



# Forward March!

## UN CONVENTION ARTICLE 17:

You have the right to get information that is important to your well-being, from radio, newspapers, books, computers and other sources. Adults should make sure that the information you are getting is not harmful, and help you find and understand the information you need.

*With God's help  
we will  
live kindly,  
love each other,  
learn and  
laugh together!*

## Autumn Term 2016 Newsletter 2

Dear Parents and Guardians,

It has been a busy week at the March and it is lovely to see so many children at the various clubs we host at the school. The idea of school is quite interesting and often people can think that learning only takes place between those school hours. Learning and education are far more extensive than that and I hope, as parents and children, we consider the question of learning from all that we do.

We hope you have now settled into the routine of school life and are ready to take up the challenges of the new school year! It is also the time of year when we ask for your help in supporting the children to develop their learning experiences. Whether it is for an hour or a morning/afternoon, your support will be appreciated.

Some of the ways volunteers are used in the school are:

- Reading
- Letter sounds and phonic work
- Support during creative activities.
- Forest schools
- Fundraising
- Parents Forum.

We are aware that a number of you are established volunteers within the school, however there is always room for more! We are keen to place suitable people with up-to-date DBS checks as readers and helpers in regular slots.

Parents, carers and families are by far the most important influences in a child's life. Their support can play a vital role at all stages of education. Parents who take on a supportive role in their children's learning make a difference in improving achievement and behaviour. The active involvement of parents can help promote a learning community in which children and young people can engage positively with practitioners and their peers.

## Year 2 - Arundel Castle Trip .

Year 2 had a tour all around the castle and got to see lots of secret places too. A steep climb to the top of the keep to find out all about the knights and their armour. As the sun was shining, they walked around the beautiful gardens and even managed to collect lots of conkers.

At the end of the day everyone got to dress up as knights, archers, Princesses, Queens, Kings and jesters. Wonderful behaviour and a superb day by all.





## **Importance of sleep to children**

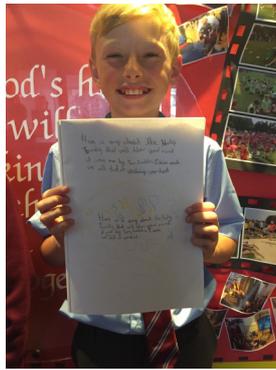
A parent has asked me to note down some ideas about how they can support their children with sleeping. Now all the children are back at their desks, desperately trying to get their brains working again, sleep becomes hugely important. Routine is key to children waking up refreshed and feeling ready for bed at a suitable time.

So here are some of the key tips I have picked up from reading a few books about sleep deprivation for children.

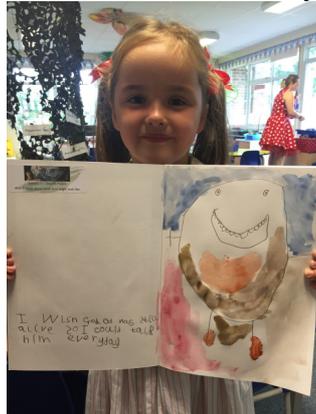
Introduce a technology-free evening Research shows a constant stream of light entering our eyes before we go to sleep tells our brains we want to be awake. An hour or so before the children go to bed, rule out any blue light; this means no TV, tablets or mobile phones. The bedroom should be technology-free. A calming pre-sleep routine The hours before can be just as important as actual sleep bedtime. A relaxing bath with lavender fragrance, a milky drink or reading are great ways to help children wind down and feel ready for sleep. I hope these help!



**Year 6 have been learning about the Trinity.** The Trinity is a way of describing the **three ways of being God** – God the Father, God the Son and God the Holy Spirit. It describes the relationship between these three 'persons' which are all part of the one God. This is very hard concept to learn about even for adults but the year 6 children amazed us with their comments and explanations through pictures and drama. Well done to Isaac, Holly and Sophie for their original rap and song. Do please have a look at the website to see Holly and Sophie in action.



**Year 1** have been wondering what God look like and they had many discussions about their views. As you can see from .... Book she has capture her thoughts really well. She would like God to be alive so she could talk to him every day!



**Year 2** have been looking at how Christians communicate with God and came up with many ideas. Well done Amelie, Mia and Freya for you wonderful work and sharing you thoughts with me.



### **Medieval Banquets, Knights and castles.**

Olive in year 2 has worked very hard on her topic homework and was keen to share with me and her class, the knights banquets she had made. If you look closely you can see the roast chicken, peas and pie. A meal fit for a King. Well Done Olive!



### **Naming Clothing**

Already we have had a significant amount of lost property due to unnamed clothing. Please make sure all items are labelled as we cannot be responsible for un-named clothing being returned to the correct child.

Finally ...

If you would like to talk to me about anything please do stop and chat or make an appointment if you would like more privacy or a longer length of time. I am here to help and support you all.

Thanks for taking the time to read this fortnight's newsletter. If you would like to discuss any items from the newsletter in more detail, please do not hesitate to come and see me, my door is always 'Open'.

Mrs Nicky Metcalfe

Head Teacher