



HUNTLEY NEWS

03/02/23

Our School Vision

Nurtured individuals, learning together with God's love, living life to the full.

Curriculum:

Counting Sleep

The children in Class Estuary have been finding out about the importance of sleep, how to create a sleep friendly bedroom and how to relax before bed. They have made some really useful booklets/ plays/ videos to share the message. At the bottom of this newsletter, are some of examples of the work they produced. There is also some parent information to support with any sleep issues.

National Safer Internet week

The week commencing 6th February is national safer internet week. All classes have recently had some additional internet safety sessions linked to this and information has been sent home to support with this. Further information will be shared and will be included on the school website. In addition, we will be sharing a link to a short video produced by the SchoolBeat team (police officers who work with schools) for parents.

Musical opportunity- Ahoy! Sing for the Mary Rose

We are really excited to announce that we have been invited to perform with the Newent Choral Society on April 1st. They are performing the Alexander L'Estrange musical – Ahoy! Sing for the Mary Rose. The score includes a part for a children's choir and after listening to us sing at the Mayhill Christmas Market and watching the Christmas play, they are keen for us to take part. I am sure you agree this as lovely opportunity for the children to be involved in a choral performance and we are making a start on the songs this term. We will send out more information nearer the time but the performance will be on the 1st April at 5:30 so **please** keep this date free if possible!!!

World Book Day

We will be holding our world book day on Friday 3rd March and this year we are GOING GREEN! The focus on the day will be the environment and sustainability and children are invited to wear something (or everything!) green. We will be having a recycling challenge in our houses in the afternoon so please collect any rubbish you think could be used over the half term.

Behaviour/ Attendance



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We recently received two national school attendance awards in recognition of the overall high attendance levels. Thank you for all your support with this – good attendance is such a huge factor in a child's educational success.

Changes to the school day - Registration 8:45

After Easter there will be a slight change in the school day. Registration for all classes (except Stream) will be at the earlier time of 8:45. Therefore classroom doors will open at 8:40 for a slightly staggered entry. This change of timing is in line with government recommendations to ensure a 32.5 hour school week.

Classroom doors will be shut at 8:45 to ensure a prompt start to the day. To avoid disruption, anyone arriving after this time will need to access school via the main reception and a parent/carer will need to sign them in at the office. Further information about this change will be sent out to all parents/carers.

Behaviour and attitude to learning in school

Behaviour in school and attitude towards learning remains a strength across the school. Last week Class Estuary were awarded my head teacher certificate for their exemplary learning behaviour. A supply teacher covering the class for a couple of days came to see me and said 'I always love coming to work at Huntley. I can honestly say that I think Class Estuary are probably the best class I have ever taught, in all the schools I go to!' What a great compliment – well done class Estuary.

The enthusiastic and positive approach and behaviour of the children is often commented on when we have visitors in school and they should all be very proud!

Class of the week

Class of the week last week was Class Ocean. The previous week they had been joint winners with Class Estuary but they were triumphant last week!

Personal Development:

Collective Worship: This term's living value is Thankfulness which we have been exploring in collective worship.

Well done to the following children who all received awards in merit worship so far this term.

Headteacher awards: Isobel B, Sybil and also the whole of Class Estuary.

Merit certificates:

Class Stream: Rafael, James, Georgia, Jacob, Sophie and Amelia.



Class River: Rupert, Ted G, Olivia

Class Estuary: Amelie, Keiran, Eryn H, Esmay, Tabitha, Rufus

Class Ocean: Lily, Isobel, Grace

Writers of the week: Jacob, Eli, Ida, Hamish, Joshua Angus, Daisy, Izzi T, Freddie.

Hand writer of the week: Brody, Coralie.

Times Table Rockstar of the week: Jenson, Joanne

Science certificates: Jacob and Jessica. (great investigation) Olivia (science explorer) Esmay H (careful investigating)

Numbots: Willoughby (four levels!) Henry and Freya



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99 Club: Hamish, Tabitha, Rufus (2 levels) Harriet, Jenson, Lily M, James S, Cecelia, Freya, Violet, Henry, Willoughby, Ted T.



Other achievements:



Gymnastic awards

Congratulations to Grace who has been working her way through her acro- gymnastics awards. She has gained badges 8,7 and 6 and is working towards stage 5! Well done Grace!

Piano exam success!

Congratulations to Maia for passing her Grade One piano exam with a merit! Maia has been having lessons in school with Mr Mason and has made excellent progress – well done Maia!



Visit from Y7 Newent Community School pupils

It was lovely to welcome a group of children in year 7 from Newent school. It was interesting for our year five and six pupils to see how the transition from primary school had gone for these pupils and they got the chance to ask them questions about the move and life in secondary school.

Congratulations to our school football team

Following a decider match last week, we are proud to say that our school team has finished a close second on the league. They have worked hard together as a team and this has paid off. The children will now move forward into a knockout competition. We wish you lots of luck with this – keep up the great team work!

