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Friday 24th January 2020

Dear Parents/Carers,

I was reading, with interest an article in the TES earlier this week that highlighted that “*More than a quarter of children are not getting enough sleep*” and the impact that this has on children’s mental health.

It is quite common to have conversations with parents which revolve around children being tired or having not had a good night’s sleep and I certainly have had personal experience of this with my own daughter. I was really pleased to have the opportunity to see Mrs Saint teach a yoga session with Year 2 children this week and some of the children commented on how they used some of the techniques that she taught them to calm their minds and help them get to sleep.

I would like to take this opportunity to reassure parents that the Yoga lessons that Mrs Saint is teaching are entirely age-appropriate and do not include the spiritual practices but rather are simply about physical health and well-being.

Young Voices

Another way of promoting wellbeing (both physically and mentally) is singing and we were fortunate enough to attend Young Voices at the O2 on Wednesday. Twenty-two of our Year 5 and 6 children joined 8500 children from 150 schools rehearsing for the evening performance accompanying Urban Strides, Ruti (Winner of the Voice 2018), The Shires and Tony Hadley of Spandau Ballet fame.



Great fun was had by all and all the children have already said that they want to do it again next year! I’d like to express my thanks to Mrs Hurley for her organisational talents, Mr Miles for teaching the children the songs and Mrs Hughes and Mrs Brooks for accompanying the children on what was a very long day.

Road Safety

Last week, I wrote about keeping children safe online, but it is also important that our children are able to keep themselves physically safe. Earlier in the week we had an incident where a child inadvertently put themselves in danger. We have spoken to the children about ensuring that they are safe when walking along the road and I’m sure that these messages are reinforced at home.

With best wishes

James Tibbles



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21st January 2020



Hair Today, Gone on the 30th!

On Thursday 30th January, Seren will be donating her hair to The Little Princess Trust.

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21st January 2020



Girls' Football

On Thursday 16th January, we played a match against St Peter's and Chartham.

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21st January 2020



Dodgeball

On Tuesday 14th January, 13 children from Year 6 entered a Dodgeball competition at Canterbury Academy.

[CONTINUE READING >](#)

24th January 2020



The Sound of Science

On Wednesday, year 4 continued their science investigation of sound.

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Upcoming Events

All dates and events can be found on our new school calendar.

[CALENDAR >](#)

You are also able to 'subscribe' to the calendar (there is a link underneath the calendar) which means that you can have the school calendar on your phone or tablet and any updates will automatically appear on your device!

Monday 27th January	Zoolab Workshop for Year 1 Children	A Team Football Match vs. Chartham	
Tuesday 28th January	Kent School Games: Infant Agility Competition	B Team Football Match vs. St. Stephens	7pm: PTA Meeting
Wednesday 29th January			
Thursday 30th January		2.15pm Marvellous Maths Parent Workshop (Year 1)	
Friday 31st January			
Monday 3rd February	Year 5 Bikeability Groups 1 & 2		
Tuesday 4th February	Year 5 Bikeability Groups 3 & 4	Able Writers Workshop at Hoath School (Year 3 and 4)	
Wednesday 5th February	Year 5 Bikeability Group 5		
Thursday 6th February		2.15pm Marvellous Maths Parent Workshop (Year 6)	
Friday 7th February			
Monday 10th February	2GD Trip to Wildwood		
Tuesday 11th February	2RF Trip to Wildwood		
Wednesday 12th February			
Thursday 13th February	Year 6 Trip to see School of Rock in London		
Friday 14th February			Messy Church on Saturday
Half-Term Holiday			
Monday 24th February	<i>Science Week (all week)</i>		
Tuesday 25th February	Rocks Workshop for 3SA		
Wednesday 26th February	Rocks Workshop for 3HA		
Thursday 27th February			
Friday 28th February			