

Mrs Newbold's Newsletter

Autumn 1 2019



Meet the Team/Marvellous Me

Teacher: Mrs Newbold

Learning Support: Mrs Hughes and Mrs Currie

Please ask if you have any concerns regarding your child. **Marvellous Me** is a free app that will send regular updates from your child's teacher to your phone. Ask school for your user code or if you want help setting it up.



BEING THE BEST WE CAN BE!

Our Golden Rules

- ✓ We are gentle (we don't hurt others.)
- ✓ We are kind and helpful (we don't hurt anybody's feelings.)
- ✓ We listen (we don't interrupt.)
- ✓ We are honest (we don't cover up the truth)
- ✓ We always work hard (we don't waste our time or others' time.)
- ✓ We look after our own and other people's property (we don't waste or damage anything.)

Give your child the best chances

Check out this chart for how much sleep your child needs and what time they should be in bed.

Remember, TVs, tablets, phones and computers in bed keep your child's brain active and will keep them awake for longer! Tuck them in with a good book instead.



Age	Wake-up time						
	6am	6.15am	6.30am	6.45am	7am	7.15am	7.30am
5	6.45pm	7pm	7.15pm	7.30pm	7.30pm	8pm	8.15pm
6	7pm	7.15pm	7.30pm	7.30pm	8pm	8.15pm	8.30pm
7	7.15pm	7.15pm	7.30pm	8pm	8.15pm	8.30pm	8.45pm
8	7.30pm	7.30pm	8pm	8.15pm	8.30pm	8.45pm	9pm
9	7.30pm	8pm	8.15pm	8.30pm	8.45pm	9pm	9.15pm
10	8pm	8.15pm	8.30pm	8.45pm	9pm	9.15pm	9.30pm
11	8.15pm	8.30pm	8.45pm	9pm	9.15pm	9.30pm	9.45pm

"If you want your kids to WANT to read, then read amazing books aloud to them every single day."

Your child needs a good healthy breakfast but mornings can often be a busy rush getting ready for school. Grabbing something quick on the way to school is not a good start to the day so if sitting down for some toast or cereal is difficult, please ask about our affordable breakfast club.

If your child has a packed lunch, google 'BBC Good Food kids lunchbox ideas' on your phone. It will give you loads of ideas for healthy options. Children don't need lots of sweet treats at lunchtime, they need carbs, protein, fruit/veg and dairy to keep them going all afternoon.

PE is on a Friday

Physical exercise helps your child to look after their body and mind. Please help them in this by making sure they bring shorts and t-shirt (different to their school uniform polo shirt) as well as a change of shoes that are suitable for indoor and outdoor PE. For safety, no jewellery or watches must be worn during PE. If stud earrings cannot be taken out, they will be covered with plasters.



Learning at Home

Your child should be reading a minimum of 4 times a week at home. Please sign their reading record so we can give out golden tickets to children who have done this. If your child receives a golden ticket their name not only goes into the school prize draw to win a book, but we also have a class prize draw which gives them an even better chance of winning!

Spelling homework will be given out weekly on a Friday, and your child will be tested on the words the following Friday.

Additional homework will be given for topic too.



English and Maths

In English this half term, we are writing a poem about deserts, and an adventure story based on our class novel, "Geronimo Stilton and The Curse of the Cheese Pyramid". In Maths, we will be recapping place value and methods of addition and subtraction.

