



Friday 7th February 2025
 Topic – Tomorrow’s World
 Value of the Term – Responsibility

Dear Parents and Carers,

We have been thinking about our mental health this week as it has been Children’s Mental Health week. The theme has been ‘Know yourself, Grow yourself’ and the children have been thinking about the importance of self-awareness and expressing their emotions.



It is good to see children using our value of responsibility and taking control of their own actions, feelings and emotions. I hope you can see these things happening at home too. Please do share any positive moments of learning or children using their values with us as we would love to see them.

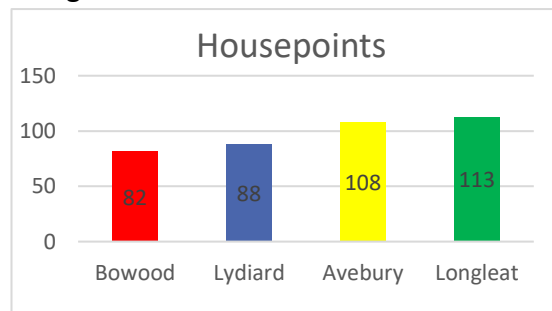
We have celebrated these children in assembly today for achieving the certificate of excellence or the values award for their class:



Our attendance winners this week, are Year 5 with 96.7% It was another very close week with second place being only 0.01% behind! We have had a lot of illness going around school this week, please can I remind you that if your child is unwell and not able to attend school, you must telephone in by 9am. There is an answer phone service so you can call at anytime and leave a message.

These children have received their 50 reads prize and chosen a book from the vending machine this week: Hania in Year 1 and Abner in Year 2.

Our housepoint winners of the week as shown in the graph are Longleat. The children are loving the running totals mounting up and we are looking forward to seeing who the Mountford winners of the term will be in a weeks’ time!



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We are looking forward to seeing many of you at Wonderful Wednesday next week, everyone is welcome. Children in Early Years, your session is from 8:40am and Years 1-6 from 2pm. For safeguarding reasons, mobile phones are not permitted to be used in the classrooms, thank you for your cooperation with this. Younger family members are welcome to join you but due to space, we ask that pushchairs and prams are not brought into school.

I hope you have a lovely and safe weekend, looking forward to seeing all the children in school Monday for the last week of Term 3!

With best wishes,
Mrs Helen Wollington
 Headteacher

Upcoming diary dates:
 Tuesday 11th February – Safer Internet Day
 Planetarium in school
 Wednesday 12th February – Wonderful
 Wednesday 8:40am EY classes 2pm Years 1-6
 School Disco KS1 5-6pm KS2 6:15-7:30pm
 Friday 14th February – End of Term 3
 Monday 24th February – Start of Term 4



Should I keep my child off school?



Yes

	Until...
Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

PINS PARENT STORIES



At home:
 Try and keep the bedtime routine to less than half an hour and always at the same time every evening



Out & about:
 Try and get outside and do some exercise everyday- even just for 10 minutes- but avoid doing this just before bedtime!



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PINS Update 4: Lets talk about Sleep!

Why is sleep important?

- Affects how we feel, behave, cope and learn
- Impacts our health

Common Sleep Difficulties:

- Finding it difficult to go to sleep
- Waking frequently in the night and not being able to go back to sleep independently



Ideas on what to do to help sleeping problems:

1. Keep a sleep diary

This will help to work out what is happening and if there are any patterns to your child’s sleep.

2. Work on a bedtime routine

- Have a consistent bedtime routine- the last hour should be 30 minutes calming and then 30 minutes preparing for and getting into bed
- Think about your child’s room (temperature, bedding, lighting)
- Try to avoid any screens in the hour before bedtime

3. Watch the video

- Scan the QR code for a 20-minute webinar to help understand more about sleep and how to support your child with their sleep



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Time going to bed:							
Bedtime Events: (Who is there? What is said/done? Child's emotions etc).							
Times woken during the night:							
How were they settled during the night?							
Time awake in the morning:							

4. Help your child learn more about sleep: This six-minute video helps explain why sleep is so important:

