



NEWSLETTER

Head Teacher's Remarks

Reminders

The children are now well into their new topics of the Autumn term curriculum. I have already had the pleasure of seeing some fantastic work from the children. It was also wonderful to share a discussion assembly with them on Monday about why our values are important. The level of understanding and their ability to articulate their feelings was to be commended.

Safeguarding Lead

Curriculum Enrichment Learning

School Travel Plan

Last Friday was election day in school. Our thanks to all the children who stood for the various roles; and congratulations to all those who were democratically elected to be our House Captains and Councillors. Their support of each other was so lovely to see, and they could show Parliament how to respect the point of view of others!

Sleep Matter

PTA News

Caretaker Vacancy

Our Curriculum Enrichment learning started this week. Later in this newsletter is an article explaining the learning from these special activities which I hope you will find informative. The children really benefit from these regular activities, as well as from our special activity weeks throughout the year. Do please check the website where you will find our proposed programme of visitors and visits for the year. As many of you will be aware we do not charge classes for the visitors who come to enrich their learning, though we do have to request voluntary contributions to help to cover the cost of external visits and the transport to those. We do respectfully ask for a voluntary contribution per child to help towards the cost of all these additional learning opportunities – our cookery and Curriculum Enrichment programme, visitors to the school, STEM week, Arts week and other special events for the children. If you are able to support the learning for your child we request a donation of £5 per child per half term. Due to a change in the way the school finances are accounted and managed, we would appreciate this in cash. Please could these voluntary payments be sent in to the School Office in a sealed envelope marked with your child's/children's name/s and 'Contributions'. If you prefer to pay termly (£10 per term) or even for the whole year at once (a single contribution of £30), that is absolutely fine. We thank you in advance for your support of the learning in this way, as sadly the allocated funds from Government do not cover the full cost of the exciting learning we want to offer to your children.

A birthday is always a special occasion for a child, and we appreciate their wish to celebrate with their friends. A few years ago we surveyed our parents on this matter, and it was agreed to continue to allow the children to bring into school something to share with their peers if they wished to. In light of the number of children who suffer with allergies we sadly cannot allow home-made cakes or cookies, as this could pose a risk to other children in the class. If you do wish to provide your child with treats to share, please can they be small and in the original packaging. Please note there is no expectation that the children will bring in treats – we celebrate their birthday with them anyway! May I also take this opportunity to remind all parents that we have to be a nut free establishment at all times due to severe allergies of some of the members of the school community. This also extends to cakes brought in for the PTA cake sales each term – they can take place as you as parents are purchasing these for the children, or if the older children are buying their own they will be aware of the important questions to ask. Thank you for your help and co-operation in this safety matter.

As a school we have been asked by the Government to make parents and carers who are EU, EEA or Swiss citizens aware that they need to apply to the EU Settlement Scheme to continue living in the UK after 2020. More information and guidance can be found at <https://www.gov.uk/settled-status-eu-citizens-families> which also gives information on who needs to apply.

Both the Department for Education and Buckinghamshire County Council are inviting parents to take part in a consultation about Special Needs Education. Do log into the appropriate websites and use the search facility if you would like to participate.

I hope this year to include regular articles which may be of interest and support for families. This newsletter contains the first of these and is about the importance of sleep for children as well as adults. I hope you will find it interesting and informative. I know that Y6 children have discussed the importance of sleep for physical and mental well-being and learning as part of their Good to Be Us activities.

It is with sadness that after just over 6 years loyal service, Mr Squires, our school caretaker, is moving to a new role. We wish him well in the next stage of his life. We are therefore looking for an enthusiastic and committed new member of staff who will enjoy working with children. The job combines the role of caretaker with that of school crossing patroller, which involves helping our children and parents to cross the road safely on the way to and from school each day. If you, or someone you know, are interested then please note the advertisement later in the newsletter.

Finally it is with immense pride in our school that I can now share with you that we are featured in the Parliamentary Review this year, which celebrates excellence. You may or may not be aware that each year Parliament publish a number of reviews which cover different sectors, and we are one of twenty schools in the country selected for the education sector review. Each family will receive a copy of the article and the Parliamentary commentary, which your children will be bringing home today. We will also be sharing this news in the press. The article can also be accessed online at <https://www.theparliamentaryreview.co.uk/organisations/cheddington-combined-school> This is a wonderful opportunity to share our practice and the challenges we face as we educate your children.

Mrs K. Tamlyn
Head Teacher

Reminders

Thursday, 3rd October - National Poetry Day

If you have not yet returned your Data Checking Sheet, please do so as soon as possible and sign both the front and back of the form.

Please note PTA dates below.

Safeguarding Lead on duty

Monday - Mrs Tamlyn

Tuesday - Mrs Tamlyn

Wednesday - Mrs Tamlyn

Thursday - Mrs Tamlyn

Friday - Mrs Tamlyn

CURRICULUM ENRICHMENT LEARNING:

Our Curriculum Enrichment rotations cover a wide range of activities in which all children participate over the course of the year. This learning takes place in mixed class house groups which enables the children to develop their life skills in many areas including their confidence, resilience and engagement.

	Activity:	Key learning areas:
Reception and Year 1	Cookery	Hygiene, healthy choices and life skills
	Nursery Rhymes	Memory and oral confidence with performance skills
	Cambodia – traditional tales, songs and culture	Global cultural awareness and understanding, confidence and performance skills
	French language and culture	Awareness of another country and its culture, life skills
Year 2 and Year 3	Cookery	Seasonal meals, healthy choices and life skills
	Book Binding	Trying a new challenge and fine motor development
	Making a purse	Life skills, perseverance and creativity
	Team building challenges	Perseverance, resilience, and risk taking
Years 4, 5 and 6	Cookery	Nutrition and creating balanced meals
	Forest Schools	Risk taking, fine motor control, independence and resilience
	First Aid	Life skills
	Enterprise planning	Life skills, perseverance and creativity

Over the course of the year your child will participate in all the activities for their age group, working with different adults. Do ask your children about the activity they have been doing and the learning they have enjoyed.

School Travel Plan

Go for Gold Cards Promotion

We are re-introducing the Go for Gold Cards which we hope you will feel you can support. The aim is to reduce the number of car trips made to and from school, ease pollution, encourage walking, promote healthier lifestyles for pupils and reduce our carbon footprint on the world.

In order to take part the children need to do one of the below on a daily basis:-

- 1) walk to school;
- 2) ride or scoot (permits can be obtained from the Office);
- 3) park and walk (either from the Recreation Ground or the Village Hall);
- 4) share a car;
- 5) use the school bus/taxi.

Children are issued with a "passport" which is stamped each time they make a sustainable journey to school. Once they have completed a passport they can redeem this for one of the many free activities that Bucks County Council have negotiated with a number of Leisure Centres throughout the County. These include swimming, bowling and golf.

We thank you for your support!

Why does sleep matter?

Experts acknowledge that sleep plays a significant role in brain development, the processing of learning and storing of memory; and it is therefore important for children to get enough sleep as their bodies grow and mature. It's when the body repackages neurotransmitters, chemicals that enable brain cells to communicate. In addition experts have recently been able to demonstrate that sleep allows brain cells to "take out the trash" each night, flushing out disease-causing toxins. Sleep also plays an important role in our brain's day-to-day ability to function. Lack of sleep makes it much harder for us to concentrate, and we become forgetful, irritable and prone to being clumsy and making mistakes. Furthermore, scientific evidence shows that the right amount of night-time sleep is just as important for children's development as healthy eating and regular exercise.

How much sleep does a primary school child need?

Sleep requirements differ from individual to individual, but in general a younger child needs more sleep than an older one. Between the ages of five and 11, experts recommend that your child will need 10-12 hours of sleep a night.

