

14<sup>th</sup> February 2025



# 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

Last week, we participated in Children's Mental Health awareness week. The theme for this year is Know Yourself, Grow Yourself and focused on how the children know themselves and how they would like to grow in the future, linked to our learning values. All of our children have been very open and talked about the things that matter to them and how we can support each other to fulfil our dreams.



## Parents Evening

A link has been sent out on ParentMail to book a 10minute slot with your child's teacher. We always look forward to welcoming parents into classes so that parents can look at the work children have been doing and see how much progress they have made. Parents will also receive a copy of their child's mid-year report.

Thank you for your continued support and on behalf of all the staff, I hope you all have a restful and enjoyable half term. Mrs J Hawkins

## Diary Dates

Monday 17<sup>th</sup>

February - Friday

21<sup>st</sup> February

Half term week

Tuesday 4<sup>th</sup>

March

Shrove Tuesday

Wednesday 5<sup>th</sup>

March

Ash Wednesday

Parents' Evening

Thursday 6<sup>th</sup>

March

World Book Day

& Parents'

Evening

Tuesday 11<sup>th</sup>

March

EYFS & Year 6

Class Photos

Friday 21<sup>st</sup>

March

Comic Relief Red

Nose Day

## Phase leaders within school

Early years (including preschool) - Miss White

Phase 1 (years 1 & 2) - Miss Sutton

Phase 2 (Years 3 & 4) - Mrs Tunnicliffe and Ms Willoughby

Phase 3 (Years 5 & 6) - Mr Bools

**Role of a phase leader-** support in managing and dealing with behaviour issues and parent concerns. This includes issuing consequences such as missing minutes of break/ lunchtime play or placing on report for serious behaviour incidents. Their role also includes reporting to parents what has occurred, monitoring future behaviour and overseeing high quality teaching and learning in their phase.

After the class teacher, phase leaders support children with any emotional support or reward strategy.

## Class attendance up to 12<sup>th</sup> February 2025

Hedgehogs - %      Badgers - 96.5%      Foxes - 95.8 %

Owls - 97.6 %      Woodpeckers - 96.0%      Pandas - 97.0%

Koalas - 95.2%      Giraffes - 96.5%      Zebras - 93.6%

Leopards - 97.0%      Panthers - 96.0%      Lions - 95.7%

Tigers - 95.5%

Whole school - 96.0%

We aim for an attendance figure of 96%. Please support us in encouraging your child to come to school every day so that they are experiencing all the great learning opportunities we have to offer.

It has turned very cold! Please send your child to school with a coat that has your child's name in it. Thank you!



Dear Parents/Guardians,

Following on from Safer Internet Day this week, the Wellbeing Ambassadors have challenged all the children in the school to have **at least one** screen-free day during the half term break. This means a whole day with no screens at all, including TV.

Attached are 30 screen-free activity ideas that the children can get stuck into! If your child/children complete the challenge and have a whole day (or hopefully more than one day) without using a screen, please message their class teacher with either a quick message to say they achieved it, or a picture of them doing something wonderful without a screen. Every child that completes the challenge will be awarded a certificate and a small prize from the Wellbeing Ambassadors.

Thank you.

Best wishes for a lovely half term break

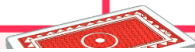
Mrs Tunnicliffe and the Wellbeing Ambassadors

## Screen Free 30



<b>1. Pebble Painting Zoo</b> Find some flat pebbles and paint animals on each of them, creating your own stone zoo.	<b>2. Fitness Routine</b> Create a five minute fitness routine and teach it to your family or friends.	<b>3. Take Some Snaps</b> Go outside and take some photos of the things you find interesting. What will you photograph? Animals, buildings, nature?	<b>4. Write a Recipe</b> Write up a recipe for a healthy snack or meal. Don't forget to include materials needed, ingredients and step-by-step instructions.	<b>5. Get Cooking</b> Cook a meal following the recipe you created yesterday. Ask an adult to help you.	<b>6. How Many Words?</b> How many words can you make out of the letters of your name?
<b>7. Paper Aeroplane Race</b> Make some paper aeroplanes and challenge your family to a race. Who's plane will fly the furthest?	<b>8. Design and Make</b> Design and make your own board game with a set of instructions. Play it with a group of friends.	<b>9. Reading Time!</b> Find an unusual but quiet place to read a book.	<b>10. Recipe for Friendship</b> Write a recipe for what you think makes a good friendship. Make sure you include your key ingredients.	<b>11. Act of Kindness</b> Do something kind for someone. Will you help them out or maybe give a compliment? What else can you do?	<b>12. Grow Your Own Plant</b> Save the seeds of a fruit or vegetable you have used and plant them in a pot. Don't forget to care for them to help them grow.

