

# Parkside Primary School Newsletter



Friday 20<sup>th</sup> January 2023

Proud to be Parkside

## Weekly Update

It was a welcomed surprise to see the arrival of snow this week. The children had lots of fun making snowmen, creating snow angels and throwing the odd snow ball here and there. What wonderful memories! On Tuesday Mr Compton, CEO and Mrs Bennett, Director of Teaching and Learning visited Parkside. They were very impressed with how the children were focussed on their learning and how the teaching in all classrooms was of a very high standard. They also commented on the exemplary behaviour of our children and how far our school had moved even since Ofsted. I am extremely proud of all our children and the staffing team, thank you to you all.

I would like to also pass on congratulations to Mrs Morrison who passed her forest school assessment this week. She will now be running sessions alongside Mr Sutton.

I hope you have a lovely weekend and we will see you on Monday.  
Mrs Bell

## Attendance

Attendance across the school this week has been 96% well done Team Parkside, let's see if we can reach 97% next week! Well done to Mrs Scott's Successful Stars who received the attendance award this week with 100% attendance.

Come as you are and leave as a champion

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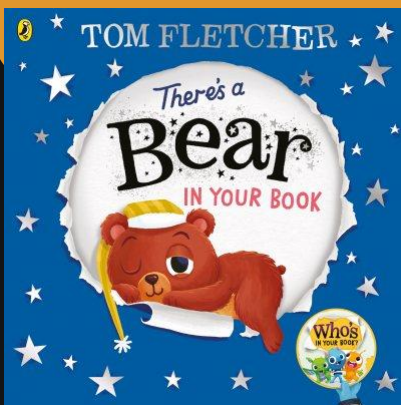
# Parkside Pantry

We always welcome donations to our pantry. If anyone is able to make donations of tins of soup, tinned vegetables and pasta sauces this would be very much appreciated and if you would like a bag making up just let us know

Thank you

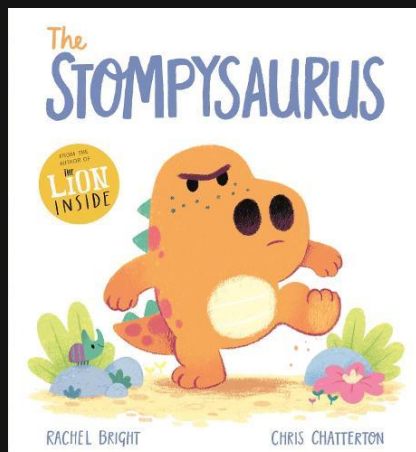
## Recommended Reads

"If you don't like to read, you haven't found the right book."  
— J.K. Rowling



OH, LOOK! A bear has wandered into your book! And - what's that noise? He's yawning! He looks like he's ready for bed. Can you help him drift off to sleep?

This warm, gentle adventure combines interactive fun with a night-time routine to help little ones wind down before they go to bed.



One morning, Stompysaurus wakes from a happy dream, feeling excited for the new day, until things start to go a bit wrong. His brother's being a tease, his breakfast isn't his usual favourite and NOTHING is going right. His STOMPS and ROARS start rising inside him, until they EXPLODE!

But a tricky start doesn't have to mean a stumpy finish. Can Stompysaurus find a new way of looking at things and turn his day around?

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## Dates for your Diary

<b>Wednesdays</b>	<b>Stay and Solve Sessions</b>
<b>Mondays/Wednesdays</b>	<b>Year 6 Early morning Boosters</b>
<b>Mon 20<sup>th</sup> February</b> <b>Mon 27<sup>th</sup> February</b> <b>Tuesday 28<sup>th</sup> February</b>	<b>School Closed for Half Term</b> <b>INSET Day – school closed to pupils</b> <b>School and Little Explorers Open</b> <b>Year 5/6 Electrify Dance Show</b>

**HALF TERM  
SOCCER SCHOOLS**

WOLVES FOOTBALL DEVELOPMENT

**Soccer School / Goalkeeper Soccer School**

**Venue:** Stafford Town FC, Evans Park, Off Fairway, ST16 3TL

**Dates:** Wednesday 22<sup>nd</sup> - Friday 24<sup>th</sup> February 2023

**Times:** 9:00am - 3:00pm

**Cost:** £60

Scan the QR code for more information,  
email [footballdevelopment@wolves.co.uk](mailto:footballdevelopment@wolves.co.uk)  
or to book visit [tickets.wolves.co.uk](https://tickets.wolves.co.uk)



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# Letters from the Beach House



Issue 5

20<sup>th</sup> January 2023

Happy Friday from the Beach House

A statement that often comes up at school from our children is "I'm tired!"

Sleep is so important. A good night's sleep will help your child develop memory, increase their ability to concentrate, show better behaviour, bolster their immune system but also improves your child's emotional resilience – their ability to keep trying when things go awry, to emotionally self-regulate, to regulate their mood.

Whilst sleeping your child's brain sorts out and makes sense of the information they have taken in, sleep helps their brain remember, memorise and analyse important information – this in turn improves performance at school.

The average sleep hours needed (although this will vary slightly dependant on the individual) by a child is:

Ages 2-3 years	11 to 13 hours
Ages 3-5 years	10 ½ to 12 hours
Primary school age	10 to 11 hours

So the importance of good sleep is well documented, but how do we get our children to sleep well? The Anna Freud Centre shares some basic guidance for good sleep hygiene:

- Having a regular time to go to sleep and wake up.
- Having a predictable and consistent night time routine.
- Making sure children and young people are in natural daylight for at least half an hour – particularly in the morning.
- Making sure children and young people get enough exercise during the day.
- Older children should avoid napping in the day.
- Turning off computer screens or other devices at least an hour before bedtime. (Blue light from TVs, tablets and mobiles excite the brain and interfere with the sleep hormone levels, preventing the brain from feeling sleepy.)
- Having low lighting and a quiet space in bedrooms.
- Avoiding checking devices, particularly in the middle of the night.

If you have any concerns about your child's sleep, please contact your GP for advice.

Ref: <https://mentallyhealthyschools.org.uk/risks-and-protective-factors/lifestyle-factors/sleep>

# Proud to be Parkside Assembly



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