Gloucester Rugby affiliation

Just a reminder that we are now a Gloucester Rugby affiliated club. When ordering any tickets please enter this code and a discount will be applied. In addition, a donation will be made to school. Please share with family and friends! **AFHUNT22**

Sleep

Please find below some useful links to information/guidance to help your child get a good night's sleep. I know a few parents have mentioned to class teachers that it can be quite a challenge sometimes to ensure your child is sleeping well. One of the key things seems to be ensuring your child has time to wind down, for at least an hour before bed – with no electrical devices to stimulate the brain.

[Parent's Guide to Sleep for Children - Updated 2023 \(sleepadvisor.org\)](https://www.sleepadvisor.org/)

[Getting a good nights sleep ER0367 FINAL Jun20.pdf \(gosh.nhs.uk\)](#)

[How much sleep does my child need? - Support for Parents from Action For Children](#)

Sleep hygiene in children and young people: information for families

This information sheet from Great Ormond Street Hospital (GOSH) explains about sleep hygiene. The lead-up and routine around your child's bedtime is referred to as 'sleep hygiene'. Having good sleep hygiene can help your child both to settle to sleep and to stay asleep. There are several things that parents can do to help – here are some ideas of areas to consider. An Easy Read information sheet is included for your child.

Children of different ages require different amounts of sleep. The American Academy of Sleep Medicine (AASM) produced a 'Consensus Statement' in 2016 regarding recommended amount of sleep for children and young people. The table below gives an indication of the amount of sleep your child needs on a regular basis to keep them healthy.

Your child's age	Recommended sleep time in 24 hours
Infants 4 to 12 months	12 to 16 hours including naps
Children 1 to 2 years	11 to 14 hours including naps
Children 3 to 5 years	10 to 13 hours including naps
Children 6 to 12 years	9 to 12 hours
Teenagers 13 to 18 years	8 to 10 hours

Exercise

Children may have difficulty in falling asleep if they have been inactive throughout the day. Encouraging your child, where possible, to undertake sports and to play outside can help to burn off energy and enable your child to feel tired at the end of the day. Even if your child is not very 'sporty', just going for a walk in the fresh air can be helpful. However, exercise should be avoided directly before bedtime, as the heat created by the muscles by exercise can prevent your child falling asleep.

Environment

Your child's sleeping environment should be a place where they feel safe and secure, but should also be a place to sleep and not play. There are several ways in which the sleeping environment can be adjusted, but it will depend on the needs of your child (and any other children sharing the room).

For instance, some children may find the use of a nightlight can make them feel safe – others may sleep better in total darkness. Room temperature and noise level should be adjusted, where possible, to ensure your child is comfortable to fall asleep.

Your child's bedroom should not contain things that distract them from sleeping – if you find that your child is being stimulated by toys, it may be best to remove these from the room before bedtime, or to keep toys in a different area of the house.

Routine

Having a bedtime routine and a set bedtime can help your child to understand what to expect and how they should behave. A routine can start 30 minutes to two hours before bedtime, and can include activities to help wind down, such as a warm bath/shower or reading a story.

Sticking to a set pattern each night will help your child to settle before bed and give them the time

Things to think about

Caffeine

Good sleep hygiene begins in the day, with the consideration of your child's food and drink intake. Caffeine is a stimulant that prevents sleep, and can cause your child to stay awake for longer and to settle to sleep less easily. Caffeine is present in drinks such as tea, coffee, cola, energy drinks and fizzy pop. If your child drinks these, try to limit their intake and avoid them altogether after lunchtime.

Food

Eating a large meal before bedtime can prevent sleep. Consider the best time to eat your dinner meal – if your child has an early bedtime, ensure that a large meal is not being eaten directly beforehand. On school nights, it might be preferable for your child to eat earlier but you can still all have family meals at weekends and during holiday periods. However, some foods can be helpful in helping your child settle to sleep – for example, a drink of warm milk.

to calm down before sleeping. Going to the toilet as the last task before getting into bed can also help prevent your child from needing to get up in the night time.

Technology

The use of electronic devices (such as televisions, mobile phones and tablet computers) close to bedtime can prevent your child from settling to sleep. This is because they produce light that is good at suppressing natural hormones in the brain that cause sleepiness.

Ideally, these devices should not be used in the hours before bed, and should be removed from your child's bedroom in order to create an environment that your child associates with sleep.

If your child uses these devices to help them fall asleep, consider replacing this routine with a bedtime story or playing soothing music.

Self-settling

If your child is routinely waking in the night, it is important that they learn to self-settle rather than seeking a parent or joining a parent's bed. This can be difficult to enforce, and may be emotionally challenging – both for child and parent – but parents should remain firm and assertive.

If your child leaves their bed and seeks you out at night-time, you should try not to engage them in conversation, but lead them quietly and immediately back to bed. This may need to be repeated several times each night, but it is important that your child learns that they will receive the same response from you each time.

If your child is anxious, the use of a night light, cuddly toy or baby monitor may help them to feel safe and to learn to self-settle.

