



Life in all its fullness

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Monday 23rd September 2019

Dear All

I hope you are back in the swing of things! A huge welcome to all our new families and I hope every-one is beginning to get used to our routines etc. It does take a whole year, as there are so many one-off events, so please do not hesitate to come and ask if you are not sure about anything. If you have a question then someone else will too! Ask!

At the beginning of the school year I would like to share some startling statistics with you. If your child has 10 days off school in an academic year, their **attendance** will be 94.7%. However, they will have lost 50 hours of learning time. If this happens every year of their primary school life, they will lose 350 hours of learning. If you extend this to their entire time at school they will lose 700 hours of learning which equates to 7 months of lost learning. Remember a school year is 9 ½ months of a calendar year, so this represents a greater proportion of time than you may think.

Research shows that attendance or rather good attendance does increase the progress and levels of attainment made by pupils and ultimately their life chances. Reading and reading widely and for enjoyment is a proven indicator of positive life outcomes; including health, employment and well-being!

When Mrs Watkins, the teachers and I monitor the progress made by our pupils; attendance, over the long term definitely has an impact. For good or bad, attendance affects academic progress and attainment. High levels of attendance results in continuity of learning and helps pupils to make links and to consolidate concepts and knowledge. Pupils with good attendance are generally less anxious because **all children thrive from routine and predictability**. Gaps in attendance tend to make pupils anxious; they miss new concepts and they miss shared experiences with their friends. They miss their friends and friendship groups may shift whilst they are away. The vast majority of primary school children will be ill during the year. This is obviously time which can't be helped but if added to holiday time, then it can really mount up. See the table below!

NUMBER OF DAYS ABSENT.	ATTENDANCE RATE	TIME LOST ACROSS 1 ACADEMIC YEAR	TIME LOST ACROSS PRIMARY SCHOOL CAREER	TIME LOST ACROSS ENTIRE SCHOOL CAREER.
10 school days / academic year	94.7%	50 hours (2 weeks)	350 hours (3 ½ months)	700 hours lost (7 months)
15 school days / academic year	92.1%	75 hours (3 weeks)	525 hours (5 ½ months)	1050 hours lost (1 academic year & 1 month)
19 school days / academic year	90%	95 hours (3 weeks & 4 days)	665 hours (6 months & 1 week)	1330 hours lost (1 academic year & 3 ½ months)

90% attendance may sound good but in fact across a child's school career it equates to a whole academic years worth of learning being lost plus 3 ½ months which is over a third of a school year! When you look at 94.7% in more detail it is in fact rather alarming too!

Learning is cumulative so please help your children by showing them that education is important and that attendance is important.

Please ensure that you only take family holidays during term time when there is absolutely no other option.

SLEEP

Because all children thrive from routine and predictability please also remember sleep routines are crucial to good learning and indeed all round health and well-being!

Sleep is no less important than food, drink, or safety in the lives of children. Although this may seem apparent, many of us actually do not allow our children to get the critical sleep they need to develop and function properly.

It's certainly not something we do on purpose. As a matter of fact, we often don't think much of it, and that is the problem. With parents working long hours, schedules packed with school, after-school activities, and other lifestyle factors, bedtimes are pushed back, mornings start earlier and nights may be anything but peaceful. Going to bed a little late may not seem like a big deal, but it is. It all adds up, with consequences which may last a lifetime.

To understand the critical nature of sleep to our children's growth and development, we need to understand more about what sleep does, what healthy sleep is, and what happens when children do not get either the right amount of sleep, the best quality sleep, or both. We also need to understand the role sleep plays in being alert or drowsy, stressed or relaxed, and how that in turn may affect temperament, learning, and social behaviour.

In his book *'Healthy Sleep Habits, Happy Child'*, Marc Weissbluth writes,

"Sleep is the power source that keeps your mind alert and calm. Every night and at every nap, sleep recharges the brain's battery. Sleeping well increases brainpower just as weight lifting builds stronger muscles, because sleeping well increases your attention span and allows you to be physically relaxed and mentally alert at the same time. Then you are at your personal best."

The NHS website provides guidance on the amount of sleep required by different aged children.

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-much-sleep-do-kids-need/>

4 years: night-time: 11 hours 30 minutes

5 years: night-time: 11 hours

6 years: night-time: 10 hours 45 minutes

7 years: night-time: 10 hours 30 minutes

8 years: night-time: 10 hours 15 minutes

9 years: night-time: 10 hours

10 years: night-time: 9 hours 45 minutes

11 years: night-time: 9 hours 30 minutes

12 years: night-time: 9 hours 15 minutes

We have quite a few tired pupils coming to school. This affects their ability to concentrate, but can also make children irritable or anxious.

We shall be talking to all our children about the importance of sleep at various points during the year. Please help us by having conversations about sleep in your house-hold! Is enough sleep happening? If not please read this letter with them and change routines and timings so your child's brain benefits from critical sleep.

For more information also go to: <https://www.thechildrenssleepcharity.org.uk/leaflets.php>

COMING SOON

Harvest Festival in the Church @ 1:30pm on Thursday 3rd October 2019

Our **Harvest Festival** is being held at the **Church** on **Thursday 3rd October 2019 at 1.30pm**. We are encouraging children to bring in non-perishables during the week commencing Monday 30th September. As usual all our *Harvest Gifts* will go to the Trussell Trust. This organisation brings a bit of hope to families, who are going through a tough time.

