



Newsletter 18  
Dear Parents and Carers,

Friday, 24<sup>th</sup> January 2025

**\*\*\*\*\*Non-Uniform Day – Friday 31<sup>st</sup> January\*\*\*\*\* – £1 donation**

This is a reminder that next Friday is a non-uniform day. Please can all children bring in a £1 donation that will be used to help subsidise the cost of coach travel for school trips.

Last week’s Newsletter started with a focus on Attendance and this week’s looks at the importance of being on time for school.

**Punctuality and Lateness**

**Why being on time for school is important**

Being on time is just as important as regularly attending school due to learning missed or being disrupted.

**Being on time:**

- Means children won’t fall behind with their learning.
- Provides social time to settle into the school day before learning starts.
- Creates good habits for current, future learning (e.g. college & university) and employment.

**Being late adds up**

This chart shows how being late each day adds up with minutes equalling learning days lost.

5 minutes late each day	3 days lost
10 minutes late each day	6.5 days lost
15 minutes late each day	10 days lost
20 minutes late each day	13 days lost
30 minutes late each day	19 days lost

**Tips for being on time for school**

Know your school’s start times and keep updated about any possible changes. **Gates open at 8.40am -> Classroom doors close at 8.50am**



Prepare school things (e.g. bag and uniform) the night before.



Ensure homework has been completed and packed ready.










Prepare lunches the night before.



Physical exercise and fresh air can help sleep.



Get sufficient sleep according to the recommended levels (see below).	
Develop a bedtime routine and stick to it – regularity is key!	
Avoid mobile and other electronic devices as they can keep us awake.	
Set an alarm clock and keep it away from easy reach (to avoid it being switched off and causing lateness).	
Include breakfast to give energy for the school day.	
Make sure you have different travel plans just in case your usual route or method changes (e.g. due to road closures or bus cancellations).	
Plan on leaving for school a few minutes earlier than you need to.	

### Sleep hygiene in children and young people

If children are frequently late to school, this could suggest their sleep pattern is being disrupted.

Things like playing video games, using social media, or using devices (e.g. phones or iPad's). Make sure these things don't disrupt sleep.

#### Some general tips

##### 1. Don't drink caffeinated beverages after 3pm

Caffeine is a stimulant and can prevent getting a good night's sleep. Even some fizzy drinks have caffeine in them, be sure to check labels.

##### 2. Avoid looking at screens for at least 30 minutes before you go to bed

The lights from screens signal to your body that it's not time to sleep, preventing you from getting off to sleep. If you use a phone or device as an alarm, try using a conventional alarm clock making sure to switch off phones.

##### 3. Develop a routine so your body knows when it's time to wind down

A good bedtime routine can make it easier to fall asleep as our bodies get used to this pattern. Find out how much sleep you need (see information below) and work to this. Once done, introduce some relaxing activities before bed (e.g. taking a bath, reading, writing in a journal).

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

##### 4. Keep your room at a comfortable temperature

The recommended temperature for sleep is between 16 – 19 C (60 – 67 F).

#### Links

<https://sleepcouncil.org.uk>

<https://thesleepcharity.org.uk>

<https://bedadvice.co.uk>

<https://www.youngminds.org.uk>

## Breakfast Club

**\*\*\*A reminder to complete the Breakfast Club Survey if you are interested in booking a place for your child(ren).\*\*\***

We are excited to share with you that we are hoping to offer a Breakfast Club for all children with effect from the end of February 2025.

To help us finalise plans we now need a show of interest from you, as to whether this is something you would be interested in using. If you are interested in sending your child to our Breakfast Club then please complete the paper copy of the survey form that you should have received at the beginning of this term.

