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Working together to be the best we can possibly be.

I can do all things through Christ who strengthens me. *Philippians 4.13*

3rd November 2023

Dear Parents and Carers,

Welcome back after the half term holiday.

Safeguarding: Alcohol, drugs and parenting

Support for parents or carers who are concerned about their alcohol or drug use is provided by the NSPCC.

Link here: [Alcohol, drugs and parenting | NSPCC](#)

How much sleep should my child be getting?

Below are approximate guidelines that are suitable for most children to feel rested:

Age & Sleep Requirement:

0-3 months - 14-17 hours

4-11 months - 12-15 hours

1-2 years - 11-14 hours

3-5 years - 10-13 hours

6-13 years - 9-11 hours

14-17 years - 8-10 hours

18-25 years - 7-9 hours

The NHS offers support for parents and carers in relation to the welfare of their children:

[Separation anxiety - NHS \(www.nhs.uk\)](#)

[Temper tantrums - NHS \(www.nhs.uk\)](#)

Here are some links that parents may find helpful, if you require further support, please contact the school office in the first instance:

[Relaxation Tips - The Sleep Charity](#)

Poppy Appeal 2023:

Poppies are now available to purchase during school hours. Children are welcome to bring in a monetary donation to contribute. Our Year 6 children will take the poppies to each class daily up to and on 10th November.

Learning about Remembrance:

Some families may find the information on this website particularly interesting and pertinent to their own life experience.

[Teaching Remembrance | Learning Resources | Royal British Legion](#)

From Witchford Scout Group - Are you or someone you know able to help the Scouts?

Potential Group Closure December 2023

Witchford Scout Group was first registered over 45 years ago and currently provides over 40 children with challenging and adventurous experiences in a fun and safe environment.

Unfortunately, since COVID the group has been running with the minimum number of volunteers possible, with several volunteers carrying out multiple roles. This has come about largely due to a lack of engagement from the community. This has the effect that when a volunteer decides to leave, we need to contemplate closing the Group.

At the end of the year, the group will be saying goodbye to one of our assistant leaders and our treasurer, both of which have continued volunteering for years beyond their own children's involvement in scouting. To prevent closure, we must recruit and train an assistant leader for Scouts and a treasurer by December.

To function efficiently and more securely we also need to recruit and train a secretary and an additional assistant leader for Cubs and Beavers.

If you or anyone that you know can fill these roles, or if you have any questions, then please contact me ASAP. All expenses for training and uniform are covered and you will be supported in the role by me and the rest of the team.

Many thanks

Ian 'Lennie' Beech
(Scout Leader and Group Scout Leader)
Dr_ian_beech@hotmail.co.uk
07527 443688

Wraparound care:

We would like to remind all parents and carers that we are registered to accept childcare vouchers for wraparound care from the following providers:

Computershare
Edenred
Sodexo
KiddiVouchers
HM Government Childcare

If you receive vouchers from another provider that is not listed, please contact the school office.

Bookings for Breakfast and Afterschool Clubs can be made through your MCAS account.

Clubs:

Please can we remind you that Choir and Netball clubs will not be running next week. The next Netball session is Tuesday 14th November and Choir on Thursday 16th November.

Anti-bullying Week and Children in Need:

The week beginning 13th November is Anti-bullying Week, with the theme 'Make a Noise about Bullying'. Each class will take part in a range of activities to support the children understand what bullying means, what can make children bully and, this year, we have a focus on asking for help and everyone playing a part in addressing bullying.

This week ends with the BBC charity campaign Children in Need on **Friday 17th November**. To tie the two things together, we would like to ask the children to come to school dressed as a musician or a member of a music band, to be ready to make lots of noise! If you would like to make a donation to the charity please do send your donation into school to be collected in buckets on the gate, or alternatively, follow this link:

[Donate to BBC Children in Need](#)

Children and Family Centre, Ely:

Please see attached flyer for the latest update on what is happening at the Children and Family Centre in Ely.

Help raise funds for research into neuroblastoma

In August Milo's little sister, Zella was diagnosed with a rare form of childhood cancer called neuroblastoma. Milo and Zella's family are trying to raise money and awareness for the charity Neuroblastoma UK, which Zella's Nan will be shaving her hair off in December. The family would be so grateful for any donations and helping to spread the word!

https://www.justgiving.com/page/shaveforzella?utm_medium=fundraising&utm_content=page%2Fshaveforzella&utm_source=copyLink&utm_campaign=pfp-share

Reception Stay and Play:

On Friday 17th November we will be inviting the parents of Reception children to come into school for a drink and a chat about phonics and early reading in The Foundation Stage. This will take place from 8:30-9:00 in the school hall.

Throughout the week of 20th November, one parent per Reception child will have the opportunity to book a morning session between 8:45 and 9:45 when they can join their child's class for their phonics session and then have some time to play together.

Reception parents and carers only please

Links to book here:

Rowan class

<https://www.eventbrite.co.uk/e/rowan-class-stay-and-play-tickets-740806751937?aff=oddtcreator>

Ash class:

<https://www.eventbrite.co.uk/e/ash-class-stay-and-play-tickets-740822649487?aff=oddtcreator>

FREE training for parents about managing significant change in families

This free training event is for parents and carers on 13th December 2023 at 7pm. Register your place using the link below. If you have any questions, get in touch by emailing the course leaders at mentalhealthtraining@ymcatrinity.org.uk

Link here: https://us06web.zoom.us/webinar/register/WN_KO-F_K1GT7q4Yuu_oEcf3A

Zebra crossing

It has been seen a few times, where cars are not always stopping when expected at the zebra crossing. Please take extra care and warn your children to be careful if travelling alone and double check the cars have stopped before stepping out on to the crossing.

Operation Sceptre: WC Monday 13th to Sunday 19th November 2023

Cambridgeshire Constabulary would like to draw your attention to the forthcoming National Knife Crime week of action.

This operation is designed to educate Children and Young People and to raise awareness of the consequences of knife crime.

Parents and carers will find an attached poster to assist them with conversations with our older children or older siblings as they feel appropriate.

Please contact One More Step Prevention and Vulnerability Hub-South if you have any questions or concerns in relation to this matter.

Looking forward to seeing you all on Monday.

Best wishes,

Miss Turner

Dates for your diary	
WC 06.11.2023	Parent's Evening Wednesday 8 th November 3.30 - 5.30pm Thursday 9 th November 3.30 - 7pm
WC 13.11.2023	Anti-bullying week
15.11.2023	FWR Disco – (Further details to follow)
17.11.2023	Children in Need
17.11.2023	Reception Phonics and Early Reading session for parents
WC 20.11.2023	Reception Stay and Play
11.12.2023	Flu vaccination day whole school
WC 11.12.2023	Christmas Treat for pupils thanks to our wonderful FWR.
13.12.2023	FWR Film Night – (further details to follow)
14.12.2023	Reception and KS1 Christmas dinner
15.12.2023	KS2 Christmas dinner
15.12.2023	FWR Family Quiz night (further details to follow)
19.12.2023	Last school day for children before the Christmas holidays commence
20.12.2023	Professional Development Day for staff
21.12.2023	Christmas holiday commences for staff
Christmas Holiday	
04.01.2024	Professional Development Day for staff
05.01.2024	Professional Development Day for staff
08.01.2024	Children return to school