



15th March 2024

## REMINDER

### Parental Consultations next week.

92% of all parents have already signed up.  
There are still a few spaces left.

#### Weekly Update

This week I have been showing a number of candidates around school. Every single one of them has commented on the politeness of the children. We have seen children opening doors, greeting visitors without prompting and responding appropriately to questions.

You should have received your child's report today (unless notified). Please do take time to read through this brief overview of where your child currently is in terms of their attainment and attitudes to learning. This will help your conversations at parents' evening be more focussed. 10 minutes goes very quickly. If there is something that you need to discuss further, please speak to your child's class teacher so that you can arrange a different, additional time to carry on this conversation so not to delay the next appointment. Staff try very hard to keep to time but just a couple of minutes running over time can make a big difference by the end of the evening. We really appreciate your co-operation with this.



### **Star Corner!**

15th March 2024

This week's winners are:

#### **\*\*Star Writer\*\***

Sealions	Esme
Lobsters	Ava
Seahorses	Reggie
Starfish	Daisy-Mae
Turtle & Dolphin	Emma
Octopus & Stingray	Daisy

#### **\*\*Star Problem Solver\*\***

Sealions	Nitusan
Lobsters	Olive
Seahorses	Effie
Starfish	Leo
Turtle & Dolphin	Lilley-Anne
Octopus & Stingray	Freya-Rose

***Congratulations for some amazing work!***

The following children have been awarded the Silver Cup.



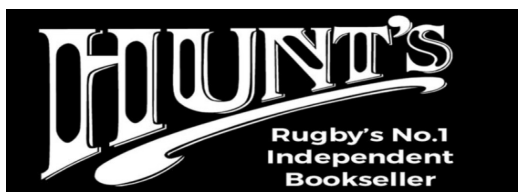
#### **\*\*Silver Cup\*\***

Sealions	Aro
Lobsters	Josephine
Seahorses	Kirill
Starfish	Matilda
Turtle & Dolphin	Maan
Octopus & Stingray	Dawid

### **Parents' Evening Extras**

Please look out for Hunt's Bookshop who will be running a book fair during Parents' Evening on Monday and Thursday on the **Cornwallis Site**. This is open to families from both sites so please pop along if you are able to as the school receives money to help purchase more books.

Please also look out for a stand from The Mental Health in Schools Team (MHST) from NHS RISE. They will be providing information on the wide range of services that they can offer.



Date	Grenville Site Infant	Cornwallis Site Junior	Both
Monday 18th March			Parents' Evening
Tuesday 19th March	Turtles and Dolphins' Parents' Evening		
Thursday 21st March			Parents' Evening
Monday 25th March to Friday 5th April			Easter Holidays
Monday 8th April			INSET day (No children in school)
Wednesday 10th April	Lobsters' Florence Nightingale Workshop		
Thursday 11th April	Sealions' Florence Nightingale Workshop		
Tuesday 16th April	Reception and Junior School Places announced		Anxiety and Children Workshop on Cornwallis site 1.45-3.00pm
Thursday 2nd May	Infants Closed for Polling Day		
Week commencing Monday 13th May		Year 6 assessments	
Monday 27th to Friday 31st May			May half-term

### Anxiety and Children

Anxiety can be crippling and stop children from doing what they really want to do. We have brokered the Mental Health in Schools Team (MHST) from NHS RISE to come and deliver a workshop on child anxiety to support parents. This workshop will be held in the family room on the **Cornwallis Site** and will take place between **1:45-3:00pm on Tuesday 16th April 2024**.

Please come along and talk both with professionals and other parent / carers.

# COMING SOON

### Comic Relief Day



Today both schools were transformed into a mass of red as we raised money for Red Nose Day. We have raised £177.50 so far.

Thank you to everyone who donated.  
It is really appreciated.

### FREE Tennis at Rugby Lawn Tennis Club

#### **MARCH TENNIS MADNESS**

Spring is on its way!



We are celebrating by offering every child at the school (and parents and teachers!) a FREE go at Tennis at Rugby Lawn Tennis Club, CV22 7AU throughout the rest of March.

Simply click this link

<https://inspire2coach.co.uk/try-tennis/>

enter the postcode for the club and select the age-appropriate class listed.

All equipment is provided and our coaches will be expecting you!!! We have limited spaces so hurry and get yourselves booked in NOW!

We've also got some awesome Tennis Activities running through the East Holidays and we're offering your child an exclusive discount - click below

<https://inspire2coach.co.uk/summer-camps/>

for details and enter code NTSCHOOL at checkout.