A bedtime routine is the best way to ensure that your child gets enough sleep. Experts suggest that parents devise a routine that lasts 30-40 minutes, and includes a bath and the chance to read a story (or stories) together. Try not to change your routine, and don't change it at all during the week. If you want your child to have a slightly later bedtime at the weekend, then only change it by maybe an hour. It's important to devise a routine that works for you and your child, and to stick to it. "Keep regular sleeping hours," says Jessica Alexander of The Sleep Council. "A bedtime ritual teaches the brain to become familiar with sleep times and wake times," she says. "It programmes the brain and internal body clock to get used to a set routine." Bedtime is a chance to spend some quality time together, and if it is a time both you and your child enjoy, your son or daughter will settle down in bed and drop off to sleep more easily.

At stressful times, possibly when your child starts in Reception, or at the start of each new school year, your child will probably get more tired than usual and will need more sleep. In the summer, because of the light evenings, it may be tempting to keep children up later – but try to keep to scheduled bedtimes, and invest in curtains with a blackout lining so the room is dark.

Towards the end of primary school, your son or daughter may start to stay up later in the evening, maybe chatting to friends on-line, playing games on a console, or watching TV. They will find it difficult to get up in the morning and will be tired or irritable during the day if they don't get enough sleep. Therefore it is important to limit your child's use of the internet, games consoles and TV in the hour or two before they go to bed – and ideally don't allow your son or daughter to have a computer, console or a TV set in their bedroom. Research suggests that children of 11 years should be in bed by 9:00pm at the latest for their body to function at its best.

Relaxation techniques to aid sleep

Winding down is a critical stage in preparing your child for bed. There are many ways for them to relax, but three useful tips for children are to have a warm (not hot) bath which will help their body to reach a temperature where it's most likely to rest; read a book or play a quiet board game which will relax their mind; avoid screens as the back light affects the body's natural sleep hormone melatonin.

The bedroom should be a relaxed environment. Experts say that bedrooms are strongly associated with sleep, but that certain things weaken the association. These include tablet computers, mobiles/smartphones, TVs and other electronic gadgets, light or noise, and a bad mattress or uncomfortable bed. Therefore try to keep your child's bedroom a screen-free zone and get them to charge their phones and other devices downstairs. That way they won't be tempted to respond to friends getting in touch late in the evening.

According to the Sleep Council, your child's bedroom ideally should be dark, quiet and tidy. It should smell fresh and be kept at a temperature of 18-24C.

Suggested minimum sleep hours by age:

4 years : 11 hours, 30 minutes

5 years : 11 hours

6 years : 10 hours, 45 minutes

7 years : 10 hours, 30 minutes

8 years : 10 hours, 15 minutes

9 years : 10 hours

10 years : 9 hours, 45 minutes

11 years : 9 hours, 30 minutes

Perhaps the most startling news from the research is how quickly children fall into the danger zone of sleep deprivation. The repercussions of sleep deprivation are visible after only four nights of one fewer hour of sleep per night, found a study from Dalhousie University, in Nova Scotia.

Reasons for sleeping:

1. Sleep promotes growth.

You've probably had mornings where you've sworn your child got bigger overnight, and you'd be right. "Growth hormone is primarily secreted during deep sleep," says Judith Owens, M.D., director of sleep medicine at Children's National Medical Centre, in Washington, D.C.. Italian researchers, studying children with deficient levels of growth hormone, have found that they sleep less deeply than average children do.

2. Sleep helps the heart.

Experts are learning more about how sleep protects kids from vascular damage due to circulating stress hormones and arterial wall -- damaging cholesterol. "Children with sleep disorders have excessive brain arousal during sleep, which can trigger the fight-or-flight response hundreds of times each night," says Jeffrey Durmer, M.D., Ph.D., a sleep specialist and researcher in Atlanta. "Their blood glucose and cortisol remain elevated at night. Both are linked to higher levels of diabetes, obesity, and even heart disease."

