

# Woodhouse Primary School

## Weekly Newsletter No 5

4 October 2018

Contact us:- Tel: 01484 714750

Email: [admin@woodhouse.calderdale.sch.uk](mailto:admin@woodhouse.calderdale.sch.uk)

Website: [www.woodhouse.calderdale.sch.uk](http://www.woodhouse.calderdale.sch.uk)

### Activities for week commencing – 8 October 2018



Mon	9.00-10.00am 3.15 - 4.15pm 3.15 - 4.15pm	Puppet Making – Year 3 Construction Club – Year 1 & 2 – Group 1 Football Club – Year 5 & 6
Tue	2.40pm	Congratulations Assembly – Year 4 -6
Wed	3.15 - 4.00pm 3.15 - 4.00pm 3.15 - 4.15pm	Student Newspaper Club Netball Club – Year 5 & 6 Zumba Club – Year 2 & 3
Thu	3.30pm	Football Match at St Andrew's
Fri	10.05am 1.00pm 1.30 – 3.00pm	Friday Bake – 4S ROKT – 5B Puppet Making – Year 3

### Harvest Festival – Thursday 11 October 2018

Thank you to those who have already brought in a donation. If anyone else would like to donate, items listed below would be very welcome:

**Rice, pasta, oats, cereal, pulses, sugar and tinned food.**

**Toiletries such as shower gel, soap, tooth paste, tooth brushes.**



If you and your child wish to contribute to this year's Harvest Appeal, please bring donations into school until the morning of Thursday 11 October and give them to the class teacher.

**Many thanks in anticipation of your support.**

### NSPCC

As you will already be aware, the NSPCC visited school on Monday to deliver their *Be Safe Be Seen* programme to the children.

In support of the charity, pupils will be taking part in a 1K or 2K run around our new running track. Sponsor forms for the event were sent home, and although there is absolutely no obligation to raise money, if you have chosen to collect sponsor money, please could this be returned to school by 15 October 2018.



### School E-Mail

We will once again continue with this service commencing on Thursday 11 October.

The weekly and class newsletters and some school letters will be sent via e-mail as a way of reducing our carbon footprint.

Also, copies of the newsletters are always available to read on the school website by visiting: [www.woodhouse.calderdale.sch.uk](http://www.woodhouse.calderdale.sch.uk)



### School Councillors

Elections took place last week and the children all had an opportunity to vote for their nominated candidates. This has helped us to learn about the British Value of Democracy. Congratulations to the winners of the school council elections from each class!



### School lunches

A reminder has been given to pupils who bring packed lunches to school that any uneaten food and used wrappers are to be taken home and not disposed of at school. This is to enable parents to be aware of what their child is (or is not) eating.



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## SENCO

Please see below a message from our SENCO, Mrs Crane.



### School Choir

This club is open to pupils from Years 4, 5 & 6 and will run every Wednesday from 17 October until 5 December 3.15 – 4.15pm. The choir will be taking part in a 'Big Sing' at the Civic Hall in Brighouse on Monday 10 December.



If your child would like to attend e-mail [newsletters@woodhouse.calderdale.sch.uk](mailto:newsletters@woodhouse.calderdale.sch.uk) and advise school by 9.00am Wed 10 October.

**Please include your child's name, class, contact number and advise how your child will be getting home after the club.** You will be notified if your child has a place.

### Support Group

A local Adoption Support Group has recently been established. The first meeting is open to parents, carers and professionals and will be on Wednesday 24<sup>th</sup> October 7-9pm at Café 139, Bradford Road, Brighouse, HD6 4AD. Julie Pocklington, Practice Development Manager for Education One Adoption West Yorkshire, will be attending to talk about attachments.



### St John's Church, Gooder Lane, Rastrick

They are holding a 'Harvestingle' on Saturday 6 October at 5.30pm. It is a service for all ages and will include stories, games and refreshments. Everyone is welcome!



### \*\*\*\*\*Classroom News\*\*\*\*\*

- YR – We've been on a walk and looking at the autumn changes.
- Y1 – We have been designing outfits suitable for hot and cold climates.
- Y2 – We have been drawing portraits of the Queen.
- Y3 – We have been challenging ourselves by doing lots of laps on the new running track.
- Y4 – We have been pretending to be explorers trekking through the rainforest.
- Y5 – We have been studying reptiles and amphibians in Science.
- Y6 – In Science, we compared how different animals adapt to their environments.



**Highest Class Attendance  
last week...RR..**

**Whole School Attendance  
last week ...96.60%..**

Yours sincerely

Mrs Lynn Daveney  
Headteacher

## Message from the SENCO – Mrs Crane

### Sleep

The University of Leeds have recently carried out a study into the sleep patterns of children. Their research showed that more than a third of the primary school children who took part in the survey were not getting enough sleep.

#### **How does lack of sleep affect children at school?**

Children who do not get enough sleep may be more likely to have difficulties at school, including attention and concentration and are more likely to be absent from school:

**Dr Nerina Ramlakhan stated: “Concentration and the ability to learn can be severely affected by lack of sleep. By establishing a regular sleep routine like this the whole family will sleep better, perform better at school and work, and be happier and healthier as a result.”**

#### **What can cause poor sleep?**

The researchers found that children who used phones, tablets or other electronic devices in the hour before bedtime were more likely to have sleep difficulties:

**Dr Weighall said: “There is a clear relationship between technology use and shorter sleep duration. ‘Where parents are able to encourage their children not to have technology in the bedroom at all, the sleep outcomes are much better.’**

Use the link below to read the full article:

[https://www.leeds.ac.uk/news/article/4115/lack\\_of\\_sleep\\_damaging\\_for\\_children](https://www.leeds.ac.uk/news/article/4115/lack_of_sleep_damaging_for_children)

#### **How much sleep do children need?**

The NHS provides the following recommendations:

<b>Age</b>	<b>Recommended sleep</b>
4 years	11 hours 30 minutes
5 years	11 hours
6 years	10 hours 45 minutes
7 years	10 hours 30 minutes
8 years	10 hours 15 minutes
9 years	10 hours
10 years	9 hours 45 minutes
11 years	9 hours 30 minutes

#### **Where can I get help?**

<https://www.nhs.uk/Livewell/Childrenssleep/Pages/childrenssleephome.aspx>

<http://www.uniqueways.org.uk/sleep-fairies/> or telephone 01422 343090