



## St Bartholomew's CE Primary School



### News in school 15.3.24

Good afternoon,

Recently, I have noticed the signs of Spring appearing: the warm greeting of the yellow daffodils; the odd appearance of the sunshine and the birds tweeting and chirping busily. The coming of Spring and Easter reminds me of fresh starts and new beginnings. Our core value of Forgiveness this term links very much to this overall theme. Saying sorry can be the hardest word, and we are not always willing to let go of things that have hurt us. Forgiving each other gives us the power and the freedom to move on positively; to begin again and start afresh, just like the Spring. As Easter approaches us at great speed, let us reflect and take the time to forgive others and to accept forgiveness when we have made a mistake. I hope that you all have a super weekend and that you enjoy the signs of Spring as much as I do.

Thank you so much to the 'Huggins' family for buying two new books from our wish list. These books are now in the library ready for the children to borrow. If you would like to know more about our wish list, please see the details under Any Other Information/Reminders.



### **Malicious Communication**

For the last few years, Malicious Communications has been an ongoing problem in Lincolnshire. Online behaviour is something we talk regularly to our children about within our online safety sessions. It is important that parents / carers / guardians are aware of the laws and the potential consequences online behaviour can have in the real world, for our children's futures. Attached is a document which outlines the different laws regarding online behaviour, which accompanies a video aimed at parents [Stay Safe Talks - Malicious Communications \(youtube.com\)/ \(https://www.youtube.com/watch?v=Akl9CgpP9t8\)](https://www.youtube.com/watch?v=Akl9CgpP9t8).

### **Parent Workshop 'How to keep your autistic child safe from online radicalisation'**

This is a free online workshop, designed specifically for parents/carers, and those who provide direct support for neurodiverse children, particularly males.

The workshop contents will include:

- Understanding the specific vulnerabilities of young males with ASD or other neurological conditions which makes them particularly susceptible to radicalisation.
- Identify when a young person in your care, or who you support, is at risk of online radicalisation.
- Provide the skills and knowledge to intervene directly in an appropriate way to safeguard the young person.
- Know how to seek further support in mitigating that risk.

Workshop dates are yet to be planned but are likely to be during April / May, held online, for approximately 2 hours. We welcome any feedback on what times of day would be most suitable for these to take place.

To express an interest in being allocated a place on one of the workshops please email [Prevent@lincolnshire.gov.uk](mailto:Prevent@lincolnshire.gov.uk) with your contact details and a brief description of how the course may be suitable for you.

### **Secondary School Transport**

If your child is transferring to secondary school in September 2024, they may be eligible for school transport. If you think your child is eligible, please apply for transport as soon as you have your offer of a school place. Early transport applications are encouraged to ensure that transport is in place in time for the start of the September term. Applications can be made online at the website below or a telephone application can be made by contacting the Customer Service Centre on 01522 782020.

For more information about the home to school transport policy and online applications please go to [www.lincolnshire.gov.uk/school-college-transport](http://www.lincolnshire.gov.uk/school-college-transport) or alternatively if you have any queries please email [schooltransportapplications@lincolnshire.gov.uk](mailto:schooltransportapplications@lincolnshire.gov.uk).

Take care,  
Miss Ingle

### ***School worship***

Creator God, forgive our moments of ingratitude,  
the spiritual blindness that prevents us  
from appreciating the wonder that is this world,  
the endless cycle of nature,  
of life and death and rebirth.  
Forgive us for taking without giving,  
reaping without sowing.  
Open our eyes to see,  
our lips to praise,  
our hands to share,  
and may our feet tread lightly  
on the road that, together, we travel.

### ***Bible verse of the week***

‘I have come to call not the righteous but sinners to repentance.’ Luke 5:32

### ***Celebrated this week in Collective Worship***

| w/e 15.3.2024 | Fantastic award | Excellence award |
|---------------|-----------------|------------------|
| Apple Class   | Woody           | Bobby            |
| Palm Class    | Harvey          | Tommy-Lee        |
| Oak Class     | Sofia           | Leah Br          |
| Willow Class  | Charlie-Mai     | Daisy C          |

### ***Attendance winner of the week***

Palm Class are the attendance winners of the week and will receive the reward of taking Gerald to the park at playtime one day next week.

