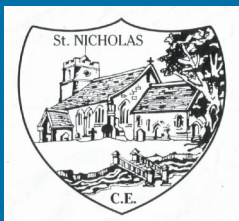


Email: adminoffice@longparish.hants.sch.uk
Website: www.longparish.hants.sch.uk
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Longparish CE Primary School Newsletter

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

Friday 19 April 2024



FFT National
Attendance Award
2023/24

Dear Parents and Carers,

What a great start to our Summer term!

It has been great to see so many happy faces on return who have all been eager to learn.

Look out for each class' termly overview in book bags over the next week to see what we have planned!

We have finally been able to open up our field, due to the weather; the children have loved working together to make dens and bug homes.

Have a lovely weekend in the sun!



Attendance for the
year to date: 96.3%

Attendance for the
week: 96.1%

Friends of Longparish School

Non Uniform Day (Friday 3 May)

FoLS are holding a non uniform day at school on **Friday 3 May**. In return, we are asking you to please bring in a donation for the chocolate tombola at the Summer Fayre.

Bars, bags or boxes – any type of chocolate is appreciated. Even unopened Easter eggs! They just need to be in the original packaging and still be in date at the end of June 2024.



Excellence

Friendship

Respect

Longparish Run (Sunday 19 May)

Book your place today for an Early Bird discount at the Longparish Run! Take part in the 10km, 5km or 3km route - family friendly. Early Bird discounts apply to bookings made before the end of April. Register now at www.pta-events.co.uk/longparish

A promotional poster for the Longparish Run. The background is a light pink grid of dots. At the top, in dark blue, it says 'FRIENDS OF LONGPARISH SCHOOL & MUDDY RUNNERS' followed by 'PRESENT THE' in a smaller font. Below this, the words 'LONGPARISH' and 'RUN' are prominently displayed in white, with 'LONGPARISH' on a dark teal rectangular background and 'RUN' on a pink rectangular background. The date 'SUNDAY 19 MAY 2024' is written in dark blue below the title. An orange box contains the text 'TICKETS: £5-£18'. Below that, a dark purple box says '10KM, 5KM & 3KM ROUTES - ALL AGES'. Further down, it says 'MORE INFO & REGISTRATION' followed by the website 'WWW.PTA-EVENTS.CO.UK/LONGPARISH' in dark blue. At the bottom, there are four stylized running figures in red, purple, teal, and orange. A QR code is located in the bottom right corner, and the text 'CHARITY NO 1001539' is at the bottom left.

**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

CHARITY NO 1001539

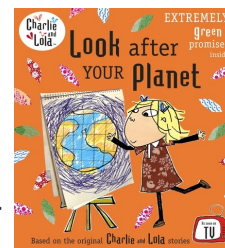
Summer Fayre (Saturday 8 June, 12pm-4pm)

+ We have an exciting advertising opportunity for local businesses, who are invited to sponsor the Fayre or donate a raffle prize. For more information contact Jo at chairfolz@gmail.com

+ We will soon be asking for volunteers to run stalls at the Fayre. We are particularly keen to put together a team ahead of time to act as car park marshalls. If you can lend a hand, please let us know. Even just an hour of your time is very much appreciated. Thank you.

**Class
Learning
this week
Robin
Class**

Happy Summer Term Robin Class!! We have had a fabulous first week back. The children have settled back in to classroom routines really well and have made a super start to their Phase 4 phonics; using their sounds to read and write longer words and sentences and their maths of numbers to 20 and beyond.



This week we shared the Charlie and Lola story 'Looking after our planet'. We discovered lots of rubbish in our play area! After collecting it all up and sorting it, we decided to use lots for junk modelling and the plastic trays to plant our seeds in for our growing area.



Our outdoor area was completely flooded after the continuous rain this Easter break. Luckily this was not a problem for Robin Class who enjoyed trying to clear some of the water by brushing it away. They made bridges to enable everyone to cross and move around; solved problems of how to transport water along channels to create flowing water ways. They also explored filling a container; nearly full, half full and full. They tested different materials to see what would float and what would sink. The babies floated because they were hollow inside. A super amount of maths, science, PSED, communication and language learning through the exploration of a large puddle!

The wonder of Early Years learning through play.



We were super lucky too to see the return of our tadpoles, we have been observing them this week and talking about where they are in their life cycle. Some have turned into frogs and some are froglets. It is wonderful to see them change and develop from frogspawn all the way through to frogs. We will release them in the river beside the school so hopefully they will return next year to lay their eggs for us to experience again.

Well done on a super start Robin Class!!



**Class
Learning
this week**

**Heron
Class**

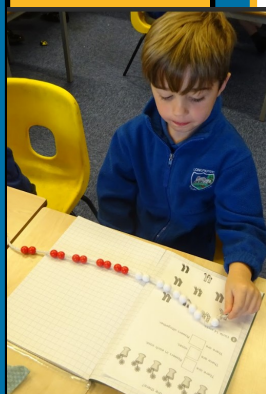


It has been a lovely start to the new term. We have enjoyed listening to and talking about our new English focus story 'The Storm Whale'. After recalling key information from the text we also thought about why it was important to return the whale back to the ocean - we knew it wasn't the best thing for him to stay in the bath! We even found a creature out of place ourselves, spotting 'Tiny the Turtle' in our very own quiet area at school. Working in groups and then as a class, we were able to come up with a plan for what we could do to help him.

We have learned the names of the continents and oceans of the world this week as we started our new Geography unit, and in Science, we used our grouping and sorting skills to consider what was alive, dead (or once alive) and those things that have never been alive.

