



Forward March!

UN CONVENTION ARTICLE 17:

You have the right to get information that is important to your well-being, from radio, newspapers, books, computers and other sources. Adults should make sure that the information you are getting is not harmful, and help you find and understand the

*With God's help
we will
live kindly,
love each other,
learn and
laugh together!*

Spring Term 2 2017 Newsletter 1

Two weeks after half term and we have already packed in so many wonderful opportunities and experiences for the children to engage them in the learning of their new topics. Within the newsletter you'll see the many different trips and visitors we have had for stunning starts in the different year groups across the school.

A huge thank you to all our parents for supporting us with the most amazing costumes for World Book day this term, the children really enjoyed dressing up and sharing their characters with each other. Throughout the day and week, the classes have read different traditional tales. On WBD some of the older children read stories to younger children in cosy spaces in the library, playground and in the enquiry centre. We celebrated the day with a special assembly where classes shared their work and prizes were handed out by Mrs Lee. Please visit the Galleries section to see more photographs in the website.

Many of you have approached me about the **Panorama programme** this Monday night on BBC about the importance of sleep and the impact of the lack of sleep. Experts acknowledge that sleep plays a significant role in brain development, and it is therefore important for children to get enough sleep as their bodies grow and mature.

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. It was a very interesting documentary and something that we will be looking into as a school as part of Healthy Schools Week in the future



How much sleep does my 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, 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. 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 – don't change it at all



during the week, and if you want your child to have a slightly later bedtime at the weekend, then only change it by maybe an hour. Limit your child's use of the internet, games consoles and TV in the hour 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

A good website for supportive ideas to help with bedtimes is

<http://kidshealth.org/en/parents/sleep.html>

Saying Goodbye to Mrs Savage

I am writing to let you know that we will have some changes in the Year 1 team after the Easter Holidays. I always like to look at change as positive, however it means there will be a sad farewell to get through first.

Mrs Savage is moving on to new experiences, challenges and travelling the world, something that she has been keen to pursue for the future. This is a wonderful opportunity for her and she will be greatly missed. She has brought great enthusiasm to her teaching role over the 19 years she has been at The March and has supported the wider life of the school, being there to keep us all on our toes with the latest tech.

Mrs Savage has taught many children and even some of our parents over the years ensuring happy times for the pupils. I'm sure you'll join me in wishing her all the best with her new plans wherever they may be. Mrs Savage you will be very much missed by all of us at The March!

We are delighted that Mrs Renouf will be extending her week days with us and will now be taking yr 1 fulltime until the end of the summer term. Please do speak to Mrs Renouf if you have any questions.



Next Parents forum group – The future of Homework at The March.

We meet with the Parents Forum group to discuss ways of working together to support children's learning, whether that is through the school improvement plan, uniform, and religious character of the school.

The next topic has been suggested by parents and will be Healthy Lifestyles and wellbeing. Within this we will also be discussing the importance of sleep. Please do come along to this, and share your ideas and suggestions, everyone is welcome. It is a very relaxed atmosphere with refreshments and friendly faces. All your voices are important to us and parental involvement is key to school life so please do join us on **Wednesday 22nd March at 2pm -3pm**



Huge Congratulations to our wonderful bronze badge winners!



Year 5 had a fantastic time at the Science Museum in London last week. Here they experienced the Robot exhibition, and looked at mechanical arms from the 17th century, to state of the art machines used in engineering from the present day. They were most excited about the 'fist pumping' robot which made them all laugh!
In addition, children also saw Tim Peake's TMA-19M Soyuz landing craft that he returned to Earth in last year.

We hope we have inspired the budding scientists in Year 5 with such a great visit!



Last week, **Year 2** took part in a fantastic minibeast workshop. They got to look at lots of bugs really closely. They weren't alive anymore but they used to be. There were so many different types and they were amazed by how detailed they were. They learnt about different habitats and some of the features the minibeasts had to help them survive. They looked at butterfly wings under microscopes. The wings were really beautiful.



Year 4 enjoyed an action packed day on Monday with Paul Ullson learning about the Vikings...or what they should rightfully be called the Norse Men or Northmen. The children began the day with a question and answer session in which they learned a great deal, including why Viking/Norse warriors did not actually have horns on their helmets. The class enjoyed playing Viking board games and sketching what a Viking lady would have worn. In the afternoon the children took part in an epic battle. The Saxons were defeated and sent screaming in the first battle but took control and beat the Danes in the second battle. It was an amazing day made even better by the wonderful costumes the children wore.



If you would like to talk to me about anything, please do stop and chat or make an appointment if you would like more privacy or a longer length of time. I am here to help and support you all.

Thanks for taking the time to read this fortnight's newsletter. If you would like to discuss any items from the newsletter in more detail, please do not hesitate to come and see me, my door is always 'Open'.

Mrs Nicky Metcalfe

Head Teacher