



Be the Best You Can Be...
Celebrate Success...
Respect Others...

Larkfields Update

Newsletter No 27 – April 2017

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We have once again had a very busy term which has seen many different successes. The children are becoming much more resilient and resourceful in their learning and we are proud of how the children have really risen to the challenge of Taking Care of their learning this year. We have also seen an improvement in attendance this term so thank you for supporting us with this - every day really does matter.

The school, as always is celebrating a wide variety of sporting successes. I would like to thank all the teachers and parents that support us with this to allow so many children the chance to shine at such a range of different events.

This week we have seen the first of our Take Care weeks, the focus for this being Each Other. The children have really engaged in the work done and have shown a great deal of empathy and respect during these sessions. Our next Take Care week will be around taking care of ourselves with a focus on safety - more information to follow.

Have a great Easter and I look forward to seeing you all after the holidays.

Jess Scott

Dogs

Please note that dogs are not allowed anywhere on the school premises. This includes them being carried.



Blue Peter Success

Congratulations to Connie Harrison in 4M who recently won the Blue Peter Red nose joke writing competition. We were all very proud to see her on the TV.



Trim Trails

Please note that children should not be on the trim trails before and after school. This equipment must be supervised by a member of staff to ensure that the children are safe at all times and that we are Taking Care of them.

Friends of Larkfields Events

The Friends of Larkfields are looking forward to next half term with plenty of events planned. The first of these, a Coffee and Cake Afternoon, will take place on May 5th at 2.30pm. The current Year 2 parents will also be invited in preparation for their children's move to the Junior School.

The next event is a Family Quiz night which will be held on Friday 12th May. The Friends of Larkfields have not organised one of these for a few years and we are hoping you will join us for an enjoyable evening with family and friends. There will be a bar, refreshments and you can order chip butties too! Finally we have a school disco on 25th May, which sees a return of our favourite DJ to run the disco, as well as organise games and competitions. Look out for more details in future communications and on the school website.

The money that we raise is really important in providing useful, interesting and exciting experiences for our children in school that would not be possible without your support. Recently, the Friends of Larkfields have helped to fund; a reading corner with cushions and beanbags in 6J, a selection of games to be used in 3B and also Mother's Day bags for all the children in the school. In the longer term the school are hoping to create an outdoor learning environment including an 'outdoor classroom'. The cost of this is considerable so the money we continue to raise will also help to fund this.

As always we are grateful for your support at all of our events.

Thank you.

Friends of Larkfields

Viking Day

The year 4 children had a fantastic time on Viking Day. The children learnt about what it was like to be a Vikings, dressed up as Vikings and took part in role play as part of the day.

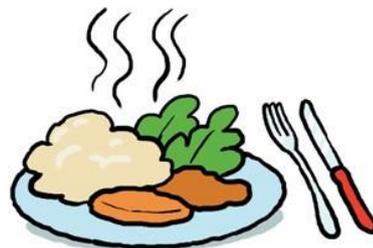
A big thank you to Partake for such an enjoyable event.



New Catering Provider

Don't forget that after Easter we have a new catering provider. We would encourage your children to try the new menu. Feedback will be taken on the trial menu and then Coombs will work with the school council to devise a final menu from September.

Parents will also be asked for feedback so we can develop a menu the children will really enjoy.



Cycle Helmets

As the weather is improving, it is great to see pupils coming to school on their bicycles. Can we please remind you to 'Take Care' of yourselves and wear a cycle helmet at all times while you are on your bike. When you arrive at school please push your bike while on school premises - do not ride on the paths or grass as you could cause an accident.

Thank you.



Focus on...

SATs

With the KS2 SATS just around the corner I thought I would include some top tips for taking care of ourselves and each other during this time.

Balance

By all means do some revision, practice the tricky bits, read around the subjects but make sure that the children have a balance of activities. Sport and physical exercise help promote wellbeing, release energy and endorphins. Reading helps us escape from the real world and cooking, baking and many other activities can distract and provide enjoyment during the holidays.

Sleep

1. Lose the games: It's hard to cut down on screen time. But a 2007 study published in Paediatrics showed that kids who played one hour of video games an hour before bedtime showed significant sleep disruption. Ensure game play takes place a few hours before bed.
2. Breakfast for bedtime: Some parents try to sneak in extra fruit servings before bed, but it turns out foods that combine protein and carbs, like oatmeal with milk, or toast with natural peanut butter, form amino acids that act like tryptophan, the chemical that makes you feel sleepy. Other foods that aid sleep include yogurt, cheese, bananas, poultry, eggs and tuna.
3. The environment: Some kids may have trouble falling or staying asleep because of allergens that cause itching, overheating and congestion. Have your child tested for allergies if you suspect this to be the case, and put him to bed in breathable, low-allergen organic cotton pyjamas and sheets.
4. Unplug: Electrical fields given off by appliances can interfere with your quality of sleep by disrupting melatonin secretion. Place alarm clocks, TVs, mobile phones and other electrical devices no closer than three feet from where you sleep. Even if devices are off, they can emit electrical fields, so unplug them in always best.
5. Lights out: The healthiest way to sleep is in complete darkness. New research indicates that light pollution (any light, especially too-bright clocks or night lights) can disrupt hormone regulation, which affects sleep, and also immune system function.
6. Make bedtime special: A predictable bedtime routine that includes cuddling up with you for a story and a chat is likely to calm children and help them to drift off to dreamland more peacefully.

What's the magic number?

According to the Canadian Sleep Society, the sleep needs of children per every 24 hours are:

* **5 to 12 years: 10 to 11 hours**

Food

Try to encourage a healthy diet with lots of fruits and vegetables to really boost the brain power!