

# Ellwood Community Primary School

*Believe, Achieve, Belong*

Telephone: 01594 833232  
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Website: [www.ellwoodschool.co.uk](http://www.ellwoodschool.co.uk)



**Our value this term is: Respect**

March 14th 2024

## Weekly Attendance

Our aim is to have our weekly attendance above 97% in line with the Local Authority's expectation. This week, our **whole school attendance was 95.6%** which is under our target of 97%.

Well done to Oak class this week for getting the highest attendance!

Please remember to report a child's absence before 9.30 a.m. ideally before the start of school by either phoning the school on 01594 833232 or emailing

[admin@ellwood.gloucs.sch.uk](mailto:admin@ellwood.gloucs.sch.uk)

Thank you.

Oak	98.8%
Chestnut	97.6%
Beech	92.5%
Sycamore	95.1%
Willow	94.8%

## Meetings with Parents/Carers linked to Upcoming Statutory Assessments

KS1 SATS Meeting for Year 2 parents/carers – Friday 12th April 3.30-4.00pm

Phonics Screening Check for Year 1 parents/carers – Monday 22<sup>nd</sup> April 3:30-4:00

Multiplication Check for Year 4 parents/carers – Friday 19th April 3.30-4.00pm

*It would be great if you could attend these meetings to find out more about supporting your child.*

## Gym competition

Well done to those children that participated in the Forest of Dean Gymnastics Competition last weekend.

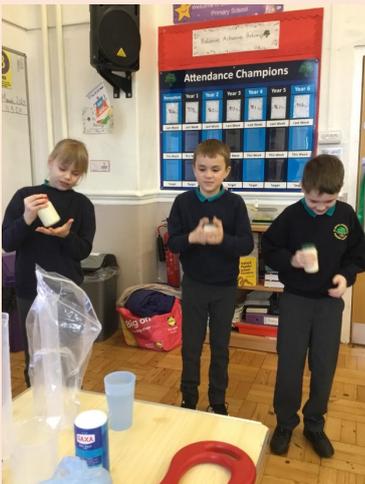
All of the children were amazing and we won the competition!! We are so proud of them all for the determination and resilience that each of them demonstrated. Here are some pictures.....



## Science day

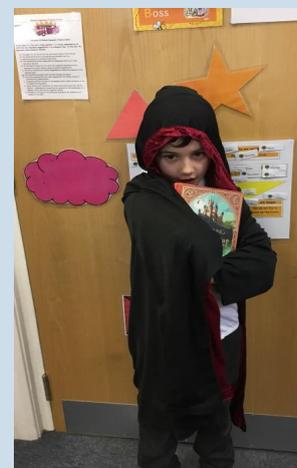
On Monday, the children came together in the hall to share a very scientific, interactive and exciting science assembly hosted by Mrs Aston! Lots of experiments were carried out and the children were all so excited!

In the afternoon, the children carried out more science based tasks and activities in their house groups. It is always lovely to see them in their house groups, with children of all different ages working together.



## World Book Day

We had a fantastic day last Friday celebrating World Book Day. The children all looked amazing and we can see that so much effort went in to their costumes.



“Marnie Baker wanted to show off her beans and water cress that have grown very well from gardening club. She has been looking after them very well making sure they get plenty of light and are regularly watered, but not too much as she tells me.”



### Red Nose Day

A reminder that it is Red Nose Day tomorrow!

Children can come to school wearing an item of red clothing with a suggested donation of 50p.

We are also holding a cake sale tomorrow after school and are kindly asking for cake donations on to be brought in tomorrow morning.....don't forget some change if you want to purchase a cake after school!

It is also our Rags2riches clothes collection tomorrow, please leave bags in the bike shed at the front of school.

Thank you!



# 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 heading 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.



#WakeUpWednesday

The National College

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## *Diary Dates*

### MARCH

- Thursday 14th March
- Year 4 Gymnastics
  - School disco (R, Y1, Y2 & Y3 5pm-6pm  
Y4, Y5 & Y6 6:15pm-7:15pm)
  - Follow my lead (biking) for Oak/Beech class
- Friday 15th March
- Red Nose Day (Wear a red item of clothing, suggested donation of 50p)
  - Red Nose Day Cake Sale - Donations on the day
- Tuesday 19th March
- Swimming - Years 3 & 4
- Wednesday 20th March
- Parents' evening
- Thursday 21st March
- Parents' evening
  - Year 4 Gymnastics
- Friday 22nd March
- Easter service Years R, 1, 2 & 3 - 2:15pm - 2:45pm
  - Easter service Years 4, 5 & 6 - 2:50pm - 3:20pm

### **EASTER HOLIDAYS**

- Monday 8th April
- First day back
- Tuesday 9th April
- Gymnastics - Reception class (packed lunch needed)