3. Sleep affects weight.

There's increasing evidence that getting too little sleep causes kids to become overweight, starting in infancy. When we've eaten enough to be satisfied, our fat cells create the hormone leptin, which signals us to stop eating. Sleep deprivation may impact this hormone. Worn-out children also eat differently than those who are well rested. "Research has shown that children, like adults, crave higher-fat or higher-carb foods when they're tired," Dr. Koren says. "Tired children also tend to be more sedentary, so they burn fewer calories."

4. Sleep helps beat germs.

During sleep, children (and adults) also produce proteins known as cytokines, which the body relies on to fight infection, illness, and stress. (Besides battling illness, they also make us sleepy, which explains why having the flu or a cold feels so exhausting. It forces us to rest, which further aids the body's ability to heal.) Too little sleep appears to impact the number of cytokines on hand. And it's been found that adults who sleep fewer than seven hours per night are almost three times more likely to develop a cold when exposed to that virus than those who sleep eight or more hours. While there's little data on young children, studies of teens have found that reported bouts of illness declined with longer nightly sleep.

5. Sleep reduces injury risk.

Children are clumsier and more impulsive when they don't get enough sleep, setting them up for accidents. One study of Chinese children found those who were short sleepers (i.e., fewer than nine hours per night for school-age children) were far more likely to have injuries that demanded medical attention. Also 91 percent of children who had two or more injuries in a 12-month period got fewer than nine hours of sleep per night.

6. Sleep increases kids' attention span.

Children who consistently sleep fewer than ten hours a night before age 3 are three times more likely to have hyperactivity and impulsivity problems by age 6. "But the symptoms of sleep-deprivation and ADHD, including impulsivity and distractibility, mirror each other almost exactly," explains Dr. Owens. In other words, tired children can be impulsive and distracted even though they don't have ADHD. For school-age children, research has shown that adding as little as 27 minutes of extra sleep per night makes it easier for them to manage their moods and impulses so they can focus on schoolwork.

7. Sleep boosts learning.

A child may look peaceful when he's sleeping, but his brain is busy all night long.

PTA News

Welcome to the Autumn term from Cheddington School PTA.

We hope you've had a great Summer break! We're going to help keep that fun going with events throughout the term:-

24th October - Halloween Cake Sale
25th October - Halloween Dress down day
9th November - Photos by Carrie (Information attached to this Newsletter message)
19th November - Bags 2 School
30th November - Christmas Market
6th December - Christmas Play Dress Rehearsal
10th December - Christmas Play Performance
12th December - Christmas Play Performance
13th December - Disco

If you want to get involved or feel you're able to help (perhaps by baking cakes or helping at the disco) please contact the PTA via email (cheddingtonpta@gmail.com)'

RARE VACANCY FOR CHEDDINGTON SCHOOL CARETAKER AND SCHOOL CROSSING PATROLLER

Are you looking for a rewarding and varied job which plays a crucial role in the life of our village?

After just over 6 years loyal service, our school caretaker is moving to a new role, and we are looking for an enthusiastic and committed new member of staff who will enjoy working with children. The job combines the role of caretaker with that of school crossing patroller, which involves helping our children and parents to cross the road safely on the way to and from school each day.

As caretaker, you will be responsible for maintaining the school building; some simple grounds work; liaising appropriately with external contractors and service engineers; cleaning; and managing stock deliveries and administration. Day to day security of the building is also part of the role. DIY skills, and a sense of humour, are essential. Full training will be provided as required.

The Caretaker role is 37 hours weekly with paid holiday of 22 days annually to be taken during the school holidays. (The Crossing Patrol is 1½ hours Monday to Friday term time only.)

Starting salary circa £21,000.

Application packs are available as downloads from the advert on the Buckinghamshire County Council Website, or for collection from the school office from Thursday 26th September to Friday 4th October (3.15PM). Closing date for applications is Monday 7th October at 9am.

If you would like to know more about the job, or to arrange a visit, please contact the Head Teacher, Mrs Tamlyn, via the school office on 668324.