

SOUTHDOWN PRIMARY SCHOOL NEWSLETTER JANUARY 2025



January has flown by and we've had another successful month where we have been as busy as always and even survived all the snow and gale force winds!

Miss Luke, Headteacher

SCHOOL NEWS

- Both Year 4 classes visited The Rise to make pizza! This was a great way to get the children enthused for this term's topic 'Investigating Italy'
- Year 5 enjoyed their Science workshop with Sarah from URENCO. This time they found out about different substances and how they dissolve.
- Our regular visits to Buckley Library have started again and so far this month Mrs Mathieson and Mrs Moore's classes have been.

SPECTRUM

Reception, Year 2, Year 4 and Year 6 have been taking part in 'Spectrum' sessions over the past couple of weeks. This is a project that takes place in many schools across Wales and is part of the drive by the Welsh Government to tackle Domestic Abuse, Gender Based Violence and Sexual Violence.

This may seem like a very grown up topic for primary school children however it is a very important subject. All sessions and resources have been sensitively presented and age appropriate for each year group and are part of our normal Health and Wellbeing Curriculum. For example, they covered the importance of healthy relationships, gender stereotyping and emotions.

If you, a family member a friend, or someone you are concerned about has experienced domestic abuse or sexual violence, you can contact the Live Fear Free Helpline 24 hours a day 7 days a week, for free advice and support or to talk through your options. [0808 80 10 800](tel:08088010800)

Also, a reminder that physically punishing children is now illegal in Wales -we attach an information leaflet with this month's newsletter to provide more information.

WEBSITE

Our website has taken a little longer than expected to be updated but it is now ready to go. We will have the big launch of the new site within the next two weeks. As with all websites there is always more and more that we add but hopefully when you see it, it will be easy to navigate and have all the information you may need. There will also be a calendar on there that you can link to your own electronic calendar so we hope that you can do this.

We are also still trying to enhance our social media presence and we regularly post on Twitter/X. Please can we give you a little bit of homework and ask you to follow us on Twitter/X -we'd love more followers; more likes and more positive comments and it is also another amazing way to see the day to day life of Southdown.

COMMUNICATION

Communication between school and home is very important to use. We communicate with you in many ways:

- School Newsletters
- Emails (somail@hwbcymru.net)
- Text messages
- Phone calls (01244 544473)
- Class Dojo
- Social Media (Twitter/X @SouthdownCP)
- Website

WELLBEING WEEK

We will be holding our termly 'Wellbeing Week' next week in conjunction with Children's Mental Health Week. Over the 5 days each class will focus on one of the 5 Ways to Wellbeing. Maybe you could try each area over the next week too -Connect, Be Active, Keep Learning, Give and Take Notice.

JUST A FEW REMINDERS

- With the colder weather now upon us, it is important to send your child into school with a warm coat, hat and gloves. We aim to have playtime outside every day where possible, weather permitting.
- Another plea to keep our children and families safe when driving and parking outside school. Please be patient, please be considerate and please consider walking if you can.
- The school carpark is for Staff only - please respect this.
- If your child is unwell and not going to be in school please can you contact the school office on 01244 544473 by 9.15am at the latest.

DATES FOR FEBRUARY AND MARCH

- 3-7th February Wellbeing Week
- Monday 10th February New Networks workshop 3 with Eco Council
- Tuesday 11th February: Safer Internet Day
- Wednesday 19th February: Gymnastics Festival at Buckley Gymnastics
- Thursday 20th February: Finish for Half Term
- Friday 21st February: School Closed: Staff Training

- Monday 3rd March: Back to School
- Thursday 6th March: World Book Day
- Friday 7th March: Eisteddfod
- Thursday 13th March Year 5 Science and Numeracy at Elfed
- Friday 21st March: Comic Relief Red Nose Day
- Friday 21st March: Year 4 Sports Festival at Elfed
- Monday 24th March: Year 6 Cycling Proficiency
- Monday 24th March: Parents Evening 3.15-6pm
- Tuesday 25th March: Year 6 Cycling Proficiency
- Tuesday 25th March: Parents Evening 3.15-6pm
- Wednesday 26th March: Year 6 Cycling Proficiency
- Wednesday 28th March: Non-uniform Day for Easter Bingo -TBC
- Wednesday 2nd April: Easter Bingo after School -TBC
- Friday 11th March: Finish for Easter

OUTDOOR LEARNING

It is really important that the children are wearing the correct types of clothing for their outdoor learning sessions. This is not an opportunity for non-uniform or for the children to wear their best outfits.

- The children will get muddy so old, **dark** clothes are essential;
- No jeans;
- Layers are best;
- Wellies or sturdy shoes i.e. walking boots;
- Hat, scarf and gloves during the colder months and an extra pair of socks;
- Warm, waterproof coat;
- Some children are wearing over trousers which is absolutely fine and encouraged if you have access to them but please do not worry if you don't;

HEALTH AND SAFETY

We sent out an email this week about jewellery and thank you for the support and encouraging comments we have had from it. We discourage the wearing of jewellery on health and safety grounds and for everyone's safety we need to limit jewellery as much as possible. Stud earrings and a normal watch can be worn only -no hooped earrings, bracelets or necklaces. Earrings must be removed during all PE lessons and active lessons or plasters/microtape applied. We also ask that children with long hair should have it tied back for health and safety reasons and to help reduce the spread of head lice.

BEDTIME

We always notice at this time of year with the darker nights that many of the children seem to be very tired and parents often ask school for advice about bedtime routines. If your child is tired, they find it difficult to concentrate and participate in learning and it can also affect their behaviour. Your child's development will benefit from a daily 11 to 12 hours of sleep.

Guidelines suggest that bedtime on a school night should be:

- Between 7pm and 7.30pm for children up to the age of five
- Before 8pm for 5 to 7 years olds
- Before 8.30pm for 7 to 9-year olds
- Before 9pm for 9 to 11-year olds

Here is some advice about setting up a bedtime routine:

- Make sure you have checked through schoolbags so nothing important is left for the morning.
- Encourage calm time before bedtime, with activities like reading and quiet play rather than watching TV or competitive games.
- Remind your child that "in five minutes it's bedtime."
- Start off your child's routine with a wash/bath and brushing teeth.
- In bed, keep the lights low. Read a story and maybe chat over the day; try telling your child about something they did that pleased you.
- Put the lights out. If your child is scared of the dark, use a nightlight or leave a light on in the hall.
- To support sleep and for safeguarding reasons we would discourage mobile phones and gaming equipment to be used in bedrooms.