



# The Fortnightly!

- Friday 15th March 2024 -

*'Learning together in faith and love,  
we shine as children of God'*



**Statement to live by:** I know what humility means.

**British Science Week 2024...** This week the children across school have been taking part in National British Science week. Our wonderful staff have created lots of learning opportunities centred around the field of Science. Our main aim this week has been trying to get our children thinking about future careers in Science and breaking down any stereotypes they may have. Have a look at some of the amazing experiences our children have had...



**Spring Parental Consultations...** We will be holding our Spring 2 Parent Consultations next week. You should have already received an Arbor message containing all of the specific times and booking information. Once again, the meetings will be held in classrooms allowing you to see your child's wonderful learning environment and their English, Maths, Science, RE, History and Geography books will be available to view. If you have any questions, please contact the Main Office.

**We're looking forward to seeing you there!**

**Traditional Decorate an Easter Egg Competition...**

Children are invited to decorate an egg (*hard boiled please*) and bring it to school on Wednesday 27th March. These will be displayed in our Library/Hall and judged by our School Councillors. There will be a prize for 1st, 2nd and 3rd from each class and eggs will be sent home on Thursday 28th March. **Good luck!**



**St Cuthbert's Care – Good Shepherd Appeal...**

Reception Class will be raffling off the Easter Eggs (*with the help of their Yr 6 Special Friends*) which have been kindly donated by Reception families on Thursday 28th March. If your child would like to take part and help support this wonderful cause, please look out for an Arbor update.



**Curriculum Enrichment...** As part of their curriculum learning in Geography, Year 3 visited Broom House Farm on Wednesday. The children had an amazing time and were able to see their learning on farming taking place in real life!

**Great work Year 3!**



Year 4 had a wonderful time at Tynemouth Aquarium today. Our children were able to see animals within their habitats which is something they are learning about within their Science lessons.

**Well done Year 4!**



**Attendance at school...**

Class...	Attendance figure...	Class...	Attendance figure...
Reception	95.99%	Year 3	97.67%
Year 1	96.17%	Year 4	92.5%
Year 2	93.28%	Year 5	96.85%
	Year 6	93.1%	

**Congratulations Year 3!**

**Curriculum Celebration Assembly...** Year 6 will be celebrating their Curriculum Celebration Assembly on Tuesday 26th March at 9.00am. Parents/carers are warmly invited.



**Holy Week...** Holy Week begins on Sunday 24th March with Palm Sunday and continues throughout the following week. During this special time, we will be remembering Jesus as he gives his life for the World. On Tuesday 26th March, we will come together at 2pm as a whole school community to celebrate Mass. Friends and families are welcome to attend. We will also be using this special time to carry out different activities so watch this space!



**Red Nose Day...** We are thrilled to communicate that so far we have raised a wonderful £95 for Comic Relief. It's not too late to make a last minute donation. **Thank you for your generosity!**

**Home - School links...**

Email:	Address:	Telephone:	Website:	Twitter:
<a href="mailto:smi@smi.bwcet.com">smi@smi.bwcet.com</a>	Durham Rd, Houghton le Spring, DH5 8NF	0191584 0542	<a href="http://stmichaelscatholicsschool.co.uk">stmichaelscatholicsschool.co.uk</a>	<a href="https://twitter.com/St_MichaelsRC">@St_MichaelsRC</a>

**Headteacher:** Mr. N.W. Reeson



# 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.



**Use of Social Media outside of school...** A gentle reminder that most popular social media platforms (e.g. WhatsApp, Snapchat, Messenger etc.) are for pupils 13 years and over and therefore our children should not be using them. However, if your child does access Social Media, we ask for your utmost vigilance. Just like their interactions in person, online interactions require supervision and support. What is right will vary from family to family but some strategies that are known to be successful include...

- Monitoring their phones for the apps that are downloaded
- Enacting parental controls on phones and consoles
- Reviewing the messages they send on platforms and apps – making monitoring part of a daily or weekly routine
- Setting expectations about what space (preferably communal) and times they have access to devices
- Encouraging them to share or discuss with you what they are doing.



**Stay alert and vigilant!**



SportsCool Durham would like to present our

# EASTER HOLIDAY CLUB

**EASINGTON LANE PRIMARY SCHOOL**

HIGH STREET, EASINGTON LANE , HOUGHTON LE SPRING, DH5 0JT

8:30AM - 3:30PM

2ND - 5TH APRIL

£15 PER DAY OR £48 FOR WEEK

OPEN TO ALL PRIMARY SCHOOL CHILDREN

EMAIL: DURHAM@SPORTSCOOL.ORG | TEL: 0191 905 2065 | TEXT: 0775 985 9590

## LIMITED FREE PLACES



Department  
for Education

OPEN TO ALL ELIGIBLE FAMILIES IN RECEIPT OF MEANS  
TESTED FSM LIVING OR ATTENDING A SCHOOL IN THE  
SUNDERLAND COUNCIL AREA

together for  
children  
SUNDERLAND

HEALTHY SNACK AND LUNCH INCLUDED FOR FUNDED PLACES

WHAT TO  
EXPECT

ULTIMATE  
FRISBEE

LOTS OF  
FUN!!!

