

Emails/Letters home this week: ALL - Omegle Online Safety, Sleep Resources

What's on in school next week?

Monday	Tuesday	Wednesday	Thursday	Friday

If your child has not received their copy of these letters or the 'Bugle', please contact their class teacher or the office.

REMINDER : Parents please use birchwoodparents@welearn365.com when emailing school.

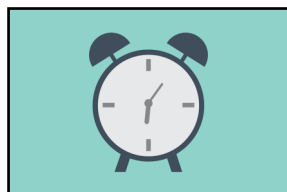
Sleep Support

We all know that a good night's sleep is incredibly important for our health. In fact, it is just as important as eating healthily and exercising. Unfortunately, there is a lot that can interfere with natural sleep patterns and therefore getting a good night's sleep is sometimes easier said than done. Facts show that in general people are now sleeping less than they did in the past, and the quality of sleep gained has decreased as well.

Getting enough good quality sleep is important for many reasons. Sleep can improve concentration, productivity and memory retention. It can also support physical performance and energy levels. It helps reduce health risks such as heart disease and strokes, can improve metabolism, reduce depression, support our immune system and can even support our social and emotional development. Along with nutrition and exercise, good quality sleep is one of the pillars of leading a healthy lifestyle.

This week we have emailed out some support information to you regarding sleep. For adults we sent out 7 top tips for a better night's sleep:

1. Exercise
2. Environment
3. Caffeine
4. Blue Light
5. Food
6. Routine
7. Anxiety and Worries



For children we shared some information regarding the importance of bedtime routines, to support you and your children to getting a better night's sleep.

This pandemic has also posed significant barriers to sleep. These include disruption of daily life routines, increased worries and isolation, greater family and work stresses and an increase in screen time for all of us.

We hope you found the information sent out helpful, but if you need any further advice or support, please do not hesitate to give school a ring.

Mr Coleman
Headteacher



Time For a Lie Down!

All photographs can be purchased for £3 per A4 colour copy.
Please see ParentPay for details.

Spotlight this week is on...

Online Safety

Children, now more than ever, are spending an increasing amount of time online. This can be a great way to keep in touch with friends and learn while we are not able to do so in other ways. However, it is really important for us all to be aware of the importance of taking some simple steps to keep ourselves safe while we are online.

Next Tuesday is Safer Internet day and this year the theme is 'An internet we trust: exploring reliability in the online world'. It is very easy to think everything that is online is true, simply because it is on the internet. However, this is not the case and it is really important to think carefully about whether what we are reading is really true or just someone's opinion, or worse someone being deliberately deceitful.

Being very aware of who we are speaking to online is key. It can be very easy in the online world for people to pretend to be someone else and children need to be regularly reminded that they should only be talking online to people they know, with permission from their trusted adults.

As adults, it is also important to keep discussing internet and digital device use with children. Also be aware of the apps, sites and games children are using and most important of all ensure children know what to do if something is not right. Adults can have a huge impact by showing through their own actions what positive internet and device use looks like. By working together, we can all stay safer on the internet.

Mrs Day - Associate Headteacher

Academic Year 2020-2021

Spring Term 2021

Half Term	Monday 15th February
Professional Development day	Monday 22nd February
Term time Begins	Tuesday 23rd February
Children Possible Return to School	Monday 8th March
Term Ends for Easter (2 weeks)	Thursday 1st April

Summer Term 2021

Children Planned Return to School	Monday 19th April
May Day	Monday 3rd May
Half Term (1 week)	Monday 31st May
Professional Development Day	Monday 7th June
Professional Development Day	Friday 18th June
Term Ends for Summer	Wednesday 21st July

These dates may be subject to change if necessary.

New and amended dates shown in bold.

Details and times to be confirmed nearer each event.

Please note the early finish on 21st July. If this will cause you any problems, please speak to a member of staff.

Who's Who this week ...

Mrs V Smith

I joined Birchwood in 2019 and I am very glad I did, what a truly wonderful school it is! In school I am the year 3 Maple class teacher, so I am fortunate to have a really large classroom.



I am a mummy to 3 children so in normal circumstances each weekend I would be sat at the side of a football pitch in all weather cheering for my boys, or at gymnastics with my daughter. Evenings are filled with training, home work and food!

I am from a large family myself, being the youngest of 5. An interesting fact you may not know is my eldest brother is a World champion in Judo. When I was at school I would compete in Judo competitions too and got to a black belt, but it has been a very long time since I competed so I wouldn't be so great now.

My hobbies these days include reading books and yoga. I have hundreds of books in each room of my house, and seem to buy far more than I probably will ever get chance to read. I enjoy yoga and practise everyday. It is a great way to de-stress and build strength, maybe one day I could do a school yoga class?! My main dislike is wobbly teeth, I feel quite nauseous when I see them so please never show me yours—I may run away!

Fun Activities

Children are still having lots of fun, in school and at home, joining in the many activities being enjoyed in class. Year 2 children have been making pizzas, year 3 children have been creating embossed badges for the Iron man and all classes are having the opportunity to enjoy live music classes from the classroom, via zoom. Here are just a few pictures capturing these activities!



CAMEO DANCE EST.2003

FUN CHILDRENS DANCE CLASSES HELD IN POLESWORTH

Little Dancers from age 2 ½ Tuesdays & Fridays
4:30 – 5:30pm The Memorial Hall, Polesworth

Juniors from age 7 5:30 – 7:30pm

The Memorial Hall, Polesworth

Tuesdays & Fridays 5:30 – 7:30

Classes include Ballet, Tap, Acrobatics, Modern plus lots more **FIRST TRIAL CLASS IS FREE!**

Call Liz 07443421867

Cameo is a great place to build confidence, develop dance skills, and make good friends whilst working towards our annual show weekend, with no pressure

Cameodance.co.uk * cameodance@rocketmail.com

Facebook Cameo Dance or search Cameo Dance Polesworth

Covid-19 Secure * See Facebook for up to date opening information



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Our registered charity
2020/21 ZELLWEGER UK.
Amount raised so far:
£1750.14



<https://www.jobcentrejobs.co.uk/>

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Let's do Mental Maths

Practise mental maths skills against the clock



Please note that although we check the suitability of Applications, they can be changed without notice. Parents should therefore check the Application BEFORE children go on to them.