

Friday 15th March 2024
Volume 1, Issue 23

STEM week

In lessons the children have been having a wonderful STEM week. Thank you to the parents who came in to join in the activities. We have had flying paper butterflies, racing hovercrafts, giant catapults, water clocks and much more. Hopefully, these weeks ignite an interest, a spark for the children to want to go on to become scientists, technicians, engineers and mathematicians.

Parent Council

Thank you to the parent council for working with the school on a code of conduct for parents. A copy will be sent on the app and on the website. One key thing we want to emphasis is for everyone to follow the school motto :'Respect Yourself, Respect Others'. One parent said to me 'it's about treating others how you would expect them to treat you', and I couldn't agree more, and it goes for staff and parents. I know you will agree that we all want the school to be a safe and happy place for everyone. There is no place for aggression, threats and swearing at Mission Grove Primary.

Reading Millionaires

We have 13 millionaire readers—Lennox, Asma, Livy, Luna, Aliya, Safiyyah, Sudeys, Muhammed Shah, Shakir, Witold, Muhamad Gul, Anas & Ariel. There are 6 double millionaires—2 in Swan Year 3! Levi, Mateo, Uzair, Ciara, Sitharth and Mathilda. And a fantastic triple millionaire—Paulina. This year with the book fairs, donations and from the school budget we have spent £4,806.32 on class books, phonics books and home readers. Please can we ask that you remember to read with your children daily and also remember to return the books.

Buxton Road

Is beginning to look wonderful— hopefully it will stay free of litter and the plants will grow.

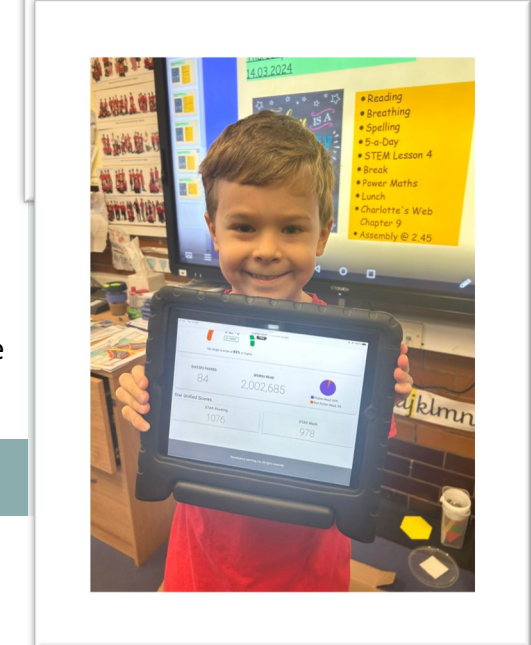
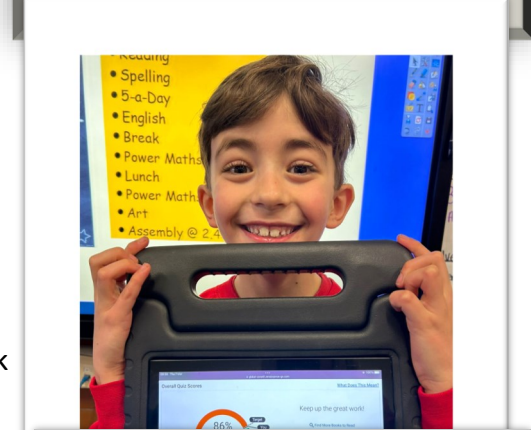
Miss Rashid

Is currently on personal leave. We are sending her our best wishes and hope that she will be back with us soon. Miss Dar has been teaching the class this week and hopefully next. If you have any concerns please speak to one of the SLT.

Spelling Bee

We will be sending words home for the Easter break ready for the competitions to start in April .

Have a great weekend , Miss Jennings



SPECIAL DATES



If you have a teddy that need repair, you can now drop it to the office or classroom with your name and class. The children in the sewing club will help with stuffing, limb repair and sewing for a small donation. All the money raised will go towards buying a sewing machine for the school.



If your child attends Rocksteady then they will be performing in a concert on Monday 18th. They can wear their best rock clothes for the event.

March

17th St Patrick's day

18th Rock Steady concert 10.30 North & 2.30 South

19th Goldcrest Tow Temple trip

20th Goose Two temple trip

21st Year 4 Science museum—date changed

Parents Evening—book via the app

Full Governors meeting

Red nose day bake sale

22nd Goldcrest assembly

25th Year 3 swimming Swan & Swallow

Gymnastic competition

26th Coffee morning—North site 9am

Music concert 1.30pm

Goldfinch Two Temple

27th Coffee morning south 8.45

Goose Two Temple

28th Easter Parade—please help your child make an Easter hat—weather permitting we will be walking through the market to show off our creations.

