

Harting Primary School Newsletter



Message from the Head

Sleep has been mentioned by several families as some children are finding it more difficult to settle at night. With this in mind, I decided that I should look up what sort of lengths of time would be considered a good night's rest and how essential it is.

Evidence suggests that it is an important part of a healthy lifestyle and that children who have sufficient sleep have overall better mental and physical health. It affects behaviour, attention, learning and memory positively so has a big impact on school life.

Although the day-to-day benefits of sleep are pretty obvious, I had not realised its impact long-term. It helps reduce the risks of high blood pressure, obesity and depression according to some of the literature.

My reading suggests the amount of rest needed for primary school age children is about 10 - 13 hours a night, varying based on age. It would be good to consider if bedtime routines are making this possible for all the children.

Literature suggests that a wind down routine should start at about the same time each evening. These ideas seem helpful:

- Dim lights
- Stop use of electronic/screens at least one hour before bedtime
- Limit caffeine e.g. in cola drinks
- Do a quiet family activity e.g. reading a short book

This is not really rocket science and probably obvious to most of us but worth a reminder. With increasing numbers of after school clubs and activities on offer to children, especially older siblings, this can be quite difficult to achieve. We are really grateful, however to have well rested children who are ready to learn as they are able to respond to teaching and enjoy harmonious playtimes. Thank you for supporting us with this - as many of you do.

I hope you all have a lovely break and wish you 'Happy Easter'!

Best wishes,

Fiona

Luncheon club

We continue to visit the luncheon club most months, bringing a snippet of school life to the guests. Last week the reception children shared a song or two with the diners. Several year 6 pupils also gave a little of their time, late morning, to help the team prepare tables for the meal. This is one small way in which we are able to thank our community. We are so fortunate to be part of it and benefit in so many ways.

We are really glad to have support of many in the village and are really grateful to all the help.

Key Harting values: love and respect
'Love others as yourself'
Worship Theme: Easter

Thanks to the Harting families

Freya's family wish to thank all those who have supported them over the last half-term. They are grateful for all the love that has stemmed from the school community. They extend their gratitude to you all and want everyone to know that Freya is responding well to treatment.

Rother Valley Schools' debating competition

Last Tuesday, our debaters set out to argue that beauty contests should not be banned! The team consisting of Ellen, Millicent and Charlee represented the school with great aplomb. Although they, themselves, agreed with the motion, they had to persuade the audience against it - which they did really well. In fact, they won their debate and were ranked fourth of all the teams. Congratulations go to them and the whole of Beacon class who helped with the preparation.



Rother Valley Arts Festival

On Thursday evening, members of our dance group performed to an audience of parents from across the Rother Valley. They performed a dance that they had created with Tracy Robertson, which was enjoyed by all. It was also wonderful to see ex-pupils doing a break dance as they have carried on developing their skills since leaving Harting. We are grateful to Tracy for inspiring both our current and old pupils.

Library books

Please encourage your children to return books to the library. As you can see below, we have just purchased some more stock but we really hope that books will be returned too! During the holidays, please can you search bedrooms, cars, etc for books that have been misplaced? We are keen to encourage the children to look after the library so your support with this is really appreciated.

Plastic free day - 9th May



A few weeks ago, the Horgan family was part of a clear up near Hayling Island beach and managed to pick up a huge amount of rubbish. Much of this had been brought in by the sea and was made of plastic. We therefore thought that it would be good if we joined in with the 'Plastic free day' on 9th May.



Please could you talk with your children about how the amount of plastic can be reduced in their lunchboxes? On that day,

it would be great to have little or no disposable plastic. For many of us, it may be quite difficult to achieve as we have become over-reliant on cling film, etc. Please use greaseproof paper or re-usable tubs to hold sandwiches, etc, if you can. We can then start developing good habits and help to protect our precious marine environments.

Those who are successful at keeping their lunchboxes free of disposable plastic, or have evidently tried e.g. sandwiches wrapped in paper, will receive a house point.

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Spotlight on safeguarding

This link may be useful if your child ever sees a viral online scare. Information for parents:

https://www.thinkuknow.co.uk/parents/articles/theres-a-viral-scare-online.-what-should-i-do/?utm_source=Thinkuknow&utm_campaign=a2f3bcc3b7-EMAIL_TUK_APRIL_2019&utm_medium=email&utm_term=0_0b54505554-a2f3bcc3b7-55389333

Piano lessons

As many of you know, Sandra Fowler-Bennett teaches piano to some of the children during the school day. In the Easter holidays she will be having surgery to her right hand, which will then be in plaster for six weeks. Although she will continue with lessons, she won't be able to write messages to parents. If you need to get in touch with her (or are interested in your child having piano lessons) please email: sandrafowlerbennett@yahoo.co.uk

Morning drop offs - reminder

Please remember that we cannot take responsibility for children playing in the school grounds before the beginning of the school day. Although I am often outside in the morning and love watching the children being active, there are many days when I have meetings so am not around.

Children are welcome, however, to come into school from 8.30am onwards where they will be supervised by their teacher. I am aware that there is a window between 8.30-8.45am when we may not know that a child is here, if they are outside playing, and need to make you aware of this, if you are dropping off at the school gate.

Wanted -Lunch boxes, crochet hooks and knitting needles/wool

Does anyone have a couple of unused plastic lunchboxes that we could use for a display? We would love to have them on loan for a couple of months. Please let the office know if you do.

If you have unwanted knitting equipment/wool we would be grateful to receive it.

PTFA

Thanks to the PTFA for their tremendous fund-raising events. They have added more than £700 to the coffers! We really appreciate all the work they do to enrich children's time at the school.

As a result of PTFA funds, we now have a new sound system in the hall to replace the 1970s version! This has already impacted on the ability to teach PE; lead collective worship; and run clubs.

Additionally, our reading scheme has had a huge injection of new books to inspire reading, enabling the school to buy extra library books. The latter have just arrived and will boost the stock massively.

Key dates for your diary

Note: **Inset days;** **PTFA events;** **new dates/ information added to calendar**
Sharing assemblies are for all families to attend, if they wish.

Holiday dates for 2019	
We respectfully ask that you log the dates of the school calendar in your diaries as legislation does not permit us to authorise leave unless there are exceptional circumstances. You are therefore asked to take family breaks in school holidays only. The school website has the Absence policy , should you need clarification.	
5.4.19	Last day of Spring term
8.4.19	Easter holiday
23.4.19	First day back after Easter
6.5.19	Bank holiday
27.5.19	Half-term holiday starts
3.6.19	First day back after half-term
21.6.19	INSET DAY
23.7.19	Last day of school year
24.7.19	Summer holiday starts

Key events for Spring term

Spring Term 2019		
5.4.19	11am	Easter service (Congregational church - all welcome)
		Last day of Spring term
6.4.19	Easter holiday	
Summer Term 2019		
12.6.19	Pm	Sports day (confirmed)
19.6.19	pm	Reserve Sports day (confirmed)
2.7.19	1.15 pm	<i>Leavers' service at Cathedral</i>
11.7.19	6pm	School production
12.7.19	6pm	School production
	Last day of school year	
24.7.19	Summer holiday starts	
2.9.19	Inset day	
3.9.19	Inset day	
4.9.19	Children start the academic year	

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