

# St Matthew's C of E Primary School

Summer Term, April 2018 | [www.stmatthews.kingston.sch.uk](http://www.stmatthews.kingston.sch.uk)

## Summer term 2018- Message from the Head Teacher

Dear Parents/Carers,

Welcome back to school, I hope that you've had a lovely Easter break and feel ready for all the excitement of the Summer term! We welcome Miss Stubbington and Mrs Clinton to Turquoise class for the summer term and say farewell and good luck to Mrs Davies who begins her new career in Business Consultancy. We shall also be saying cheerio to Mrs Plowman (Y4 Teaching assistant) who will begin her maternity leave from 27<sup>th</sup> April. We look forward to telling you her 'baby news' in due course.

We were really busy in school right up until the Easter break- Easter Pause Day was a huge success with all lessons stopping for the day so that the whole school could reflect upon the meaning of the Easter story and its significance in the Christian calendar; nearly £350 was raised for Sport Relief with all the classes having to beat their own targets; a beautiful Easter Bonnet Parade was held; a wonderful Easter Service was held at St Matthew's Church, as well as a Flower stall in aid of school funds, a mini-market was held in aid of the Bishop's Lent Appeal with over £480 raised and we ended the term with our annual Easter Egg Raffle.

Thank you to all of you who recently responded to our survey regarding our school strapline. We are really excited as a school to announce that our new strapline is '**Believing, Achieving, Succeeding**'. Over the next few weeks we shall be discussing this with the children in classes and in worship so that we can establish what these words mean to them.

We are also reviewing our home learning policy and have a short survey that we would like to ask you to respond to – although home learning is always an emotive subject so we will not be able to please everyone! The link for this survey will be emailed out to parents and carers this week. Thank you to everyone who takes the time to complete it.

As a new term begins, I'd like to thank all the members of FOSMPS who have worked tirelessly to improve facilities for our pupils and our school with their latest successful venture being a magnificent quiz night which was held on the last Friday night of the term, and the winning team was a group of Year 3 parents. Congratulations to them!



### How Blue light affects children and sleep

As difficult as it is to get your child to stop watching TV or using their electronic devices before bedtime, there's a compelling reason to make it happen. The blue light that's emitted from these screens can delay the release of sleep-inducing melatonin, increase alertness, and reset the body's internal clock to a later schedule. This is an especially big problem for our older children whose rhythms are already shifting naturally, causing them to feel awake later at night. The end result: sleep deprived or poorly rested children who have essentially given themselves a mini case of jet lag. The reason that blue light is so problematic is that it has a short wavelength that affects levels of melatonin more than any other wavelength does. Light from fluorescent bulbs and LED lights can produce the same effect.



Normally the pineal gland in the brain begins to release melatonin a couple of hours before bedtime, and melatonin reaches its peak in the middle of the night. When people read on a blue light-emitting device (like a tablet, rather than from a printed book) in the evening, it takes them longer to fall asleep; plus, they tend to have less REM sleep (when dreams occur) and wake up feeling sleepier— even after eight hours of shuteye.

Consider these effects good reasons to impose a digital curfew on your children. Have them power down their electronics, including the TV, an hour or two before bedtime ,so their bodies can start producing more melatonin.

### PE Kit

Can we please remind you that PE Kit should be kept in school at all times. We have children that are unable to take part in PE because they do not have their PE uniform in school. Unfortunately we do not keep spare PE kit for them to borrow.



### School Uniform

We are now in the Summer Term so shorts can be worn and red and white summer dresses. Please ensure your child is wearing the correct uniform, if you are unsure please check the website or speak to a member of the School Office team. Please ensure your child's hair is neat and tidy and note that hair should be tied back with only plain coloured hair bands.



### Jewellery



A reminder that jewellery is not permitted in school apart from an inexpensive watch and plain stud earrings. **Please do not** send your child to school with valuable items.

### New Topics

Please note that Years 1-6 begin new topics for the half term- copies of which are included in the appropriate curriculum overview, which is attached to this edition of the newsletter as well as being available on our school website.



### Swimming – Year 4

Year 4 will be swimming again at Shrewsbury House starting this Friday. Please ensure that your child has all their swimming kit with them.



### Book Explorers Tours at

### Waterstones Kingston

Waterstones Kingston now runs Book Explorer Tours inviting whole classes into the store on a quiet Tuesday or Thursday morning for an hour and a half. The aim is to encourage all children to access amazing books for pleasure, through a browsing activity workshop including cognitive questions, flow and applying their new skills to a novel situation. The tour is rounded off with a meet the author reading and Q & A. It's free. It is suitable for Year 1 to Year 13 with age appropriate activities and content. Our aim is to empower and enable children and teens to take ownership of their reading and our store, and challenge book inequality. Elisa Webb delivers the tours. She is a children's author of Darkling Park, a parent and former teacher and now a Waterstones bookseller and PhD student.

For further information please contact Elisa Webb, author and bookseller at Waterstones Kingston, [elisa.webb101@gmail.com](mailto:elisa.webb101@gmail.com) or [managers.kingston@waterstones.com](mailto:managers.kingston@waterstones.com)