THE FOOD BANK provides short term emergency food to people in crisis. Food is given as an intervention strategy which allows care professionals, such as Church Pastoral Workers, Health Visitors and Social Services, time to put longer term measures in place. People are given enough food for 3 days. **THE FOOD BANK** also provides bulk food for other charities to provide cooked meals for people.

THE FOOD BANK HARVEST SHOPPING LIST: *Some ideas*

Soup (<i>Tinned or packet</i>)	Meat (<i>Tinned</i>)	Tuna/fish (<i>Tinned</i>)
Cooking Sauce (<i>Sachet</i>)	Vegetables (<i>Tinned</i>)	Fruit (<i>Tinned</i>)
Rice Pudding (<i>Tinned</i>)	Tomatoes (<i>Tinned</i>)	Pot Noodles
Breakfast Cereal	Milk (<i>UHT or powdered</i>)	Orange juice (<i>Carton</i>)
Sugar	Chocolate	Biscuits

Please help us to have a “**bumper**” Harvest Festival by donating something from the shopping list above.

ALL HARVEST GIFTS SHOULD BE PUT IN THE BOX AT THE GATE PLEASE! Many thanks!

Please do come along and join in the service. Please note Butterfly Class (EYFS) pupils will not attend the Church.



SCHOOL MEAL FUNDING

Thursday 3rd October is an important day for our school meal funding. If we do not get 100% take up of the Universal Free School Meals (EYFS, Year1 and Year2) then the school has to fund the meals from our main budget. (The pot of money that pays for teachers, books and furniture etc!) **PLEASE can we have as many people as possible taking a meal on THURSDAY 3RD OCTOBER as possible? Thank you!**



OTHER DATES FOR YOUR DIARY IN OCTOBER

Book People Bus Tuesday 22nd October, The Book People Bus will be visiting our school. Each class will have a chance to look in the bus at the books throughout the day. If you would like to visit the bus with your child/children please do so between 3pm and 4pm. Payments may be made by card or cash. During their visit your child will have chance to purchase a book, if you so wish. Prices range between £3 and £10. Please do not feel under any obligation to make a purchase. All purchases to contribute towards commission which the school will receive in the form of books!

Governors' Report to Parents/PTA AGM/Cheese and Wine

Monday 14th October 2019 @ 7pm in the school hall

You are warmly invited to attend the PTA AGM followed by the Governors' Report to parents. Normally the meetings are fairly short, giving plenty of time for parents, governors and staff to socialise. Please complete the reply slip by Friday 11th October if you would like to attend the evening (it will help us to know how much cheese to buy!)

RETURN SLIP TO SCHOOL OFFICE BY THE DROP BOX OR IN PERSON. THANKS!

School Disco: Friday 18th October 2019

Tickets on sale now! Please note this event is for children from our school only. Younger siblings may stay if parents stay as well! Parents are very welcome to stay at the EYFS/ KS1 Disco and we always need help for the second session if you are able to stay for that! Children should attend the disco for their age group (unless their parents are explicitly helping to run the event and they need to be at both discos) or unless they don't want to come!

EYFS/ Y1 and Y2 Disco 6:00pm – 7:00pm (Enter by side door to hall from big playground and exit via the door on to the 'not so small playground'. This is the front door near my office).

Y3, Y4, Y5 and Y6 7:00pm – 8:00pm (Enter by side door to hall from big playground and exit via the same door).

ALL TICKETS ARE £1 and include a drink in the price. Cakes and drinks are also on sale during the evening.

If you are able to make cakes for this event the FOSS would be very grateful.

Reminders and forewarnings!

- Please inform the office if your contact details change
- Flu Vaccination EYFS-YR 6 (Vaccination is given by a quick spray up the nose). Thursday 17.10.19 (more details to follow)
- There are no after school clubs (except Early Birds and Night Owls) week commencing 21.10.19
- We break on Wednesday 23.10.19 at 15:00 back to school on MONDAY 4TH NOVEMBER!
- Once again this year we will take part in the in The Christmas Shoe-Box Appeal run by the Trussell Trust. The Trussell Trust will come into school to talk to the children on Monday 14th October (more details to follow as soon as possible)!
- The school calendar has already been started for 2020/2021. Here are the dates for the beginning of the academic year just in case you wish to book your summer holidays!

<u>Stratford-sub-Castle Primary School Calendar 2020/2021</u>	
Teacher Development Day 1	Tuesday 01.09.20
Teacher Development Day 2	Wednesday 02.09.20
CHILDREN START/ BACK TO SCHOOL	THURSDAY 03.09.20

Finally, I am sure you will join me on congratulating Miss Wilson who got married at the weekend. She is now Mrs Hayward!

Kindest regards

Kay Bridson

Governors' Report to Parents/PTA AGM/Cheese and Wine (COMPLIMENTARY!):

Monday 14th October 2019 @ 7pm in the school hall

PLEASE COMPLETE AND RETURN TO SCHOOL OFFICE

Governors' Report to Parents/PTA AGM/Cheese and Wine in the school hall 7pm



Name

I/ we will be attending the above evening on Monday 14th October 2019.

Signed