The Willows Primary School

Explore - Dream - Discover

www.willowsprimary.com

www.willowsprimary.primaryblogger.co.uk

Autumn Term Newsletter - Week 5 07.10.22

Be Ready
Be Respectful
Be Responsible
so you are happy and safe to learn

Dear Parents and Carers,

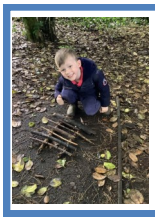
We have had a great end to our week - our pupils were entertained by the very funny but very talented musicians from Key Strings. Our children were treated to a performance which was informative and interactive: it was a great learning experience for them all. The children enjoyed finding out about how the size of the different stringed instruments affects the pitch, and they also explored aspects of music such as timbre, rhythm and tempo. Who would think you could learn so much new information whilst having so much fun!

Next week, we have a number of exciting events to look forward to. Our Year 2 pupils are visiting Peak Wildlife; Year 3 pupils will be showcasing their school work to parents, and on Friday we will be all dressed in our PE kit for Fitness Friday. I can't wait!

In the meantime, I hope you all have a fabulous weekend.

Take care.

Mrs Thursfield



Growth Mindset Mantra of the Month

'I can do it today and I WILL DO it tomorrow!'

Stars of the Week

1AA
Luca Hopwood
1WG
Sophie Baylay-Blurton
1JT
Myla-May Bentley

2ES
Hector Almond
2JR
Zander Weaver
2SS
Mason Doyle

3JD
Amelia Baylay-Blurton
3PW
Adelina Iordachescu
3LN
Thomas Roberts

4KB
Joseph Bridgwood
4WB
Cassie Rudge

5AJ
Alfie Burgess
5PB
Zeina Koota
5LT
Nidhish Gummadavelly
Phoebe Corbett

6CF
Jessica Jones
6HR
Justin Milo
6JH
Diyon Gallage

KS2 word millionaires this week!

PIC•COLLAGE

Key Strings musical performances

PIC•COLLAGE

Introducing Mrs Price's new Science Ambassadors.

🔦🔬🔭🌡️💡📡🦒🌿🌑

Join our initiative

#swapscreentime

Research shows

Children who spent more than two hours a day on screen-time activities scored lower on language and thinking tests, and some children with more than seven hours a day of screen time experienced thinning of the brain's cortex, the area of the brain related to critical thinking and reasoning.

Children's Wellbeing in a Digital World

Index Report 2022

23% of parents say they never argue with their children about how much time they spend online; **15%** say this happens all the time or quite a lot

67% of children say they've seen something online that's worrying or upsetting

21% of children said they stay up late (all the time or a lot) until the early hours of the morning on their phone, playing games or watching TV

39% of parents say they set parental controls on devices and apps; 40% of children say they can get around at least some of these controls

'Greater time spent ***gaming*** was associated with increased negative impact on developmental and physical wellbeing - particularly for **boys**. '

'While displaying positive impacts, greater ***social media*** use was associated with increased negative impacts on social wellbeing – particularly for **girls**. '

Age appropriate screen time

2 - 5 YEARS

Limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.

6 - 12 YEARS

Place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

12 YEARS AND OLDER

Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.

Family device rules

- Always have the door open when using devices;
- Put devices away at mealtimes;
- Make sure all devices are downstairs at bedtime;
- Tell someone if we see or read something that worries us;
- Be open about what you are looking at online if someone asks.

More info

https://www.internetmatters.org/issues/screen-time/

Build a family toolkit

https://www.internetmatters.org/digital-

#swapscreentime

Create a memory box or bag of all your favourite things/ people you are missing. For example, collect objects, photos, anything that reminds you and save them. Decorate it however feels good for you.

Send pictures of your #sst activity to your class teacher via Dojo!

YUM!

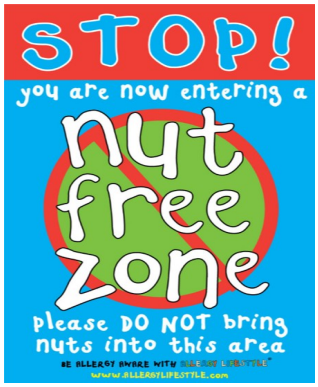
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Pizza Swirl Jacket wedges Baked beans Garden peas	All Day Breakfast Hash browns Baked beans	Beef Grill or Veggie Burger Wholemeal spaghetti hoops sweetcorn	Roast Chicken Fillet, stuffing and gravy Quorn roast, stuffing and gravy Mashed potato Broccoli Carrots	Jumbo Fish Finger Chips Garden peas
OTHER OPTIONS	Sandwich and filled jacket potato selection	Sandwich and filled jacket potato selection	Assorted baps and jacket potato selection	Assorted baps and jacket potato selection	Assorted baps and jacket potato selection
DESSERT	Cornflake cake Fresh Fruit or Yeo Valley Yogurt	Arctic roll Fresh fruit Cheese and crackers	Chocolate sponge and custard Fresh Fruit or Yeo Valley Yogurt	Drizzled flapjack Fresh fruit Cheese and crackers	Blueberry muffin Fresh Fruit or Yeo Valley Yogurt

A choice of fruit drink, water or milk will be made available with every meal.

CITY catering

Baby News

Congratulations to Mrs Jones (2JR) and her family on the safe arrival of baby Toby on Monday.



Please check the contents of snack bars and products that are sent in to school as we try to remain nut free.

Wellbeing at The Willows

Olivia's wellbeing tip!
Everyone has mental health, but we are not all the same. Sometimes we get stressed or anxious. Try and focus on the good things in life, not bad.