<b>13. Nature's Artwork</b> Go for a walk outside and collect some leaves, sticks, bark or stones and create an artwork.	<b>14. Comic Strip</b> Create a comic strip of your own, where you are the hero. Where will your story take place? Who or what will you save?	<b>15. Get Building</b> Use any materials you want such as building bricks, cards, blocks or anything you choose and build a large structure.	<b>16. Invent Something!</b> Think of a new gadget or instrument that can be useful for kids. Design it and write a description of how it works.	<b>17. You've Got Mail!</b> Make your own postcard. Write a message and send it to a friend.	<b>18. Be Present</b> Peer out the window and look around. Do you notice something you've never seen before? Draw it and add detail.
<b>19. Make Music</b> Find something around the house that could be used to make music. Create a beat.	<b>20. Master Chef!</b> Research something that is sweet but healthy. Make it with an adult.	<b>21. Create an Obstacle Course!</b> Use materials you can find around the house and create an obstacle course for you and your friends. See who can complete it the quickest.	<b>22. Word Wizard</b> Create a new word to add to the English dictionary. Write a definition. Is it a noun, verb or adjective?	<b>23. Time Traveller</b> If you could travel in time, where would you go and what would you see? Would you travel to the past or future?	<b>24. Book Character</b> Make a model of your favourite book character. What materials could you use?



<b>25. Scavenger Hunt</b> Play in pairs or a group. Take turns shouting out a letter or colour. The other players will need to find something that starts with that letter or is that colour.	<b>26. Create a Story</b> Pick five random words and turn them into a funny story. For example, peanuts, rabbit, river, frog, cliff side. How creative can you be?	<b>27. Food Journal</b> Write down what you eat and drink each day for a week. Are you eating enough healthy foods?	<b>28. Make a Puppet</b> Use an old sock and create a puppet with items you find around the house. Can you put on a show for someone?	<b>29. Book Cover</b> Redesign the cover of your favourite book.	<b>30. X Marks the Spot!</b> Hide something outdoors and create a map with clues on how to find it. Give it to a friend to see if they can find your hidden object.
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## Safeguarding

### The importance of sleep in mental health

Sleep plays a vital role in your child's mental health and overall well-being. For primary-aged children, a good night's sleep is essential for emotional balance, learning, and physical health. Yet, with busy schedules, screen time, and excitement about the day ahead, many children don't get the rest they need.

### Why sleep matters for your child

Sleep isn't just about rest— it's when your child's brain and body do some of their most important work. Here's how sleep supports your child's mental health and development:

- Improves mood and emotional regulation: a well-rested child is better equipped to handle frustrations, challenges, and social interactions.
- Boosts learning and memory: sleep helps consolidate what your child has learned during the day, making it easier to retain new information.
- Reduces stress and anxiety: consistent sleep patterns can lower stress levels, helping your child feel calm and focused.
- Supports physical health: sleep strengthens the immune system and promotes healthy growth.

### Signs your child might not be getting enough sleep

It's not always obvious when children are sleep-deprived, but here are some common signs to watch for:

- difficulty waking up in the morning
- frequent mood swings or irritability
- trouble focusing or remembering things at school
- increased hyperactivity or impulsivity.

**TIPS FOR BETTER SLEEP HABITS**

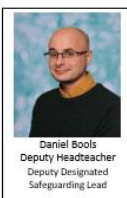
- 1 Set a consistent bedtime routine**  
A predictable schedule helps signal to your child's brain that it's time to wind down.
- 2 Limit screen time**  
Encourage your child to avoid screens at least an hour before bedtime, as blue light can interfere with sleep.
- 3 Create a calm sleep environment**  
Keep your child's bedroom cool, quiet, and dark to promote restful sleep.
- 4 Encourage relaxation activities**  
Reading a book, listening to soft music, or practicing deep breathing can help your child relax before bed.
- 5 Model good sleep habits**  
Children learn by example, so demonstrating the value of prioritising sleep is crucial.

