

01/11/2021



## St Cuthbert's C of E Primary School

The Chase, Great Glen, Leicester LE8 9EQ

Tel: 0116 2592764

Doing all the good we can, through faith, love and excellence.

### Headteacher's news

It is fantastic to see all of the children back in school and we are all looking forward to an amazing term of learning and fun.

The second half term is always a busy one with festivals and celebrations leading up and including Christmas. In school we look to teach, learn, understand and celebrate these and hope that you enjoy seeing the work our children do and hearing about these experiences from the children.

#### Website

Following on from Parents evening last week, if you would like any further information about how you can support your children at home or get a better understanding of what and how we deliver the National Curriculum, please take a look at the curriculum pages on our website:

<https://www.stcuthberts.leics.sch.uk/curriculum> We are beginning to build a bank of resources to support children's learning at home and guides to support parents in understanding the expectations for each year group.

#### Parking

In recent weeks I have had reports of aggressive and abusive behaviour to local residents over parking. When dropping off or collecting children from school, cars should be parked considerably (**not across people's driveways**). The Local Authority have been contacted with a request for the patrol car to monitor the situation. Thank you for your support and understanding in this matter.

As always, please take a look at Twitter for some fantastic images of the work the children are doing. **Twitter! @StCuthbertsCEP1**

Mrs J Hawkins



### Diary Dates

#### **Wednesday 3<sup>rd</sup> November**

Whole school Diwali day

#### **Tuesday 9<sup>th</sup> November**

Individual photos

#### **Thursday 11<sup>th</sup> November**

Remembrance day

#### **Friday 12<sup>th</sup> November**

WW2 day- Year 6 trip to Beaumanor hall

#### **Friday 19<sup>th</sup> November**

Children in need day

### Diwali Day- Wednesday 3<sup>rd</sup> November 2021

Diwali will be celebrated on Thursday 4<sup>th</sup> November by families within school and in the wider community. We would like to invite all children to come to school in their '**best outfit, traditional clothes or bright colours (no sports kits or fancy dress) on Wednesday 3<sup>rd</sup> November** as they take part in a variety of learning activities linked to Diwali including, food tasting, crafts and dancing.



### Poppy Appeal & Remembrance Day - Thursday 11 November

As a school we are supporting the Poppy Appeal for the Royal British Legion.

Poppies and other merchandise, (as shown with suggested prices) are now **on sale!**

Please send your child in with the correct money as no change can be given. A member of staff will bring the box round each morning, delivering items to each class. Some items are more popular than others but we will do our best to ensure each child gets their first choice item.

<p>Zip Pull Suggested Donation 50p</p> 	<p>Reflector Suggested Donation 50p</p> 	<p>Silicon Wristband Suggested Donation £1</p> 
<p>Snap Board/ Ruler Suggested Donation £2</p> 	<p>Metal Pin Suggested Donation £2</p> 	<p>Paper Poppy Suggested Donation £ any</p> 

### Class attendance up to 29/10/2021

Hedgehogs- 96%  
Badgers- 91%  
Foxes- 94%  
Owls- 97%  
Woodpeckers- 97%  
Pandas- 93%  
Koalas- 97%  
Giraffes- 92 %  
Zebras- 95%  
Leopards- 94%  
Panthers- 96%  
Lions- 95%  
Tigers- 97%  
Whole school- 95%



As the weather is starting to get colder and wetter, please ensure your child has a coat in school.



### Parents evening

Thank you so much for your patience and support this week with parent's evenings.

We hope to be able to invite parents in to school to look at all of the fabulous work the children have been doing toward the end of term.

If you have not spoken to your child's class teacher due to issues with connecting to the system or the days were not suitable, class teachers will be making phone calls home over the next week to discuss your child's learning and time in school.





## Twitter Highlights! @StCuthbertsCEP1

A great day was had by year 4 on their trip to the Botanical gardens today. They even had the bonus of the weather being mostly dry! #outdoors #habitsats #enrichment



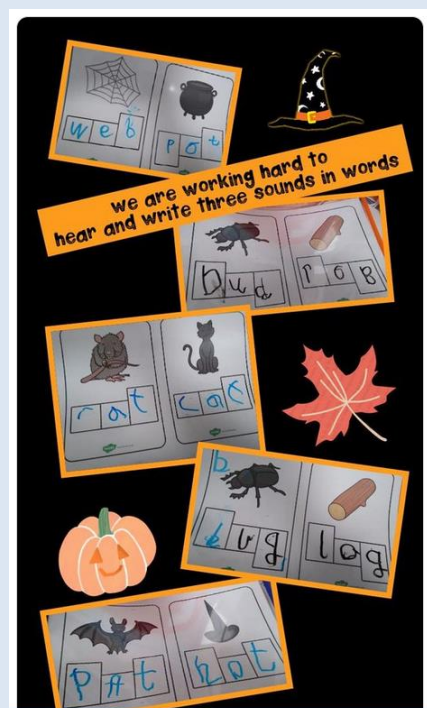
Leopards were extremely resourceful this afternoon and completed some great independent research on the geographical features of North America. Great job! #geography #research #resourceful



Thank you @MandMTheatrical for a fantastic performance today. It was wonderful to hear all the children laughing, see the smiles and hear the comments of how amazing and brilliant it was! #panto #performance #joy



Owls class have been reading The Baker's Boy and The Great Fire of London. They have been using drama to act out the first chapter and thinking about the emotions of the characters. Well done Owls! #history #story #drama



Each month, the **South Leicestershire School Sports Partnership** team are sending out a newsletter to share ideas on how to support children with their health and well-being. Their November newsletter is attached

# SLEEP

South Leicestershire School Sports Partnership Newsletter November 21

## The importance of sleep

**Good sleep** is important for your child's physical and mental wellbeing. A relaxing bedtime routine is an important way to help your child get a good night's sleep.

**How much sleep does a child need?**  
The amount of sleep your child needs changes as they get older. A 5-year-old needs about 11 hours a night, while a 9-year-old needs roughly 10 hours.

3-5 years old	10 TO 13 HOURS INCLUDING NAPS
6-12 years old	9 TO 12 HOURS
13-18 years old	8-10 HOURS

## Relaxation tips

Doing the same relaxing things in the same order and at the same time each night helps promote good sleep:  
A warm (not hot) bath will help your child relax and get ready for sleep. Keeping lights dim encourages your child's body to produce the sleep hormone, melatonin.  
Once they're in bed, encourage your child to read quietly or listen to some relaxing music, or read a story together.

## Sleep Hygiene

Sleep hygiene is not about cleaning your bed, it is creating a suitable environment for a good night's sleep. Here are some good examples of sleep hygiene

1. Set up a consistent and appropriate bed time routine. Try to go to sleep at the same time and avoid lie-ins/naps.
2. Avoid eating or consuming caffeine late at night.
3. Switch off TV, tablets and phones prior to bed time. Blue lights from screens can suppress 'melatonin', a hormone responsible for sleep.
4. Make sure your bed room is clean, quiet and a suitable temperature.

## Breathing Techniques

You could suggest your child tries this relaxing breathing exercise before bed – which can be found [here](#)

Check out Sleep Meditation for Kids, THE SLEEPY RAINBOW Bedtime Sleep Story [here](#)

Catch up with all the latest news

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