Email us: [info@inspire2coach.co.uk](mailto:info@inspire2coach.co.uk)

COME AND GIVE TENNIS A GO THIS MARCH!

**inspire2coach**



# 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 minimise 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

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 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 rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model 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 or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.





### Congratulations

To Daisy-Mae in Year 1 for receiving her Swim England 5 Metre Distance Award and also her Learn to Swim Level 2 Award.



To Ava in Year 1 for receiving her Swim England 10 Metre Distance Award and also her Learn to Swim Level 3 Award.

Well done!



## SCOOTABILITY

Take your first steps towards safer scooter travel with a **FREE** level 1 scootability course

**All equipment provided**



The GEC Carpark, Hillmorton Road, Rugby



Thursday 28th March



10.00 - 12.50pm

Book your session here



**Free Vehicle Awareness by Warwickshire Fire and Rescue available**



 @WarwickshireRoadSafety  
 @WarksRoadSafety  
[www.warksroadsafety.org](http://www.warksroadsafety.org)



### **Easter fun at Market Hall Museum, Warwick**

Explore a new family friendly exhibition 'Tales from the Riverbank', get crafty at 'Easter Arty Tots', discover medicines from the past at 'Boils, Cures and Curses' and enjoy storytelling and the wildlife in 'Wild Rivers'.

**Please note some events require pre booking.**

#### **Easter Arty Tots Tuesday 26th March 10am – 1pm**

Discover the animals that are born at this time of year and make some Easter crafts to take home. Suitable for under 5's. £3 per child. No need to book just drop in.

#### **Boils, Cures and Curses Thursday 28th March Market Hall Museum 10am - 1pm**

Travel through time finding out about the weird and wonderful remedies from the past. Work in the apothecary creating cures, make your own protective charms and learn about the discoveries that revolutionised medicine. Do you know the right gods to pray to for a cure? £3 per child, no need to book just drop in.

#### **Wild Rivers Market Hall Museum Wednesday 3rd April 10am – 2.30pm**

Explore the wildlife that call rivers their home. Make a flying kingfisher, test your skills at building a beaver dam, and see up close exactly what lives in the water! Join storyteller Pyn Stockman for a journey down the River to find tales of magical Swans that once were Princes, Rivers that fly, a greedy King who won't share the water with the rest of the Kingdom and a strong Princess who can see the whole world and all the Rivers that flow through it. Stories suitable for primary aged children. £5 per child, includes storytelling session, pre booking required at

[www.warwickshire.gov.uk/heritageboxoffice](http://www.warwickshire.gov.uk/heritageboxoffice)

£3 per child, no need to book just drop in. Storytelling sessions at 10.30am and 11.30am

#### **Tales from the Riverbank Exhibition Friday 22nd March – Saturday 18th January**

This family friendly exhibition will explore the unexpected and extraordinary stories of life on (and in!) Warwickshire's waterways, and highlight the increasing importance of the rivers, canals and waterways to us all. The exhibition will explore everything from ancient river monsters to celebrity costumes from the Royal Shakespeare Company! FREE entry. Kindly sponsored by Warwick Boats and Leam Boat Centre.



### **Allsorts Magazine**

Here is the link to the March/May (Easter) digital version of Allsorts Magazine.

There are lots of attraction to visit, services and articles to help your family.

You can view this issue on the website [www.allsortsmag.com](http://www.allsortsmag.com)

or on their Facebook page too.

[https://bit.ly/ALLSORTS\\_MARMAY24](https://bit.ly/ALLSORTS_MARMAY24)

(you may have to copy and paste in to your browser)



### **Rugby Play Rangers Free Easter Holiday Activity Sessions**

FREE Holiday Fun with the Play Rangers—Chat and Play at Addison Park.

Join the Play Rangers at Addison Park for our FREE holiday play sessions and activities. Enjoy Easter scavenger hunts, multisport fun, giant bubbles, kite making, and den building. Parents and kids can join in games and challenges together. Come and chat with our Play Development Officer about enhancing play opportunities for New Bilton's youth.

Activities are most suitable for ages 5-11years but all ages are welcome:

Monday 25 March 2pm - 4pm  
Wednesday 27 March 11am - 1pm  
Tuesday 2 April 11am - 1pm  
Friday 5 April 11am - 1pm

<https://www.rugby.gov.uk/w/play-rangers>