**HOW MUCH SLEEP DOES YOUR CHILD NEED?**

Experts recommend the following sleep durations for primary-aged children:  
Ages 6–12: 9–12 hours per night

To determine an appropriate bedtime for your child, start by considering the time they need to wake up in the morning and work backward.

For instance, if your child needs to wake up at 7:00 AM to get ready for school, aim for a bedtime between 7:00 PM and 8:00 PM to ensure they get the recommended amount of sleep for their age.



### Our Safeguarding Team.

If you have safeguarding worries or concerns about a child, please call our School Office and ask to speak to one of the following staff members.

## World Book day 2025

We are excited to be taking part in World Book day on **Thursday 6<sup>th</sup> March 2025**

### **Costume Theme:**

This year we have the theme 'goodies and baddies' so we would love to see children dressed up as either a hero or villain (dressing up is optional and children are not restricted to dressing up as a goodie or baddie if they have another book themed costume idea).

### **Competition**

We will be running a free 'decorate a paper plate' competition where every child who wishes to take part, will be given a paper plate to take home and decorate following the theme of a book. The deadline for entries is Wednesday 5<sup>th</sup> March and winners will be announced on World Book Day. There will be prizes to win and 20 Dojo's for each entry.



## **Junior Chef Competition for Year 5 and 6 children**

*Junior Chef*  
OF THE YEAR  
**COMPETITION**  
2025

Have you got what it takes?

Design a menu for your school's year 6 leavers lunch.

Competition starts: 6th Jan 2025  
Deadline for entries: 17th Feb 2025  
Cooking Heats start: March 2025  
Final: TBA  
More Details to follow

Winners' meal will be produced at their school

LTS Catering Services

## **Comic Relief, Red Nose Day- Friday 21<sup>st</sup> March**

On Friday 21<sup>st</sup> March we will be turning RED to celebrate Red Nose Day and having a non-uniform day. So, dust off your ruby dress or simply don some scarlet socks - how far you take it is up to you! We would love everyone to come to school wearing something red on the day and we will be collecting donations for Comic Relief.

As Comic Relief is 40 this year we will also be holding a cake sale after school on the day.

Full details of the event will be shared in our next newsletter



METCALF



MULTI SPORTS

# February Holiday Course



**St Cuthberts C of E Primary School**  
17th February - 21st February 9:00am - 3:00pm

**£20  
A Day**

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Environment For  
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Aged Children

Half Price  
For Siblings  
When Booking  
Full Week

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DODGEBALL • CRICKET • ARROWS ARCHERY - STREET DANCE • GYMNASTICS • AND MUCH  
MORE

[WWW.METCALFMULTISPORTS.CO.UK](http://WWW.METCALFMULTISPORTS.CO.UK)



We offer football and multisports along with street dance and other activities, letting the children choose which activities they want to take part in.

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Full week booking = £90  
Single day bookings = £20 per day

Siblings go half price when  
booking a Full week  
eg: Child 1 £90 + Child 2 £45 = £135

### WE ARE

- Qualified sports coaches
  - First aid trained and DBS enhanced
  - Public liability insured £10 million
- ### WHAT TO BRING
- Suitable clothing
  - Indoor & Outdoor shoes
  - Packed lunch, snacks & a drink (no nuts)
- ### BENEFITS
- Improves sporting abilities
  - Develops social skills
  - Keeps children active & engaged

The Chase, Great Glen, Leicester LE8 9EQ

### Booking Form

[Click here or scan QR code](#)

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Scan me!

### Contact

Ashley Metcalf, 07792659978

Email: [ashley@metcalfmultisports.co.uk](mailto:ashley@metcalfmultisports.co.uk)

Twitter: @metmultisports

Facebook: [facebook.com/metcalfmultisports](https://facebook.com/metcalfmultisports)

[WWW.METCALFMULTISPORTS.CO.UK](http://WWW.METCALFMULTISPORTS.CO.UK)