrewsallstars.com

Mother's Day Lunch



Mums—it was so lovely to see so many of you at our Mother's Day Lunch on Monday.

We can't begin to tell you, just how much the children love seeing you at school. We hope you enjoyed bonding with them over a lunch, that you didn't have to make yourself.



Please Sponsor Miss Small



Miss Small is fundraising for a charity close to her heart!

Last year her sister underwent surgery to treat a brain tumour. So, on **March 23rd** she will be taking part in a Twilight Walk to raise money for The Brain Tumour Charity.

A link to donate will be forwarded to you in a separate email - any donations, however small will be much appreciated.

Please support Miss Small in her efforts to raise money for this very worthy cause.

Easter Bonnet Competition

Have you made your Easter Bonnet?



Enter your bonnet/hat in Easter Bonnet competition.

Prizes for the best creations

**Friday 22nd
March 2024**



Attendance Matters

Attendance Percentages Last Week

YR—96%
Y1—89%
Y2—93%
Y3—94%
Y4—94%
Y5—97%
Y6—93%

Number of Children Late Before the Close of Register

YR—04
Y1—14
Y2—04
Y3—03
Y4—04
Y5—06
Y6—02

Number of Children Late After the Close of Register

YR—0
Y1—1
Y2—1
Y3—1
Y4—1
Y5—0
Y6—0

Reading Percentages

Class	Number of children who read every day this week	Percentage
Cosmic	YR—15	YR—75%
Golden	Y1—16	Y1—55%
Diamond	Y2—14	Y2—88%
Heroes	Y3—15	Y3—56%
Stardust	Y4—21	Y4—75%
Aladdin	Y5—24	Y5—92%
Mars	Y6—21	Y6—95%



Y5 Bikeability



At last Friday's assembly, certificates were awarded to children in year 5, for successfully completing their Bikeability courses.

Well done Aladdin Class

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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 (incorporation anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercise. 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!