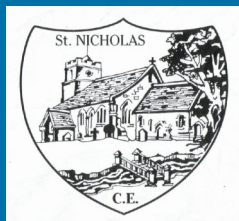


Email: [adminoffice@longparish.hants.sch.uk](mailto:adminoffice@longparish.hants.sch.uk)  
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# Longparish CE Primary School Newsletter

'To do all things through Christ who strengthens us' (Phil 4/13)

## Friday 15 March 2024



FFT National  
Attendance Award  
2023/24

Dear Parents and Carers,

Another busy, busy week as you can tell from this newsletter.

Cooking, local visits, plays, experiments, engineering and much more! We not letting the constant rain get us down here!

Have a lovely weekend.



### CAKE/TRAYBAKE/BISCUIT SALE

Robin class and Heron Class have done an amazing job baking up a storm, and providing a veritable feast of goodies for us all.

This Monday it is **KINGFISHER CLASS** who will be providing an opportunity for us to stock up for the week on treats at home.

Again, please bring a Tupperware to take away any of the cakes you may purchase. Cakes will be available to buy—cash or card.



Attendance for the  
year to date: 96.6%

## Excellence

## Friendship

## Respect

**FRIENDS OF LONGPARISH SCHOOL  
& MUDDY RUNNERS**

PRESENT THE

# **LONGPARISH RUN**

**SUNDAY 19 MAY 2024**

**TICKETS: £5-£18**

**10KM, 5KM & 3KM ROUTES - ALL AGES**

MORE INFO & REGISTRATION

**[WWW.PTA-EVENTS.CO.UK/LONGPARISH](http://WWW.PTA-EVENTS.CO.UK/LONGPARISH)**



CHARITY NO 1001539

When we all started using smartphones, we had little understanding of the impact they have on children and teenagers. Now we do and the evidence is worrying for us all as parents.

By the time children start secondary school the majority have a smartphone. For us as parents, having a means of communication with our child is an important necessity. Having the ability to track our child's physical location through their phone, is also hugely comforting.

But, allowing your child to roam freely on everything that can be accessible on a smartphone is also hugely concerning.

The evidence is now overwhelming. Ofcom reported that 87% of three to four-year-olds went online in 2022, while 20% of them owned a smartphone. There's now scientific evidence that shows that it is extremely damaging for developing brains and suggests that the younger a child gets a mobile phone, the higher their rate of mental illness later on.

Governments are unable to act or react quick enough, the corporations (and individuals) in charge of some of the software have huge profit, power and sway.

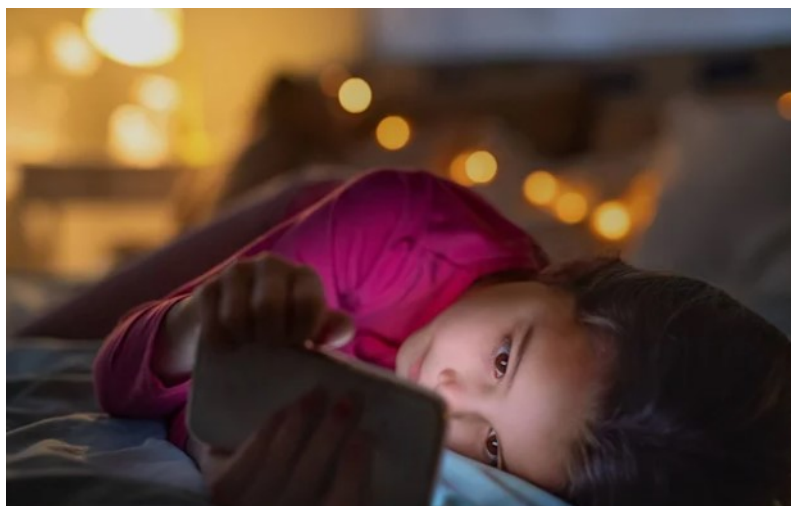
However, a small UK based grass roots movement is growing in size. It started as one Whatsapp group for concerned mums in Suffolk. At the same time Esther Ghey, the mother of Brianna Ghey, recently called for a complete ban on social media access for under-16s, and said more people will have mental health issues unless tech companies take action to restrict access to harmful content.

If you would like to find out more then visit the website [www.smartphonefreechildhood.co.uk/](http://www.smartphonefreechildhood.co.uk/)



We always encourage parents to do three main things when it comes to supporting their child to use technology safely:

- 1) Have strict time limits – ensure that they are not gaming, watching YouTube etc for long periods of time. Make sure they do other things too e.g. read books, have time for their brain to process the day.
- 2) Keep communicating with your child. Show an interest in the games they may play. Make sure that they feel comfortable reporting to you anything inappropriate that they may come across.
- 3) Set Family safe settings on all your devices.