## Headteachers' Awards

Today, we celebrated: **Freddie and Elliott (FS2); Oliver and Bradley (Y1); Isaac and Paisley (Y2); Frank and Peter (Y3); Archie and Harley Y (Y4); Ethan, Harry, James and Jaxson (Y5); Kiara, Lillie and Joshua (Y6).**

This week the awards are for **Respect** and producing **excellent work**. Huge congratulations to these children. **Resilience, Community, Kindness and Aspiration** form our other core values.

## Safeguarding – Online Safety

As part of our commitment to help you keep your child(ren) safe online please look under the Safeguarding tab in our Online Safety section - <https://woodlands.wilts.sch.uk/safeguarding/online-safety/>

Please click here for the latest **Online Safety Newsletter – January 2025** -> [Woodlands Primary School and Oak Tree Nursery](#). The January issue looks at a variety of topics including **social media influencers, age ratings for a range of apps and a X (Twitter) checklist**.

Today, **Yellow** won the trophy for achieving the most Team Points. They had an extra playtime this afternoon. Very well done.

Team Points Cup					
Date: 24.01.25					
	Green	Yellow	Red	Blue	
Y1	2	4	3	1	
Y2	1	4	2	3	
Y3	2	3	4	1	
Y4	3	4	1	2	
Y5	1	3	2	4	
Y6	2	1	4	3	
	11	19	16	14	



**Class Attendance Cup** – every week we have a competition that celebrates the class with the highest attendance. This week **Ash Class** are the winners for the third week of the Spring Term.

## **The Attendance Cup – Wk 3**

1. Ash
2. Cedar
3. Maple
4. Willow
5. Beech
6. Hazel
7. Acorn

Attendance Cup after 3 Weeks			Pts
1	Ash		17
2	Maple		15
3	Beech		13
4	Cedar		12
5	Hazel		11
	Willow		11
7	Acorn		5

Attendance Matters



## Tesco Stronger Starts Fruit and Vegetable Funding

As you already know we have been selected to receive funding from Tesco to spend on nutritious fruit and vegetables for our pupils through its new initiative, Tesco Fruit & Veg for Schools, a part of their national Stronger Starts community programme.

Tesco's aim is to enable schools to provide at least one extra piece of fruit or veg to every child every day.

As you know, a healthy diet is essential for children's growth and development and gives them plenty of energy for a day at school. This initiative will help to make sure that every child at Woodlands Primary School has a chance to access a range of delicious nutritious food. This may be as a healthy snack during the day, or something that they can bring home to include in your evening meal.

Over the last two weeks the children have really enjoyed tasting kiwi fruit (please see photos below). Raspberries and mango will be the fruits for the next two weeks.





### **Dates for the Diary**

Non-Uniform Day - £1 Donation per child	Friday 31 <sup>st</sup> January	<i>All day</i>
Last Day of Term 3 2025	Friday 14 <sup>th</sup> February	Normal finish time
Spring Half-Term	Monday 17 <sup>th</sup> February – Friday 21 <sup>st</sup> February	School Closed to all pupils
World Book Week Book at Bedtime	Wednesday 5 <sup>th</sup> March	Arrive at 4.25pm for a session from 4.30pm-5.00pm.
<b>World Book Week Dressing Up Day</b>	<b>Friday 7<sup>th</sup> March</b>	<b>All day</b>
Osmington Bay Residential for Year 6 (Maple Class)	Wednesday 26 <sup>th</sup> March	am Departure to Osmington Bay
Pupils return from Osmington Bay	Friday 28 <sup>th</sup> March	pm Pupils return to Woodlands

Kind regards,  
*M Kitley*

**Matthew Kitley**  
**Headteacher**



# Let's PLANT TREES

Celebrate with us and get involved with planting a new orchard within the beautiful community garden space.

**Friday 24th January 2025**  
**From 10am to 3:30pm**

**3:30 to 4pm Wassail celebration**

Pinewood Community Garden  
Pinewood Park, Bemerton Heath

**Refreshments provided**

## What you could bring

- Gloves and Boots
- Come prepared for the weather
- Bring a friend/family member



