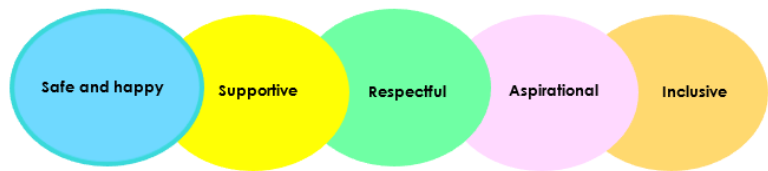




Learn for life – fly high



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Frogwell Primary School Newsletter

23rd September 2022

School news

Parents' Evenings

Parents' Evenings will be held on Monday 10th October (15.30-17.30) and Thursday 13th October (16.00-18.30), and then again in the Spring. These will be face-to-face short appointments, but you will be able to request a Teams or phone appointment if you cannot attend in person. These meetings will be focused mainly on how your child has settled into their new class, how they are getting on and any ways we need you to support at home. Online booking information will follow from the office in due course. *Please note that where parents are separated, it is expected that they will share one appointment slot except for the very small number of families where there is a very strong welfare-related reason, such as a court order, preventing it.*

Forest Schools

Our on-site Forest Schools space was developed last term and we are currently adding another new feature, which is a mud kitchen area. If you are able to donate any of the following items for the mud kitchen, they will be very gratefully received!

- Pots/pans
- Plastic plates
- Sturdy plastic forks (not the 'disposable' kind)
- Large spoons - stainless steel
- Colander

All children will take part in Forest Schools activities at some point in the year and the sessions usually go ahead even when the weather is cold and wet, unless it is exceptionally bad weather or very windy. It is therefore very important that children have suitable clothing when it is their turn for Forest Schools:

- Long bottoms
- Long sleeved tops
- Outdoor shoes/wellies that can get wet and muddy
- Waterproof clothing

Morning snack reminders

Please can we remind parents that snacks brought in for morning break times must be either fruit / veg or a basic cereal bar. Biscuits, crisps, sweets, chocolate, popcorn, sausages, winders, roll-ups, dunkers etc are not allowed and we will not let children eat them if they bring them. **Water bottles for outside lunch time should contain plain water only. Juice / squash is fine with a packed lunch.**

Harvest collection

We will be holding our usual Harvest assembly later this term and would like to ask for donations for Doorway, the local charity that supports people who are homeless or in vulnerable housing situations. There is a flyer at the end of this letter showing the items they need and those which they cannot accept. If you wish to donate, please send items in to school in the week of 26th September (not before or after please).

Reminders

Parents and Carers are asked not to make any form of video or audio recordings or take photographs within the school grounds, other than those approved at official school events such as concerts.

Please remember bikes and scooters must not be ridden on the playground.

Children must not play on the climbing/balancing equipment before or after school.

Please do not allow children to be on the grassy bank behind the car parking bays for any reason.

Gates are locked at 08:55 in the morning so parents can leave the site but school officially starts at **08:50** so arrivals after that time will be marked as late.

Please do not smoke around the school entrance areas.

Sleep

Some parents have been asking for advice on how to help their children settle to sleep and get a good night's rest. Quality sleep is essential for children's growth and development. A decent night's sleep will help them to do better at school, allow them to react more quickly to situations, have a more developed memory, learn more effectively and solve problems. Poor sleep habits from an early age can lead to long term sleep problems.

Here are some healthy sleep tips:

- Start to wind down from noisy or boisterous activities in good time
- Have a warm bath or shower 30 minutes before bedtime
- Brush your teeth before bed
- Read a book or have a story read to you
- No technology before bed (phone / tablets / gaming) as these can all affect getting to sleep or night-time waking
- Dim the lights in the hour before bed to encourage the production of melatonin, which helps to promote that sleepy feeling.
- Routine – children respond well to clear and familiar routines so try to do the same thing at the same time each night

There are some really useful resources at <https://thesleepcharity.org.uk/information-support/children/bedtime-routines/> and <https://thesleepcharity.org.uk/information-support/children/common-sleep-problems-in-children/>

Parent Governor election

Are you interested in becoming a school governor? We are recruiting for a new parent governor and the information you need about what this role involves and how to stand for election is attached to the email along with this newsletter. The deadline for nominations is Friday 30th September at 15:00.



School Facebook page

Have you seen our Facebook page for parents and carers? Make sure you find the **official** school page, which looks like this.



Diary dates for 2022-23

Monday 10th October	Parents' evening 15.30-17.30
Thursday 13th October	Parents' evening 16.00-18.30
Wed 19th Oct 2022	Last day of Term 1
20th Oct – 28th Oct 2022	Half term
Mon 31st Oct 2022	Start of Term 2
Week beginning 31st October 2022	Year 6 residential trip to The Beacon
Fri 16th Dec 2022	Last day of Term 2
19th Dec 2022 – 2nd Jan 2023	Christmas holidays
Tues 3rd Jan 2023	Start of Term 3
Thurs 9th Feb 2023	Last day of Term 3 for children
Fri 10th Feb 2023	TD day – no school for children
13th – 17th Feb 2023	Half term
Mon 20th Feb 2023	Start of Term 4
Fri 31st March 2023	Last day of Term 4
3rd April – 14th April 2023	Easter holidays
Mon 17th April 2023	TD day – no school for children
Tues 18th April 2023	Start of Term 5
Fri 26th May 2023	Last day of Term 5
29th May – 2nd June 2023	Half term
Mon 5th June 2023	Start of Term 6
Fri 23rd June 2023	TD day – no school for children
Tues 25th July 2023	Last day of Term 6

Doorway

This harvest time we'd be especially grateful for the following food supplies:

Tins of tomatoes, vegetables and soup

Tins of fruit

Tins of meat (e.g. corned beef, ham, meat stew)

Pot Noodles, packet savoury noodles & rice

Bags of uncooked rice

Packet soups, and instant mash

Tinned puddings (e.g. rice) & custard

Jars of cooking sauce (e.g. bolognaise, curry)

Tins of fish (sardines, pilchards, tuna etc.)

Baked Beans

Tea & Coffee

Packets of biscuits and cereal bars

Please check tins are in date, with ring pulls if possible

Other items (pasta, cereals, jam) are not needed at the moment



Thank you for your support!