



Together

## Newsletter Date 15.03.24

### Diary Dates

#### March 2024

Tuesday 19<sup>th</sup> March – Parents' evening 4pm-7pm  
Wednesday 20<sup>th</sup> March – Parents' Evening 4pm-7pm  
Thursday 21<sup>st</sup> March – Green mufti day  
Friday 22<sup>nd</sup> March – Reception Easter Bonnet Parade 3.00pm for parents on the playground

#### April 2024

Easter Monday 25<sup>th</sup> March – Friday 5<sup>th</sup> April inclusive  
Monday 8<sup>th</sup> April – children return to school.  
Wednesday 10<sup>th</sup> April - Provisional Date booked in – Year 2 Continents and Oceans workshop.  
Wednesday 24<sup>th</sup> April 6pm-7pm Year 6 Parents' briefing for Pioneer and SATs

#### May 2024

Y6 SATs week Monday 13<sup>th</sup> May- Thursday 16<sup>th</sup> May  
Tuesday 21<sup>st</sup> May REP Parent drop-in 2.45pm  
Wednesday 22<sup>nd</sup> May RKD Parent drop-in 2.45pm  
Thursday 23<sup>rd</sup> May RHC Parent drop-in 2.45pm  
Half term Monday 27<sup>th</sup> May to Friday 31<sup>st</sup> May



### PARKING

Our local police officers have been patrolling the streets around school and are focusing on illegal and dangerous parking. Please ensure you park safely to enable our children and community to be safe as they move around the streets. Patrols are happening daily for the time being.



### Worker of the Week 15th March 2024

Class	Name	Class	Name	Class	Name
RJG	Jessica M Kade B	RHC	Nate Hattie	RKD	Tillie D James T
1HH	Eleanor H	1LI	Ada C	1SB	Is-Haaq K
2AB	Quinn E	2RT	Latisha	2RA	Tia
3EG	Cassidy D	3KR	Neve B	3LO	Keera C
4GO	Poppy B	4HG	Olivia A	4LH	Georgia P
5LW	Emily McD	5AO	Cora H	5SM	Sophia B-S
6BR	Charlie S Ivy A Esme-Jean F-M	6EG	Olivia H Teagan R Jacob P	6ES	Temperance D Henry R-M Logan W

### Attendance

11th – 15th March 2024

Class	%	Class	%	Class	%
RJG	97.67	RHC	96.67	RKD	92.69
1HH	99.67	1LI	98.67	1SB	98.00
2AB	95.52	2RT	95.52	2RA	91.72
3EG	98.33	3KR	94.52	3LO	98.97
4GO	96.77	4HG	96.00	4LH	96.21
5LW	97.74	5AO	95.33	5SM	98.63
6BR	93.10	6EG	95.16	6ES	96.00

### Vacancy

We currently have a part-time position available within our cleaning team here at Lutley.

If you would like more information regarding this role, please click the link below or visit [wmjobs.co.uk](https://www.wmjobs.co.uk) and search for Lutley primary school before 7th April 2024.

<https://www.wmjobs.co.uk/job/191714/>

# Notices

@LutleyPrimary

Follow us on X (Twitter) for live updates and news



## Forest School Timetable : Year 1 (2024)

Session	1SB	1HH	1LI
5	Mon 18/3	Mon 11/3	Thurs 14/3



### Clothing

Children can come in non-uniform on their Forest School days – long trousers please and preferably long sleeves. As the weather becomes colder, please ensure children have a jumper or fleece, a waterproof coat and a hat and gloves. **Please also send wellingtons and extra socks in a carrier bag.** We will have a few spares but not many. We do have waterproof dungarees which we can loan out if absolutely necessary but if your child has their own waterproofs, they can bring them and put them on before we leave the classroom. We serve Galaxy hot chocolate and may toast marshmallows (vegan option available) or cook popcorn, so please remind us if your child cannot have these items.



### Our star at Symphony Hall

William Beer performed at Symphony Hall on Sunday as part of 'Dudley Goes to Symphony Hall' with Dudley Performing Arts. He played the trombone in the Upbeat Orchestra along with other pupils from across the Dudley Borough. He has only been performing in the group for just over a year; as a school we are really proud of him, well done William!

## Easter Netball Camps

Little Netters are running Easter Camps at Wordsley School for Ages 6-11 from just £35 per day or £60 for two days, sibling discounts are available.

Children will enjoy fun games, skills and drills, team building, crafts and much more!

For more information and to book visit [www.littlenetters.net/camps](http://www.littlenetters.net/camps)

**Easter Netball Camp**

£35 1 day  
£60 2 days

25th - 26th March  
Wordsley School

Ages 6-11

Activities Include  
Skills and Drills | Fun Games | Team Building |  
Crafts and Much Much More

Registration Link | [www.littlenetters.net/camps](http://www.littlenetters.net/camps)

Little Netters

Each week we will share a handy parent guide on a range of online safety topics. These are also available free to you if you sign up to National Online Safety. Check out our feed on X as we use this regularly too! Keep your children safe by staying up to date!

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

