



Weekly Roundup – Friday 21st September 2018

Note from Mrs Stabler – Congratulations to everyone getting to the end of week 2! As a young man commented to me yesterday in the dinner hall, 'How have we got to Friday so quickly Mrs Stabler?' The weeks will now start to fly by as we relax into the new school year – only four weeks until half term! Children have begun to settle into their new routines, with lots of work evident in classrooms. However, some children are struggling with the day and need support to cope.

The school day can be very challenging for children as they take on new learning. Regular healthy routines are an important part of giving them the resilience to cope. It is clear a number of children are not receiving a breakfast before coming into school. This is making it difficult for them to concentrate in class, as they are hungry. Having to wait until after 10:00am for snack time for food is not healthy. Please encourage your child to have a healthy breakfast such as cereal, toast or even something cooked, before leaving the house to support their health and learning.

Sleep routines are another important way of keeping children healthy. We have many children who spend the day with low energy and appear tired. Again, this affects their health, in being able to fight off infections, and their learning in being able to concentrate. Regular bedtime routines support children's growth and development.

According to The Sleep Foundation - How Much Sleep Do Children Need?

Age	Recommended	May be appropriate
Toddlers 1-2 years	11 to 14 hours	9 to 10 hours - 15 to 16 hours
Preschoolers 3-5 years	10 to 13 hours	8 to 9 hours - 14 hours
School-aged Children 6-13 years	9 to 11 hours	7 to 8 hours - 12 hours

A heartfelt thank you for persevering with us this week as we established the new routines for the site gates, and dealt with problems with timing mechanisms and gates opening. Your patience has been greatly appreciated.

Wishing you all an enjoyable weekend.

Lynne Stabler
Principal

SEN News: After a week of assessments, children's individual support records will be being created by staff next week. If your child is receiving additional support you will be asked to a short meeting with the class teacher during the first week of October, please feel free to ask any questions regarding the support given to your child during that meeting.

Year 2 Hedingham Castle: Year 2 will be going to Hedingham Castle on Tuesday 25th September, all Y2 pupils must be at school by 8.30am prompt! Please provide a packed lunch, snack and drink with a backpack large enough to carry them during the visit. All pupils should wear school uniform, sensible shoes for walking around castle grounds, and warm jackets will be required. We expect to be back at school by 3.30pm.

Scholastic Book Fair: Starting on Monday 24th September the Scholastic book fair will be open straight after school every day until Thursday 27th September.

Year 3: Need empty chocolate boxes, preferably cardboard, for our topic on chocolate. If you are able to donate any, please drop them in to Year 3 or main reception.

Sports Clubs: All sports clubs and events are now up and running, and places have been allocated. Please keep an eye on the School calendar on our website homepage www.smpsac.org for further sports fixtures. We are aware that Tumble Tots places filled very quickly and a few children were disappointed to miss out, there will be another opportunity to take part in Tumble Tots so keep an eye on the round up for when it will start.

Early Morning – Breakfast Club: Please ensure you book your children's places for these two facilities 48 hours in advance, places are limited. Remember bookings will not be accepted without payment either at reception (cash or cheques only), or use our online payment facility. Also for the purposes of your child's safety, we need to know they have arrived so please remember to ensure your child is signed in to their morning club, and don't just leave them at the gates.

Labelling and Ordering Uniform: Please ensure you label ALL items of uniform including shoes / trainers.

Ordering Uniform: When ordering uniform from Gooddies please put your child's name on the order, it will help us greatly when it comes to distributing new orders as they arrive. Many thanks.

Reading Café: The next Reading Café is on Monday 24th September for **1MB**. It's a wonderful opportunity to spend one on one time with your **school-aged** child, listening to a story, and taking part in activities all aimed at improving confidence in reading. Reading Café always starts at 2pm, please arrive a few minutes early to sign in at the reception desk. Free refreshments are also provided, giving parents an opportunity to swap ideas and discuss future books and activity ideas.

Music Lessons: will be starting during the week beginning 1st October. For more details please refer to our Round Up dated 14th September 2018.

St Mary's Church, Mildenhall: Have extended an invitation to Harvest Celebration week. A time to be grateful for God's good gifts. Harvest fun, food and faith – 4.00pm to 5.00pm on Sunday 30th September. Something for everyone; activities, crafts, quizzes, short harvest service, followed by tea – please telephone Sue for further details about the Harvest Celebration events on - 01638 711930.

School Meals: When completing your school meal order please ensure you put your child's FULL name at the top of the return slip.

Diary Dates 2018

Monday 24th Sept	- Reading Café – 1MB – 2pm – Arrive before to sign in.
Tuesday 25th Sept	- Year 2 Trip to Hedingham Castle – 8.30-3.30pm
Tues 25th Sept	- Y3 & Y4 Cross Country NMKT 3.30-5.30pm
Tues 25th Sept	- Y5 & Y6 Cross Country NMKT 3.30-5.30pm
24th to 27th Sept	- Scholastic Book Fair – straight after school
Sunday 30th Sept	- Harvest Celebration at St Mary's Church - 4pm