## Church News

West Pinchbeck Church Ladies Club meet in the Village Hall on Tuesday 19<sup>th</sup> March at 7.30pm. Jane Pearson will be updating us on the plans to bring the remains of Matthew Flinders back to Donnington Church. Of course, Matthew Flinders was originally from Donnington, so a bit of local history. This is an open meeting and all are welcome, male and female. Visitors just £2.50 including refreshments.

Arrangements are beginning for the Flower Festival in St Bartholomew's Church from 1<sup>st</sup> - 6<sup>th</sup> May inclusive. If you would like to try an arrangement, or can help in any other way, please contact Wendy Houghton, 01775 640296. Any help would be much appreciated.

## Dates for Your Diary

| Date   | Time        | Event  |
|--|-------------|--|
| 19 <sup>th</sup> March   |             | Willow Class – Easter Cracked                          |
| 20 <sup>th</sup> March   | 3.15-4.30pm | Easter Disco <b>(form on ParentMail)</b>               |
| 25 <sup>th</sup> March   | 3.30-5.30pm | Parents' Evening <b>(book via ParentMail)</b>          |
| 26 <sup>th</sup> March   | 3.30-6.30pm | Parents' Evening <b>(book via ParentMail)</b>          |
| 28 <sup>th</sup> March   | 2.15pm      | Easter Church Service <b>(collection Village Hall)</b> |
| 16 <sup>th</sup> April   |             | Reception 2024 place offer day                         |
| 16 <sup>th</sup> April   |             | Palm trip to Woolsthorpe Manor                         |
| 26 <sup>th</sup> April   |             | Year 1 – Learn2Ride course                             |
| 15 & 16 <sup>th</sup> May  |             | Year 5 – L1 & 2 Bikeability                            |
| 26-28 <sup>th</sup> June   |             | Year 6 Residential - Ravenstor                         |
| 16 <sup>th</sup> July  | 9-4.30pm    | Whole School Trip                                      |
| Please be aware that Lincolnshire County Council have amended the term dates for 2024-25. Tuesday 22 <sup>nd</sup> April 2025 is now an Inset Day and Monday 2 <sup>nd</sup> June 2025 is now a normal school day. Please see our school website for all term dates. |             |  |
| All calendar dates/events can be found on our school website by clicking on the 'calendar' tab. If you wish to add an event to your own calendar, you can do so by clicking on the link and pressing the 'add to calendar' button.                                   |             |  |

## Any Other Information/Reminders

### PE Timetable Term 4:

|        | Outdoor PE | Indoor PE |
|--------|------------|-----------|
| Apple  | Monday     | Wednesday |
| Palm   | Tuesday    | Thursday  |
| Oak    | Thursday   | Monday    |
| Willow | Friday     | Tuesday   |

### Parents' Evenings

Parents' evenings will take place on Monday 25<sup>th</sup> March (3.30-5.30pm) and Tuesday 26<sup>th</sup> March (3.30-6.30pm). Please make an appointment via ParentMail by clicking on the Parents' Evening tab. If you require any help, please click on the help tab, followed by Applications and Parents' Evening Manager. Following Parents' Evening, you will receive a questionnaire regarding your experience and also asking how you travel to school. We would be very grateful if you could complete this on ParentMail.

### Easter

The Easter Service will take place on Thursday 28<sup>th</sup> March at 2.15pm at St Bartholomew's Church. The children will be dismissed from the Village Hall at 3.15pm. KS1 will be dismissed from the blue door and KS2 from the kitchen door as before.

The PTFA will be holding their Easter Disco on Wednesday 20<sup>th</sup> March (3.15-4.30pm). If you wish for your child to attend, please complete the form via ParentMail and send money, in a named envelope, to the school office.

The PTFA will also be doing an Easter Egg Hunt for the children at the beginning of the week.