In maths this week we have thought about equal groups, recognising and making equal groups to help us count in 2's, 5's and 10's as we begin to use repeated addition to help us count in equal amounts. We used lots of resources to help us see, build and calculate equal groups.

We finished our week having a go at dancing the 'Pat-a-cake Polka' as we begin to learn the dances for the Country Dancing Festival that we will attend later in the term, more information will come out for families about this soon.



**Class Learning
this week
Kingfisher
Class**

This week has started with an Introduction to our new topic, 'Oceans, Seas and Coastlines'.



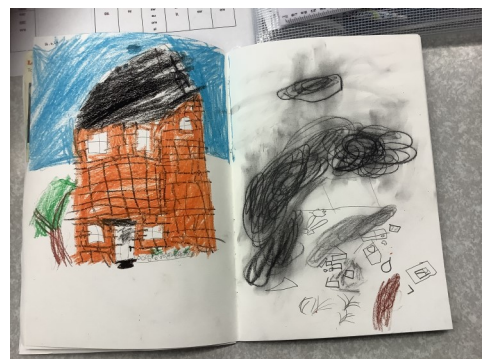
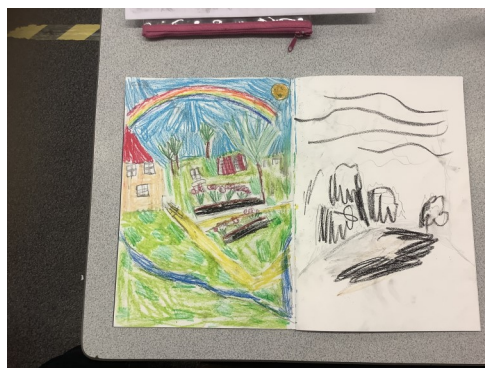
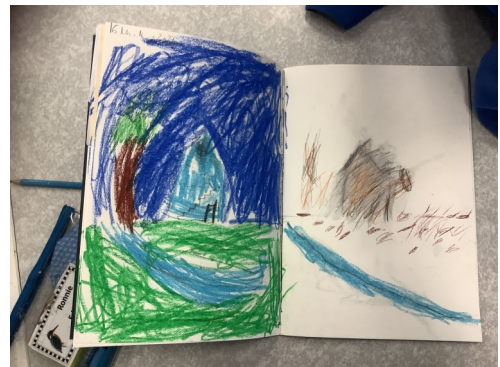
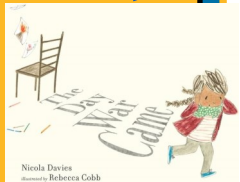
We have enjoyed sharing our new Shared Reader 'Kensuke's Kingdom' by Michael Morpurgo and can't wait to find out more.

In English, we have explored the book, 'The Day the War Came', where we are contrasting the different environments in preparations for writing our own poetry about Home and its importance.

We have been able to link our English in Art this week, sketching contrasting landscapes.

In PE, we are starting to practise out athletic skills in readiness for Sports Day.

The brass instruments have been delivered and we are already anticipating a wonderful end of term concert!



Class Learning this week

Chaffinch Class

This week has been an important for Year 6, who have been taking part in their Mock SATS. The children have shown exceptional resilience, perseverance and enthusiasm towards these and we have been very proud of their mind-set and effort.

Year 5 have enjoyed making powerpoint presentations with different transitions, information, pictures and videos to inform others of their knowledge of 'Mountains, Volcanoes and Earthquakes' taught last term. They have been very enthusiastic and have thrived showing others their final products.



In Computing, Chaffinch have started to use Purple Mash to learn coding, understanding this a step of small steps in order to make the programme respond, looking at debugging and improving as they go.

As Artists, we have learnt about the style of Pop Art, understanding what it is, what the art work would look like along with learning some well known artists within this movements. We are looking forward to creating our repetitive prints using a variety of printing techniques.

In RE, we have started thinking about what certain people, such as celebrities, ourselves and friends would in certain scenarios before comparing what 'What would Jesus do?'. We have been thinking about why Christians choose their actions based on what Jesus would have done.



House Point Totals		
House	Weekly points	Total Points
St Andrew	272	2272
St David	222	222
St George	268	1268
St Patrick	276	276



Housepoint Winner of the Week	
Robins	George Xander
Heron	Willow
Kingfish- er Class	Ivy
Chaffinch Class	Leon



Our House Point Certificate winners for the week.



Excellence

Friendship

Respect

Other successes.

Zara– Passed Stage 5 swimming

Matilda– Brownies awards

Henry & Alexander– 5km run



Excellence

Friendship

Respect

Celebration Worship

Stars of the Week

Robins	Arthur
Heron Class	Tom
Kingfisher	Isla
Chaffinch Class	Ben Year 6



This week's squirrel certificate winners

Squirrel Certificate:

Robins	Xander, Billy, Marlowe
Heron Class	Nico, Max, Ziggy, Elizabeth,
Kingfisher	Delilah
Chaffinch Class	



Excellence

Friendship

Respect

Diary Dates

Diary Dates	
	Summer Term
30 April	Kingfisher class trip to Bournemouth Oceanarium (NO afterschool rugby club)
3 May	FOLS Non-uniform day
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
25th June	Chaffinch class trip to Chalke History Festival
26th June	Sports day
28th June	Herons Country Dancing @ John Hanson
2 July	Year 5 Taster Day Testbourne
23rd July	Last day of term

Community and Parish

21st April - Family Service - 10.30 am - a short service with refreshments and children's activities during the service

28th April - Morning Prayer - 10.30 am

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.



The National College®