**Class  
Learning  
this  
week  
Robin  
Class**

Another incredible week in Robin Class!! Our text focus this week has been 'The Little Red Hen'. We have talked about how important it is to be helpful, we discovered more about how flour is made and what machinery and crops farmers use and how it is grown and harvested.

On Friday we made our own fresh bread and butter, discovering the science of how things change states from a liquid to a solid and how heating the dough makes it rise and cook.





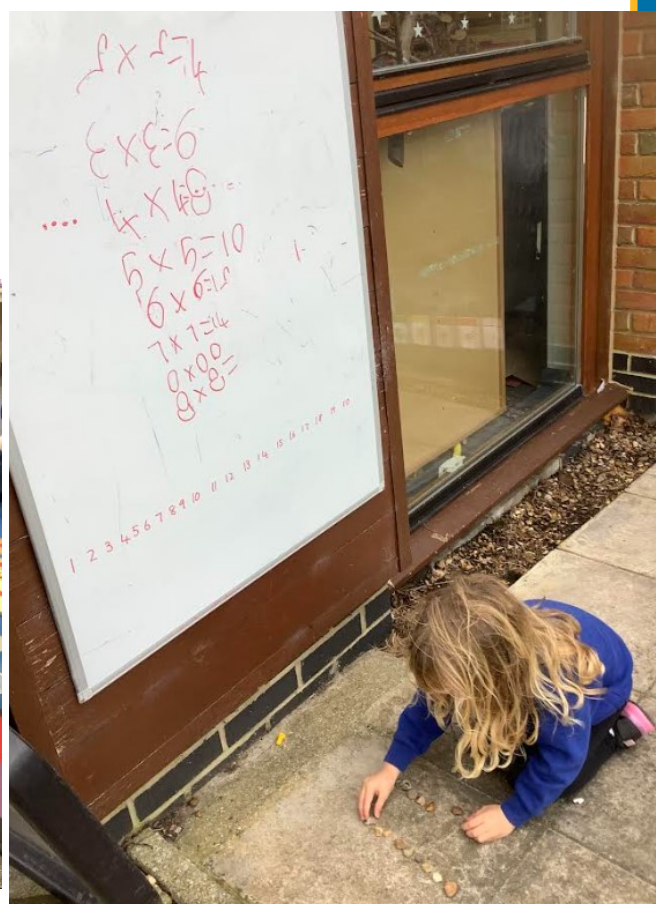
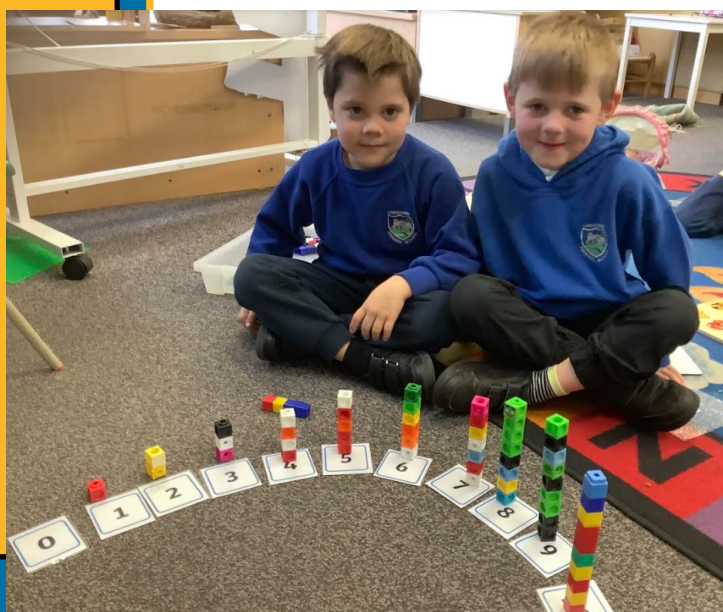
**Class  
Learning  
this  
week  
Robin  
Class**

On Thursday we were very lucky to join Little School to share the opening of the bug hotel at the park. The children made this a few months ago in Forest School and it has now been positioned pride of place in the park. A huge thank you to our governor Christian Dryden for organising this and our special guests who were the original groundspersons of Longparish village and developer of the park when it was first built over 50 years ago. Please go along to the park and see our special bug hotel and see if it has any guests yet!



