



# SOUTH WITHAM ACADEMY NEWS

Good afternoon and welcome to another packed newsletter! The weeks are flying by!

The children have been working really hard in school in all of their lessons. Some have been completing Spring term assessments. All of the children in Key Stage Two complete internal assessments three times a year in Autumn, Spring and Summer. Some children find this quite difficult but we always encourage them to do their best and “show off” their learning. These assessments help the teachers plan future lessons and identify gaps in learning that can then be addressed.

On Tuesday this week, we were joined in assembly by former Team GB swimmer Joe Roebuck. He talked to the children about pushing themselves out of their comfort zone. It was very inspirational!

Have a great weekend,



*Mr Atter*



## UPCOMING DIARY DATES

**19th Mar** - Parents Evening

**21st Mar** - Parents Evening

**26th & 27th Mar** - Spotlight Performances

**27th Mar** - Woodlands Easter Tea

**17th Apr** - YRS 3/4 Bikeability

**24th - 26th April** - Y5 Residential to Kingswood Activity Centre

## Parents evening

You should have received a parent mail to book your parents evening appointment for either Tuesday or Thursday next week. Please see your child’s class teacher to arrange a different day if this is inconvenient for you.

## HOUSE POINT TOTALS



BURGHLEY

BELTON

WOOLSTHORPE

10485

8752

10097



# Little Hedgehogs



This week in Little Hedgehogs we have been reading Superworm! The children have enjoyed digging for worms and exploring the garden to see where else they can find them. We have painted with string to make our own worms and pulled the string through the shaving foam to make different patterns.

They have been rolling the playdough to make different sized worms and making sandcastles in the sand pit.



# Woodlands



We have had a great week this week!

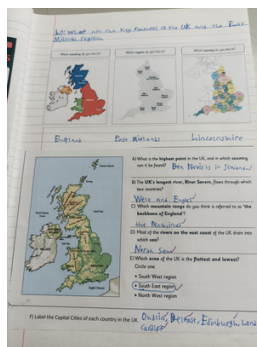
This Friday was comic relief day and all the children came in wearing red – it was so lovely discuss the comic relief charity. We planned lots of exciting red nose day activities that the children had so much fun completing. We spoke about who the donations might go to and how they have helped children across the county.

We have also had lots of discussions based around our fundraising event for our garden project, the children have been sharing some lovely ideas on what they want in our new garden. We have decided our fundraising event will be an afternoon tea on the 27th of March starting at .... The children of woodland class have been busy creating tickets and posters to go around the school for our event. They are very excited about the event and we would love for you to come along.

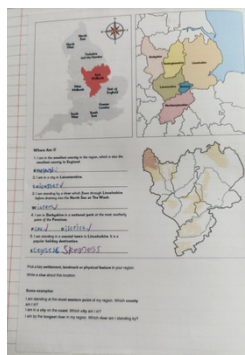


# Badgers

In Badgers class this week, we have been proving how much learning we have retained by competing our Spring assessments in maths, reading, spellings, punctuation and grammar. Going over the tests has helped the children and adults learn where the areas to develop are, which we can then build on and secure at home and school.



In Geography we have been learning the location of South Witham in the East Midlands, in Lincolnshire and different physical and human features in our area. In Science, we have been looking at the effect of changing components in a circuit. The children have really enjoyed working with the buzzers and bulbs to explore how the different circuits.



# Otters



Otters have had another busy week. As part of Science Week, we have made a water clock, which will time up to 5 minutes. We also took part in the NFU Farming Live Lesson, and saw a calf being born! We also investigated cow pats (luckily through the TV screen!) and discovered how vets keep cows healthy. We also planted some grass seeds to observe growing in the classroom. In art, we have created our own Art Deco designs, and we loved wearing red on Red Nose Day!



# PRIDE OF SOUTH WITHAM



Always Club

YAY!



## Readers of the Week!



# Attendance Superstars

this week goes to **OTTERS** again with **92%!!**



to Manon who had her birthday last Saturday!



Attendance is something we celebrate each week in our Celebration Assembly on a Friday. We are required to collate and update the attendance figures for the local authority each week. Going forward we will be monitoring attendance closely to ensure that we are hitting the targets given to the school by the DFE.

Thank you to all of you that donated your £1 to Comic Relief today and for the fabulous sea of red that we have seen all day! Your contributions have raised £64 for wearing red and £36 for the bake sale! Thank you.



# 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.



X @wake\_up\_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.03.2024