

The Weekly News

BROADHURST SCHOOL NEWSLETTER | 11TH MARCH 2022

DEAR PARENTS, PARENTS EVENING AND TUESDAY APPOINTMENTS

I hope very much that you have enjoyed the opportunity to meet with your child's class teacher this week and learn more about their progress at school whether this be face to face or by Zoom. The partnership we have with you as parents is integral to the children's happiness, wellbeing and all round progress and achievements.

Please do remember that the class teachers are available to meet with you on a Tuesday afternoon, up until 5:00pm, should you wish to meet at another time, by appointment. We look forward to continuing to work closely with you through your child's learning journey.

TEAM TEACHING

Next week, we are looking forward to the staff taking part in a team teaching session with the children. We are expecting the children will gain much from this experience as their own teacher and another teacher from the school will plan and teach a session together to create an exciting, dynamic and interactive learning experience. We are hoping the collaborative sessions will inspire all involved.

STAFFING NEWS

It is with regret that I share with you the news that Miss Belzer will sadly be leaving Broadhurst School at the end of the academic year. Miss Belzer has decided that she wishes to return to her home country of Australia for an extended break from work, teaching and life in London. She is looking forward to spending some long overdue time with her family.

As you know, Miss Belzer is a much loved and respected member of the Broadhurst team and will certainly be missed. She has worked closely by my side for over five years and has contributed considerably to the school's development over the last few years. We are in the final stages of securing a new Deputy Head and will keep you informed on this appointment in due course.



FULL DAY AFTER SCHOOL CLUB

Since February, Classes 6,7 and 8 have become mini explorers! We have had an amazing time exploring mini beasts, capacity and sea creatures. We have even transformed into pirates to go on a treasure hunt! We are delighted with the success of our after-school club and the reactions from the children have been wonderful. In upcoming weeks, we are excited to explore healthy food, flowers, plants and science experiments. Miss Smith, Miss Welsh and Mrs Bryan (Full Day Assistant Teachers)

END OF TERM

It seems inconceivable that we only have two and half more weeks left of the spring term. Time is certainly passing very quickly.

As a reminder, term finishes on Wednesday 30 March at the following times:

Classes 1,4 and 5
11:30am for AM classes and 3:30pm for PM classes

Classes 2 & 3
11:30am

Classes 6,7 & 8
12:00 Noon

The summer term starts on Wednesday 20 April.

HOLIDAY CLUBS

With the Easter holidays fast approaching, there are some fantastic activities happening in London which you may be interested to hear about.

Perform are hosting courses based on The Secret Garden, please click [here](#) for more information.

Creative Wiz Kids are back with their popular holiday club for 3-9 year olds, please click [here](#) for more information.

I wish you all a relaxing weekend.

Mrs Sylvester



A GOOD NIGHT'S SLEEP

BY MISS BELZER

Sleep has enormous benefits to the young and old. Children's growth hormone is produced when they sleep and this is essential for healthy growth and function of the body, particularly during early infancy.

Young children who get a decent night's sleep are shown to:

Be happier, have better moods and be more resilient

Have better attention spans

Be more alert

Have improved learning capacity and cognitive performance

Have better memory skills, such as, improved vocabulary acquisition

Have improved development of motor skills

Have improved mental and physical health

Be less likely to be withdrawn, stressed or anxious

Have a reduced likelihood of developing high blood pressure, obesity or diabetes

Studies from Great Ormond Street Hospital recommend the following number of hours of sleep that children should have regularly during their early years:

4-12 months old: 12-16 hours of sleep per 24 hours, including naps

1-2 years old: 11-14 hours of sleep per 24 hours, including naps

3-5 years old: 10-13 hours of sleep per 24 hours, including naps

Parents can help to optimise children's sleep quality in a number of ways:

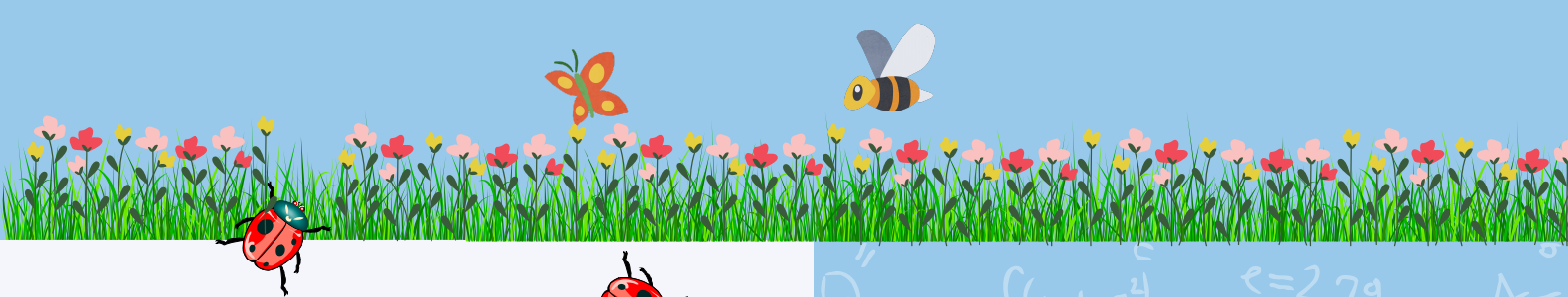
A drink of warm milk in the evening before bedtime can have a soothing effect as it contains tryptophan which increases serotonin levels, which in turn, increases melatonin levels. Melatonin promotes sleep and helps combat various sleep disorders, including jet lag and insomnia. Almond milk is also high in tryptophan, melatonin and magnesium.

Some fresh air in the evening, for example, a leisurely outdoor walk, can also help children to feel sleepy once they get home.

Television, tablets and any other screen time should be avoided several hours before bedtime. Not only do they distract from sleeping but screens have also been shown to stimulate the brain even after they have been switched off, greatly hindering sleep.

A regular bedtime routine, such as a bedtime story with dimmed lights, will help prepare children to sleep and will improve the quality of their sleep.





CLASS 3 NEWS BY MISS MONIQUE



This week, Class 3 have loved learning all about the life cycle of a Ladybird. We have been reading *The Very Lazy Ladybird*, sequencing the life cycle using pictures as prompts and creating a ladybird craft using paper plates, paint, pipe cleaners and spots. We were even visited by a real ladybird!

IN MATHS THIS WEEK...

we have been putting a variety of different things in height order, including gingerbread men, beanstalks and even the children! We also went to visit the chick eggs in the incubator and discussed their different sizes.

IN PHONICS...

we have been consolidating our ability to hear and say letter sound 'i' but making Silly Soup and only adding things that begin with this sound. We also sorted some pictures into groups of 'i' and 'Not i'.



Class 3 wishes you a lovely weekend and look forward to more learning next week!