In maths this week we have begun to look at addition facts and number bonds to 10. We have taken this learning into the provision and the outdoor area, using stones to help us count and cubes to represent numbers.

What an incredible week of diverse hands-on learning experiences.





**Class  
Learning  
this week  
Heron  
Class**

Hérons have enjoyed taking their learning about measurement in a new direction this week by exploring volume and capacity. Using practical and hands-on experiences we learned how to identify and discuss volume and capacity using appropriate maths vocabulary, as well as using measurement instructions to make salt dough for creating our own Easter tree decorations.

In English, the children have worked hard to publish their re-tell of 'Little Red Riding Hood' with pieces for them all to be proud of, now displayed outside our classroom. Following on from story writing, we have now begun our new computing unit based on creating our own animated stories and building these into an 'e-book'. This week we learned how to use drawing tools to create a picture, how to add text to a page as well as adding interesting animation features to make our artwork move on the page.

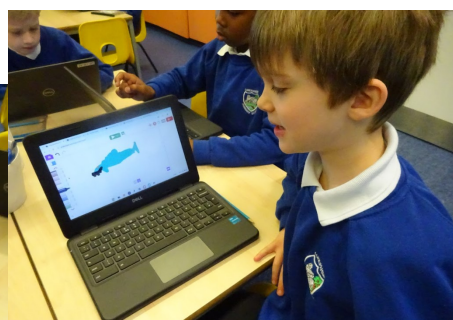
As it has been British Science Week this week, we have also used this year's theme of 'Time' as inspiration for a number of sessions across the week. From illustrating and labelling a mind map of how we spend our time, to exploring our school grounds considering ways we can improve 'nature's future' in our own immediate environment. The children have come up with some lovely ideas that we will take forward as we move through the rest of the school year, but it was a great exercise to see all the wonderful things we already have around us at school, that promote and show our love and respect for nature. Mr Ward came in to show the children photos and plans for the 'Lookout Lodge' and how this will allow us to continue improving further still, the natural environment within our school grounds.

We also used the theme of 'time' to introduce 'timelines'. This is an important concept in our historical understanding, with the children able to sequence the growth timeline of a human from baby to adult, but also as we looked at important historical events we have recently learned or heard about and sequenced these onto our new class timeline. We enjoyed learning about some local history around the legend of 'Deadman's Plack' and looking at photos of the old Longparish railway station to help show the children the difference between changes within recent or living memory to historical events further back in time.





**Class  
Learning  
this week  
Heron  
Class**





**Class  
Learning  
this week  
Kingfisher  
Class**

In Kingfishers this week we finished our designs to our Egyptian collars and used these within our school production of Who is Your Mummy. We have been so impressed by the classes enthusiasm and dedication to learning their lines and performing. The songs and actions brought the play to life and we thoroughly enjoyed seeing the children's confidence blossom over the past weeks of rehearsals. A huge thank you for the artefacts and set which brought the story to life as well as the amazing costumes created by parents and staff. Many of our class have stepped out of their comfort zone performing to such a huge audience particularly on Thursday evening and parents have mentioned how excited their children have been to have been part of this learning experience on Ancient Egypt. The topic of Ancient Egypt began with our workshop and ended with our performance where children have been immersed in the learning of Ancient Civilizations.