Amelia's wellbeing tip!
If you have a worry tell someone. Don't keep it bottled up, let someone help.

have PURPOSE

LIVE happily

Lorna's wellbeing tip!
Try colouring in activities to help you relax.

Balloon belly breathing to soothe

Lie down somewhere comfy and imagine there is a balloon in your tummy. As you breathe in, imagine the balloon slowly inflates. As you breathe out, the balloon effortlessly deflates. Children can rest their favourite toy on their tummy and let them go along for a calming ride.

Find wellbeing ideas here
http://www.mindful.org/mindfulness-for-kids/

2022-2023 Diary Dates

October

Monday 10th	Nursery Badgers parent consultations (9-11am and 1-2pm)
Tuesday 11th	Nursery workshop 9.15-10.45am 'Songs and Rhyme Make Talking Time'
	2SS Peak Wildlife visit
	3PW Class Showcase at 2.30pm
Wednesday 12th	2ES Peak Wildlife visit
	Y1 Phonics Screen workshop 9.15-10.15am
	Nursery Foxes parent consultations (9-11am and 1-2pm)
	3JD Class Showcase at 2.30pm
Thursday 13th	2JR Peak Wildlife visit
	Nursery Squirrels parent consultations (9-11am and 1-2pm)
	3LN Class Showcase at 2.30pm
Friday 14th	'Fitness Friday' - all children to wear PE kits, more information to follow
	Nursery Hedgehogs parent consultations (9-11am and 1-2pm)
Monday 17th	Reception Phonics workshop 9.10-10am
	5PB Class Showcase
Tuesday 18th	Nursery workshop 9.15-10.45am
Wednesday 19th	Y2 English workshop 9.15-10.15am
	Parent consultations for Reception to Y6 - booking links to be sent
Thursday 20th	Nursery spots and stripes day
	5AJ Class Showcase
Friday 21st	5LT Class Showcase
	BREAK UP FOR HALF TERM
Monday 31st	INSET day
	Deadline for Y6 families to apply for high school places

November

Tuesday 1st	School opens for children
	Y1 English workshop 9.15-10.15am
Wednesday 2nd	Y4 Bikeability
Thursday 3rd	Y4 Bikeability
Friday 4th	Y4 Bikeability
Monday 7th	Y5 residential to Condover Hall (2 nights)
Tuesday 8th	Y3 visit to Poole's Cavern
Wednesday 16th	Reception Maths workshop 9.10-10am
Thursday 24th	School photographs - individual and siblings
Wednesday 30th	RSC Nativity

December

Thursday 1st	RLS Nativity
Friday 2nd	RMI Nativity
Monday 5th	1JT Nativity (pm)
Wednesday 7th	1WG Nativity (am)
Thursday 8th	1AA Nativity (am)
	Reception Castaway visit
Tuesday 13th	Y2 Carol Concert 2pm
Friday 16th	BREAK UP FOR CHRISTMAS
	Y6 Alice in Wonderland 7.30pm (New Vic Theatre)

January

Monday 2nd	BANK HOLIDAY – SCHOOL CLOSED
Tuesday 3rd	School opens for children
Wednesday 11th	Y2 Maths workshop 9.15-10.15am
Wednesday 18th	Y1 Maths workshop 9.15-10.15am
Monday 23rd	4WB Stanley Head residential for 2 nights
Tuesday 24th	4KB/4TC Stanley Head residential for 2 nights
Thursday 26th	Young Voices concert

February

Monday 6th	Children's Mental Health Week
	2ES Class Showcase
Thursday 9th	2JR Class Showcase
Friday 10th	2SS Class Showcase
Monday 13th	Science Week
Wednesday 15th	Science Fair
Thursday 16th	Y5 Space Camp
Friday 17th	Y5 Space Camp
	BREAK UP FOR HALF TERM
Monday 27th	School opens for children

March

Thursday 2nd	World Book Day
Friday 3rd	Leavers and class photos
Tuesday 7th	Book fair arrives
Tuesday 14th	Book fair collected
Friday 17th	Reception Mothers' Day afternoon tea 2pm
Monday 27th	Nursery Easter assembly 9.30am
Friday 31st	BREAK UP FOR EASTER

April

Monday 17th	School opens for children

May

Monday 1st	BANK HOLIDAY – SCHOOL CLOSED
Monday 8th	KS2 SATs week
Friday 12th	Willows' Fun Run
Monday 15th	KS1 SATs week
Monday 22nd	1JT Class Showcase
Tuesday 23rd	Nursery dress up day (mermaid/sailor/sea creatures/colours of the sea)
	Y5/6 Girls' cricket 10-3pm
Wednesday 24th	1WG Class Showcase
Friday 5th	1AA Class Showcase
	BREAK UP FOR HALF TERM

June

Monday 5th	INSET day
Tuesday 6th	School opens for children
	Nursery and Reception Sports Day 9.30am
	Y1 and Y2 Sports Day 1.30pm
Thursday 8th	Y3 and Y4 Sports Day 9.30am
	Y5 and Y6 Sports Day 1.30pm
Wednesday 21st	Y6 residential to The Lake District (2 nights)
Thursday 29th	Photos - sports teams

July

Wednesday 5th	Y6 high school transition day
Thursday 6th	Y6 high school transition day
Monday 10th	City Gala 1-2.30pm
Thursday 13th	City Athletics 9.30-2.30pm
Friday 21st	BREAK UP FOR SUMMER HOLIDAY

Please check ClassDojo messages from teachers for more dates and information related to your child's class.
You can also find lots of dates and information on our school website.

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