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Science Week

As you know from the poster competition, the theme for British Science week this year has been 'Time.' Throughout school children have explored different aspects of time this week with lots of practical investigations and experiments.

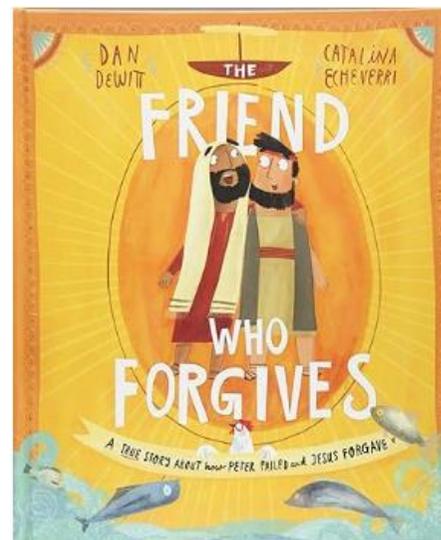
- Willow Class explored shadows.
- Ash Class conducted a changing apples experiment. Their tiny baby caterpillars have arrived too so they can observe the changes in the lifecycle of a butterfly in the coming weeks.
- Oak Class explored animal adaptations.
- Elm class conducted experiments with jelly and investigated what happens when seeds are placed in different conditions.
- Beech Class researched and debated the extinction of the dinosaurs.
- Silver Birch Class were inspired by a 'Nature's the Future' theme.
- Holly class carried out parachute investigations.
- Elder Class made water clocks (with some working better than others!)

We hoped you enjoyed looking at the children's work after school.

Thank you for supporting our Red Nose Day appeal. We have already collected £125 to pass on to this worthy cause. We'll leave the option open on Parent Gateway until the end of next week. We will also announce the winners of the colouring competition next week.



Forgiveness



Thank you to the children in Year 4 today who volunteered to tell this wonderful story in worship. The story shows how Jesus forgives again, and again and again. We are trying to do the same when our friends make mistakes, just like Peter in this story.

Our Vision

Together we inspire one another to live life to all its fullness, rooted and built up in Christ, so that every member of our school community can learn, develop and flourish, to live in the world as the unique individuals God created us to be.

Healthy Me

We know that healthy children are able to focus and learn better in school. Part of being healthy includes having enough good quality sleep. Please find opposite a useful poster with lots of advice on helping children develop good habits around getting enough sleep.

CHORLEY
SCHOOL SPORTS PARTNERSHIP

EASTER SPORTS CAMP

TUESDAY 2ND - FRIDAY 5TH APRIL

Join us for 4 days of fun and games,
crafting & an Easter egg hunt from
9am until 3pm
You will find us at...

**CHORLEY ST
PETER'S C.E.
PRIMARY
SCHOOL**
Eaves Lane
PR6 0DX

**LANCASTER
LANE
COMMUNITY
PRIMARY
SCHOOL**
Hunters Lane
PR25 5TT

Ages
5-11

Please book online at www.chorleyssp.co.uk/holiday-events
£80 full week £25 per day and siblings discounts.
Enquiries: 01257 449278 or WhatsApp us 07306403255

Attendance this Week

Overall attendance = 95%

Late marks = 30

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.

- 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.
- 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.
- HYDRATION HABITS**
Underline the importance of drinking plenty of water throughout the day, while limiting intake 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 forcing them back up.
- 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.
- OPTIMAL SLEEP ENVIRONMENT**
Ensure that the bedroom is comfortable, dark and free from distractions, ensuring an ideal space for quality rest. The room's temperature should also be suitable for sleeping – not too hot and not too cold – while rooms should be approx 18°C and free of clutter as possible.
- 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 make falling asleep much easier.
- 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 intense periods in our lives: during the school season for children and young people, for instance.
- 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, instead of less-nutritious portions; sleep not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.
- PARENTAL SUPPORT**
Parents and carers, of course, are uniquely placed 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 rest – see.
- 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 at least once a week! While it certainly is a good deal of practice to perfect, generally it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert
Mind Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Retail Enterprise UK 'Dive to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam O'Leary – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

#WakeUpWednesday
The National College

Dates For Your Diary	
Wednesday 20 th Thursday 21 st	Parents' Evenings
Friday 22 nd	Non-uniform day for Easter Eggs And Easter Bonnet Competition
	
Monday 25 th	Rock Steady Concert – for parents/carers of those having lessons
Wednesday 27 th	Easter Egg Bingo
April	
Wednesday 17 th	BOOK FAIR IN SCHOOL for one week
Friday 19 th	Fairtrade Breakfast (from 8am) and Reading Morning (from 9am)
May	
Thursday 2 nd	Polling Day – school open as normal
Monday 13 th	KS2 (Year 6) SATs week
Friday 17 th	PTFA Bog-Eyed Jog
Tuesday 21 st	Class photos
Wednesday 22 nd	Year 6 residential visit

June	
Monday 17 th to Friday 21 st	History of our school week – celebrating 140 years!
July	
Wednesday 10 th	Summer Fayre

Gardening Club



Fresh air, exercise, enjoying nature – what could be better? Come along to help in our garden on Tuesdays after the Easter holidays.

Everyone is welcome to join us in our garden straight after school. You don't have to commit to coming every week – just join us when you can.

Children are welcome to come from Pre-school up to Year 6 with a parent/carer. Feel free to bring your own gardening tools if you prefer. We have lots of plans to develop our garden area this year and we need lots of help.

All participants will be able to take home any fruits and vegetables we grow.

Pre-School Places
Available for
September 2024

Contact the office for details or visit our website for an application form:
<https://www.clayton-le-woods.lancs.sch.uk/about-us/pre-school>



Clayton-le-Woods
Pre-School