### **Attendance**

All schools are expected to keep their attendance over 96%. This term we have dropped to 95.2% I know that this term brings chilly weather and wet mornings, which in turn means more colds and coughs are about, however, if your child has a cold, they should still be in school please. If you need any help with attendance, please come and speak to us as we will help in any way that we can. Dr Chris Whitty released this statement via the DfE: *"It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above."*

**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**

### **Book Wish List**

We are constantly trying to update our school Library so the child have the opportunity to read new and exciting books. With this in mind, Mrs S has sourced a 'Book Wish List'. It has been created by our local book shop 'Bookmark' in Spalding. They have been extremely kind and made an area on their website where you can click on a book and purchase it online and have also offered us a discount. We felt it was not only important to purchase new books for our children but also support a local small business. When a few books have been purchased they will then contact Mrs S to go and collect them. If you feel like you would like to purchase a book for our Library, or know someone that would like to, then please follow this link:



<https://uk.bookshop.org/lists/st-bartholomew-s-ce-primary-school-wishlist?>

### **Working Party**

Due to the current economic climate, we are looking for ways to cut down on costs over the year. We currently spend a reasonable amount of money each month for the upkeep of the school playing fields and hedges. We are looking to source our own ride on lawn mower for our wonderful caretaker to use for the grassed areas. In addition, we wondered if anyone would be prepared to join a working party 3 times a year to cut the hedges. If you think that you could help with this, please email the office and let them know. Every little helps! Thank you!

### **School Mobile Phone**

We now have a school mobile for afterschool care. The number is: **07396725986** It will be turned off during the school day. It will only be available for parents who have children attending afterschool care during afterschool care hours. **PLEASE CONTACT THE SCHOOL OFFICE FIRST IN ALL CIRCUMSTANCES.**

### **After School Kids Club**

Please be aware that if parents/carers/guardians are more than 10 minutes late collecting from after school clubs at 4pm there will be a charge of a full hour, per child, childcare cost.

### **Pencil Cases**

Please remember to ask your child regularly if they require anything replenishing.

### **Severe Weather/Snow Closure**

In the event of severe weather, we will always strive to ensure that the school remains open, but in the event that extreme weather conditions necessitate the closure of the school we will advise you of this in a number of ways. We will notify parents via email via Parentmail, update the school website and advise Lincs FM and BBC Lincolnshire radio stations so listen out to their broadcasts or log onto their websites. We will also post a message on the school's Facebook and 'X' pages.

### **School Opening**

Our school office is open from 8.30am to 3.15pm, Monday to Friday. If you wish to contact the school out of these hours, please call 01775 640357 and leave a message on our answerphone or alternatively email [enquiries@stbartholomews.lincs.sch.uk](mailto:enquiries@stbartholomews.lincs.sch.uk).

**PTFA Easy Fundraising** is a great source of funds for the school which could raise £££s for the PTFA. A range of retailers, holiday companies, Ebay, Tesco and many more donate a percentage of money spent when parents / carers / guardians spend money. It costs the consumer absolutely nothing at all. Parents/carers/guardians need to click on the easy fundraising link:

<https://www.easyfundraising.org.uk/panel/>

- Register an email and password
- Nominate your cause
- Download a reminder tool to browser so when purchases are made through a partner a reminder is sent.

Make the purchase and a percentage goes to St Barts!

£36.98 raised in the last 30 Days!

# 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.



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# EASTER SPORTS CAMP

**@ WYGATE PARK ACADEMY**  
WITHAM RD., PE11 3WT

**WEDNESDAY 3RD TO FRIDAY 5TH APRIL**  
**MONDAY 8TH TO FRIDAY 12TH APRIL**

**9AM TILL 3PM**  
**£20 PER DAY**

**FOR EXTRA TIME (3 TILL 4PM)**  
**ADD £4.50 PER DAY**

**FOR AGES: 4 TO 11**

**CHILDREN NEED: DRINKS**  
**AND A PACKED LUNCH**

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