BASKETBALL

DODGEBALL

DANCE

ARCHERY

TEAM  
GAMES

ARTS &  
CRAFTS

TRI-GOLF

KURLING

AND MUCH  
MORE...

LIMITED PLACES AVAILABLE

BOOK EARLY TO AVOID DISAPPOINTMENT

[WWW.SPORTSCOOLDURHAM.SCHOOLIPAL.CO.UK](http://WWW.SPORTSCOOLDURHAM.SCHOOLIPAL.CO.UK)



CLICK THE LINK OR SCAN QR CODE  
CLICK HOLIDAY CLUB  
SELECT COURSE AND DATE  
MUST BOOK IN ADVANCE



@SportsCool\_Dham



@SportsCoolDurham



@SportsCool\_Durham





**World Book Day 2024!...** Last week we celebrated World book Day 2024. In fact, it was more like a full week celebration with all of the various exciting activities happening. We were visited by an author, Year 3 took part in a Bishop Wilkinson Catholic Education Trust reading event, we dressed up as our favourite book characters and Reception children even got to take part in a sensory storytelling session! Lots of fun and learning was had during this wonderful event! Our friends and families were also able to join us last Thursday to share a book with their children.

**Thank you to our families for their support in making this such a memorable occasion!**



	Date	Class	Event
Spring 2	Friday 8 <sup>th</sup> March 2024.	Year 2.	Year 2 Class Mass. 10am in St Michael's Church. All are welcome to join us.
	Monday 11 <sup>th</sup> March – Friday 15 <sup>th</sup> March 2024.	Whole School.	British Science Week ( <i>more details to follow</i> ).
	Tuesday 12 <sup>th</sup> March 2024.	Year 1	Year 1 to participate in an Infant Agility Challenge at Silksworth Tennis Centre.
	Wednesday 13 <sup>th</sup> March 2024.	Year 3	Broom House Farm Educational Visit.
	Thursday 14 <sup>th</sup> March 2024.	Reception.	Celebration of the Word led by Reception at 3pm in the School Hall. All are welcome to join us..
	Friday 15 <sup>th</sup> March 2024.	Whole School.	Comic Relief—Red Nose Day ( <i>see details on first page and on Arbor</i> )
	Friday 15 <sup>th</sup> March 2024.	Year 4	Year 4 Educational Visit to Tynemouth Aquarium
	Monday 18 <sup>th</sup> March 2024.	Whole School.	Parent Consultations.
	Tuesday 19 <sup>th</sup> March 2024.	Whole School.	Parent Consultations.
	Wednesday 20 <sup>th</sup> March 2024.	Reception.	Reception Educational Visit to Hall Hill Farm.
	Thursday 21 <sup>st</sup> March 2024.	Whole School.	World Maths Day
	Friday 22 <sup>nd</sup> March 2024.	Year 1.	Year 1 & 4 Class Mass. 10am in St Michael's Church. All are welcome to join us.
	Monday 25 <sup>th</sup> March 2024.	Year 5.	Dodge Ball Festival
	Monday 25 <sup>th</sup> March 2024.	Year 4.	Year 4 Sacrament of Reconciliation - after school at St. Michael's Church
	Tuesday 26 <sup>th</sup> March 2024.	Year 6.	Curriculum Celebration Assembly 9am in the School Hall. All are welcome to join us.
	Tuesday 26 <sup>th</sup> March 2024.	Whole School.	Whole School Easter Mass in St Michael's Church at 2pm.
Thursday 28 <sup>th</sup> March 2024.	All classes	School breaks up for Easter Holidays at 3:15pm.	

Assemblies and Collective Worship – Parents Invited				
Class	Curriculum Celebration Assemblies		Celebration of the Word	
Reception	Tues 9 <sup>th</sup> July 24	9.00am	Thurs 14 <sup>th</sup> March 24	3.00pm
Year 1	Tues 2 <sup>nd</sup> July 24	9.00am	Thurs 1 <sup>st</sup> Feb 24	3.00pm
Year 2	Tues 21 <sup>st</sup> May 24	9.00am	Thurs 18 <sup>th</sup> Jan 24	3.00pm
Year 3	Tues 23 <sup>rd</sup> April 24	9.00am	Thurs 16 <sup>th</sup> Nov 23	3.00pm
Year 4	Tues 30 <sup>th</sup> Jan 24	9.00am	Thurs 27 <sup>th</sup> June 24	3.00pm
Year 5	Tues 5 <sup>th</sup> Dec 23	9.00am	Thurs 20 <sup>th</sup> June 24	3.00pm
Year 6	Tues 26 <sup>th</sup> Mar 24	9.00am	Thurs 25 <sup>th</sup> Jan 24	3.00pm
Year 6 Leavers Assembly	Thursday 17 <sup>th</sup> July 2024		2.00pm	
Year 6 Leavers Mass	TBC		TBC	

**Important Information:** From time to time, due to unforeseen circumstances, the dates/events mentioned in the Fortnightly may have to be changed /cancelled. If a change/cancellation does occur, you will be notified as early as possible.

**Thank you in advance for your understanding.**

Proud to be apart of...



**Bishop Wilkinson**  
Catholic Education Trust  
Through Christ, in Partnership