29th School closed Good Friday

2nd April—12th April Holiday club

Monday 15th April school closed—staff training

Reception 2024 places announced

Tuesday 16th April Children return to school.

Spelling Bee Heats start



Red Nose day

Friday 15th March

We are selling red noses– the price has gone back down to £2. The school council will be meeting the first week back to talk about fun events .

Comic Relief

The School Council have suggested numerous ways we can raise money for Comic Relief. It has been decided that we will run a sponsored danceathon, hold a bake sale in which children can bring in homemade cakes to sell, and also submit jokes for our very own Mission Grove Joke Book.

Danceathon

There will be a danceathon held will now be during the school day—check the app, to see who can dance non-stop for a full hour. If children want to take part a sponsor sheet will be available to complete on the app and they can begin collecting money this weekend.

Bake Sale

Children may bring in homemade cakes to sell at the end of the day on Thursday 21st and Friday 22nd. Suggested prices are 50p for a cupcake, £1 for anything larger.

Joke Book

Any budding comedians may submit a joke to be published, along with their first name and age, at a cost of 20p, which will be made into a book to be sold at a later date.

All proceeds will go to Comic Relief.

ATTENDANCE PERCENTAGE BY CLASS

Form	%
R Mallard	86.79%
R Magpie	88.38%
1 Kittiwake	89.91%
R Merlin	89.94%
Nursery North PM	90.63%
R Moorhen	91.48%
2 Woodpecker	91.74%
2 Wagtail	92.07%
Nursery North Full Time	92.60%
Nursery North AM	92.84%
1 Kestrel	92.87%
3 Swan	92.90%
5 Goldcrest	93.04%
2 Waxwing	93.28%
4 Barn Owl	93.33%
1 Kingfisher	93.49%
1 Kinglet	93.62%
Key Stage 1-4	93.76%
5 Goose	93.99%
4 Blackbird	94.05%
Nursery South AM	94.05%
2 Wren	94.08%
3 Skylark	94.08%
4 Buzzard	94.30%
Nursery South PM	94.30%
5 Grouse	94.36%
3 Swallow	94.46%
6 Chaffinch	94.79%
6 Cuckoo	94.80%
5 Goldfinch	94.98%
6 Chiff Chaff	95.15%
3 Sparrow	95.40%
2yr North PM	95.59%
Nursery South Full Time	95.96%
6 Crow	96.16%
2yr North AM	97.33%

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

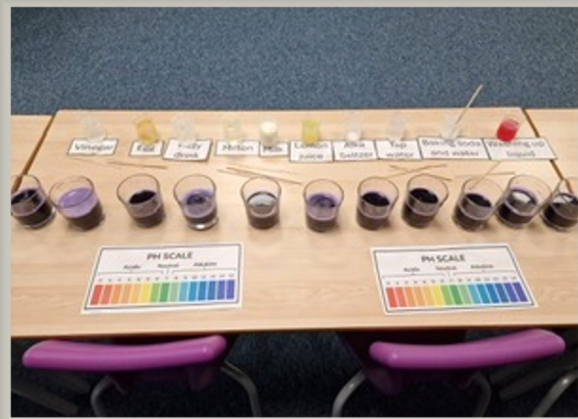
Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results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



This week in pictures





Coffee, Tea & Biscuits

Tuesday 26th March

9am

**At North Site, Dining Hall
E17 7EJ**

**Miss Jennings will be joined by
Miss Foxcroft & BeeZee**

Tea and Coffee Morning

Wednesday 8.45am

27th March

**@South site , Dining
Hall**

E17 7QB



*BeeZee families will
be there*

**Miss Jennings & Miss
Foxcroft**

The world is full of kind people. If you can't find one, be one.



Help us create a safe and happy environment for everyone. Think before you shout or get angry with staff. **RESPECT YOURSELF, RESPECT OTHERS!**



Shouting & swearing will not be tolerated anywhere in school.

Attendance Ladder

How close is your child to 100%?

0 days off school	100%	Perfection
Equates to 2 days off school each year	99%	Excellent
Equates to 5 days off school each year	97%	Good
Equates to 10 days off school each year	95%	Slight Concern
Equates to 20 days off school each year	90%	Concerned
Equates to 30 days off school each year	85%	Very Concerned