Praising your child in the morning for staying in bed at night can help reinforce good behaviour – this can be aided by the use of a reward chart or stickers, with a small token prize when a certain number of stickers/rewards have been won.

Leadership and Management:

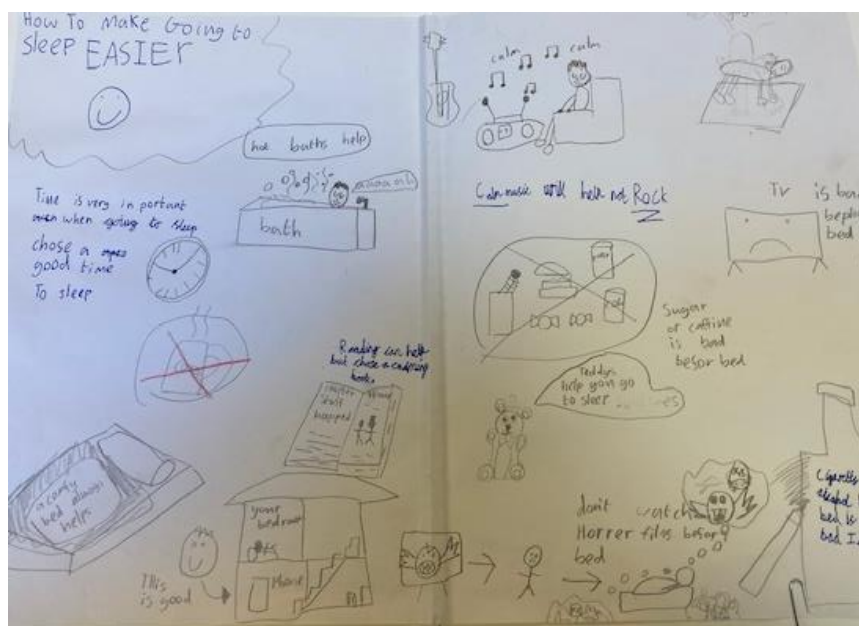
It has been great to have a number of governor visits over the last few weeks. Last week members of the quality of education committee came in to support subject leaders – having conversations around their subjects with them.

Staff have been involved in their own learning as well. Mrs Dawson completing some speech and language training, ADHD awareness training and taking time to work with other special needs co-ordinators (SENco) from other schools to keep up to date with best practice.

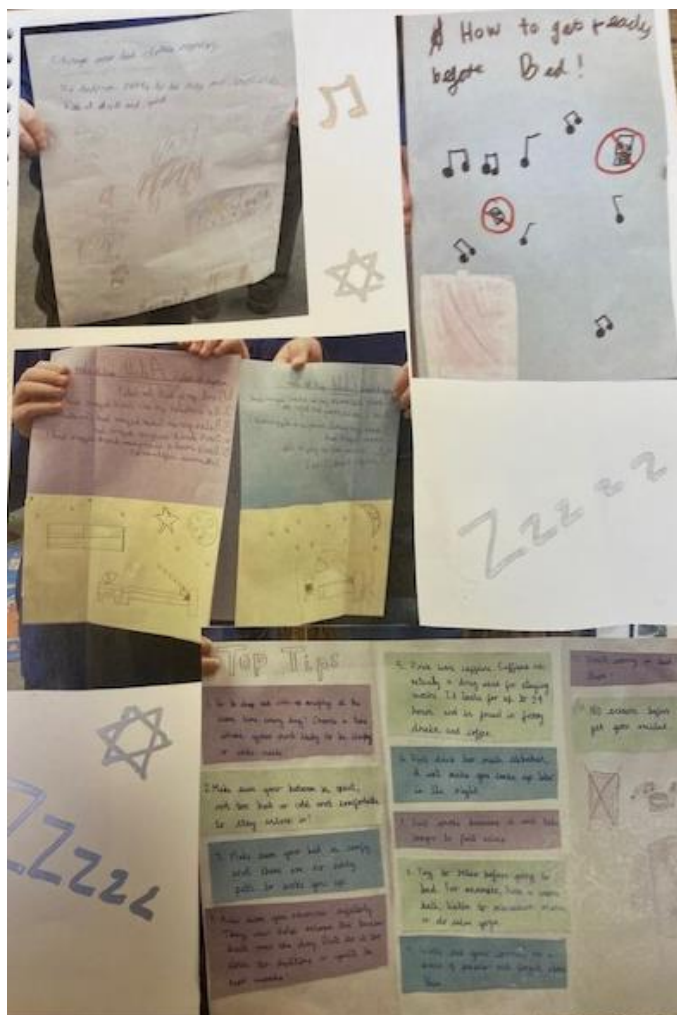
History, DT and RSHE subject leaders have also attended network meetings with other schools in the forest area.

Mrs Goulding has gained her paediatric first aid qualification after two days of training and as well as head teacher network meetings, Mrs Curtis has attended an informative 'digital lives on line webinar'.

Sleep work – Class Estuary



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