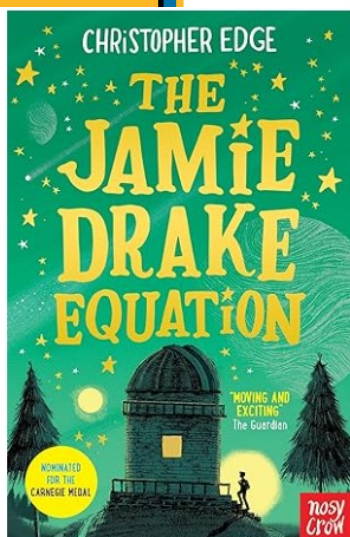
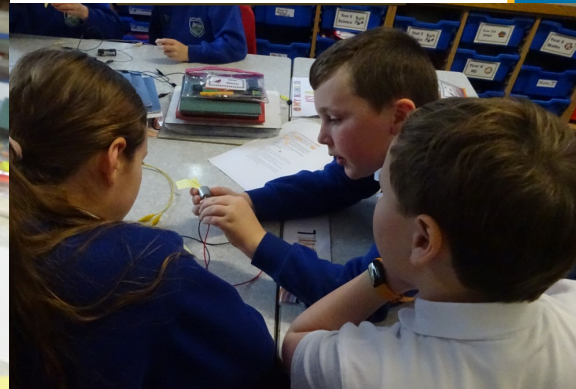
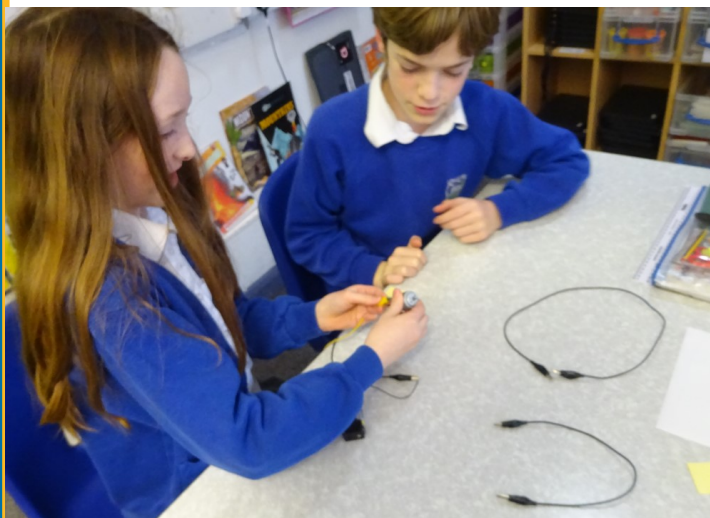




**class**  
**Learning**  
**this week**  
**Chaffinch**  
**Class**

This week we have started our Science topic of Earth and Space, learning mnemonics to help us remember the formation of the planets, and understanding that we are rotating and spinning; and how this links with days, years and seasons.

We have used our prior knowledge of Electricity earlier in the year, to start making our own moon buggies. The children enjoyed experiments with motors, creating a complete circuit with a switch—ready to make a cam belt to attach onto their own moon buggies.



In English, we have dipped our toes into our new text, 'Jamie's Drake Equation', writing predictions using the front cover and blurb as our evidence. The children enjoyed debating whether aliens are real using sources of information and their own opinions and wrote brilliant persuasive arguments to back their opinions.

Year 5 have used their knowledge of equivalent fractions to aid them adding and subtracting fractions with the help of bar models. Year 6 have worked hard with their fractions, using different styles of questions to deepen their understanding and reasoning.



## Celebration Worship

### House Point Totals

House	Weekly points	Total Points
St Andrew	136	2048
St David	172	2004
St George	146	1970
St Patrick	107	1984

### Housepoint Winner of the

Robins	Charlie
Heron Class	Abigail
Kingfisher Class	Ivy
Chaffinch Class	Scarlett



### Times Tables Rockstars/numbots



Excellence

Friendship

Respect



Our House Point Certificate winners for the week.



Other successes.

Xander, Rafe and Nathaniel all Martial Arts experts



Excellence

Friendship

Respect



## Celebration Worship

### Stars of the Week

Robins	Luna
Heron Class	Robbie
Kingfisher Class	Whole Class
Chaffinch Class	Bonnie



This week's squirrel certificate winners

### Squirrel Certificate:

Robins	Charlie, Esther
Heron Class	William, Cressida, Judah, Amelia
Kingfisher	
Chaffinch Class	Naomi, Claudia, Leon, Lexie



**Excellence**

**Friendship**

**Respect**



## Diary Dates

## Community and Parish

Diary Dates	
Spring Term	
18 March MONDAY	KINGFISHER cakes, tray bakes and biscuits SALE
18th March Monday	Yr 3&4 Hockey Tournament Rookwood
20 March @2:30pm	Kingfisher Violin Listen 2 Me Concert
25 March MONDAY	CHAFFINCH cakes, tray bakes and biscuits SALE
26 March 2-5pm	Years 5&6 Football Festival @ John Hanson
28th March	Easter Service in Church Last day of Term
Summer Term	
15 April	First day of Summer Term
13, 14, 15.16 May	Year 6 SATs tests
Sunday 19th May	Longparish Run—all ages welcome
25 May—2 June	Half term
Saturday 8th June 12-4	Summer Fayre
Monday 17th June	INSET day
Thursday 20th June	Yr 6 Leavers Service Winchester Cathedral
26th June	Sports day
28th June	Hérons Country Dancing @ John Hanson
2 July	Year 5 Taster Day Testbourne

Sunday 3 March - Lent 5

10:30 Holy Communion

Excellence

Friendship

Respect



# 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.

