

Dear families,

We have had another busy week taking part in [British Science Week](#) and the [Big Science Event](#). We have learned from so many interesting visitors.



Thank you so much to all the volunteers who have given their time to enhance our learning.



Well done to our fabulous Cygnus class who performed their first class assembly and managed to pull out the enormous turnip (aka Mrs Morris!) by working together. Well done also to Y4 embraced their urban swag and busted some cool moves their dance festival.



EASTER EVENTS!



Easter is now just around the corner! Classes will visit Church on Monday 25th in the morning to take part in an Easter experience. Thank you to Jenny and Jayne, our Churchwardens for facilitating this. If you are available to volunteer to help, please contact us. Then on Monday afternoon we will take a whole school walk around the village and parade our Easter bonnets. Bonnets are to be made at home please and brought in on the day. Many families like to wave as we walk by and then enjoy an Easter treat back at school. On **Thursday (28th)** we will hold our Easter assembly in **Church at 8.45am** and **families are welcome** to join us. Term finishes **at 1.15pm** on Thursday afternoon.



Club preference forms close today. Parents will be contacted individually if a club is over subscribed and places not secured. Otherwise options chosen are successful.



A big thank you to Mrs Hayler, who as well as doing a huge amount to support pupils and families front of house in the office, also does a massive amount of work behind the scenes on health and safety, finance and premises and helped school to get 100% on their recent health and safety audit.

DATES COMING UP

(parents are welcome at events in *italic bold*)

Tue 19th	Pegasus swimming
Wed 20th	Science demonstrations
Thu 21st	Oxford Literary Festival author event—selected
Fri 22nd	U11 Swimming Gala <u>Tucana Class Assembly</u> <u>8.45am</u>
Mon 25th am	Easter experience at St Peter's church
1.45pm	<u>Easter bonnet parade</u>
Tue 25th	Pegasus swimming
Wed 26th	French breakfast KS2
Thurs 28th	<u>Church service 8.45am</u>



MENU CHANGE!

Veg option on Week 1 is now Vegetarian Sausage Roll instead of Neapolitan Pasta.

The new menu is uploaded onto website.

KS2 FRENCH BREAKFAST



As part of thanking and saying goodbye to Mrs Honour, we will be holding this for our KS2 pupils. A selection of juice, bread, jam and pastries will be served—if pupils can ask politely for them in French! Language menus will be on the table. Please contact us if you do not wish your child to take part.

Enjoy your weekend,

Diana

WHAT HAS MY CHILD BEEN LEARNING THIS WEEK

Cygnus	to play collaboratively in the outside 'mud kitchen'. Using phonics knowledge to read and write longer sentences which include tricky words.
Tucana	how to measure liquid in millilitres and litres. We have also been learning about what happened on each day of Holy Week and why Christians celebrate Easter.
Phoenix	celebrating British Science Week with a visit from Oxford University Earth Science department, carrying out an investigation into frictional forces and finding out how igneous rocks are formed.
Pegasus	planning and carrying out our own science investigations for the Big Science Event. We have also enjoyed welcoming visitors to give us an insight into various different real-life roles of scientists, as part of British Science Week. We learnt about DNA profiling, static electricity and climate change!

March 2024

Dear Parents and Carers,

There are lots of ways to get into cycling this summer, for children, adults and families. Bikeability, Social Rides and Rusty Riders are all free to access and great fun!



Rusty Riders

Want to start cycling or get back into cycling?

Join our supported and social bike rides in and around Witney. We follow quiet roads and tracks and aim to cover between 2 and 5 miles.

Each ride is run by a qualified cycling instructor and a volunteer ride leader. Bikes/bike hire are available to borrow from the workshop if you don't have one.



Other support available

Wheels for All
Free bike hire that suits you, from a city bike to a road bike, or a trike for those with mobility issues. Bikes are available to hire on a daily or weekly basis. Accepted cycles available to hire.

Cycling Lessons
Book a free 1:1 lesson with a qualified cycling instructor to gain the skills and confidence to ride on roads and paths. You can explore routes together or get to know your own route in a safe, secure and social setting.



When: Friday evenings at 10am (bikes available for hire)
Where: Windrush Bike Project, 123a, 123a, Witney, OX29 4BT
Cost: None, we have a place reserved for you. Please email: admin@windrushbikeproject.co.uk

If your child has just done Bikeability, help them to build on their newfound confidence, with some regular rides.

Do you want to improve your skills so you can ride with your children? Join Rusty Riders – our supported social rides on Friday mornings.

Is your child struggling to learn to ride? Bring them along to [Wheels for All](#), or book a [private lesson](#).

Keep an eye on our [website](#), social media or join our [mailing list](#) for updates on summer activities.

We hope to see you soon!
Windrush Bike Project
Bikeability Team

www.windrushbikeproject.co.uk
admin@windrushbikeproject.co.uk



INFLATABLE FOOTBALL FUN

EASTER HOLIDAY PROGRAMME! AGES 4-12

Ducklington Sports Club, Aston Road,
Ducklington, OX29 7US

Dates: Tues 2nd April - Fri 5th April 2024
Tues 9th April - Fri 12th April 2024

Time: 9.30am to 2.30pm
(drop off as early as 9am, pick up to 3pm)

Cost: £20/day or £60/whole week

To register your child, please go to
www.enrolmy.com/footy-kids

All of our programmes are based around having lots of fun. No lines, drills or running around cones, instead games where all kids have a ball and are learning basic skills of football whilst having big smiles on their faces.

Mini tournaments everyday. Coaches are qualified and DBS checked and are big kids at heart!

FOR MORE INFORMATION CONTACT US AT

www.footykids.org tomspeers@footykids.org [Facebook](https://www.facebook.com/Footykids) Footykids
or call and speak to Tom on 07940 070 082

All 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.co.uk.

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 reduce 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

Other practical advice on relaxing rituals that have a positive influence on sleeping patterns. Children could start keeping a diary where they add to each evening, for example, or they could use up excess energy by searching during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while reminding kids close to bedtime to prevent disruptions during the night. It's not too late to ask if your child is drinking enough water before bed, as this allows the body and brain to slow down naturally, without any chemicals being taken back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, providing a more relaxed state for a good night's sleep. The routine should also be suitable for napping – that is, not too late and not too early – while ensuring the child is comfortable and free of clutter as possible.

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 ensuring the child is comfortable and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a relaxing effect on the mind – such as reading or gentle stretching – while avoiding screens, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity helps to free the brain from its busy and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the critical role of sleep in that it's essential for physical and emotional wellbeing. It's essential to maintain a healthy sleep pattern during challenging and stressful periods in our lives, during the school season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in maintaining a more consistent sleep pattern. Try to keep breakfasts, lunches and dinners with plenty of fruit and vegetables, as well as moderate portions, not only is this a healthy habit, but it also reduces the chances of feeling too full to be comfortable to sleep.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely placed to support their children in establishing and maintaining healthy sleeping habits. Parents can help their children by being consistent in their support, incorporating anything from this list that they do naturally, to ensure 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 as often as they like, as it's a good method of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Mindy Amond design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'On to Match' award, the charity provides training and support to education organisations and local authorities. The guide has been written by Adam Elliott – a learning and development specialist who is also Associate Vice Principal for Personal Development at a large secondary school.



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Virtual Neurodiversity Conference 2024



Register your free place at witherslackgroup.co.uk/virtual-conference-spring24

Carterton Games Club with Mystic Games

Friday

15 March

2024

Mystic Games will be returning on alternate Fridays for games afternoons using Pokemon and trading cards. No need to book, just come along