



'The Phoenix' Whitehouse News February 2019



Diary Dates

FEBRUARY

5th- Internet Safety Day

12th—Family Health Initiative 3:15pm

15th - Michael Morpurgo K.S.2 Author Bash Day

15th - School closes for holidays - Early closure -
12:40pm (Nursery), 1pm (Y1-3), 1.15pm (Y4-7)

18th & 19th - Half- term holidays

20th - School closed all day - Parent Interviews

21st & 22nd - School closes 12:40pm (Nursery),
1pm (Y1-3), 1.15pm (Y4-7)-Admin and Teacher
Training afternoons.

25th -Scholastic book Fair all week

26th— Family Health Initiative 3:15pm

MARCH

5th— Family Health Initiative 3:15pm

12th— Family Health Initiative 3:15pm

18th –School closes early 12:40pm (Nursery), 1pm
(Y1-3), 1.15pm (Y4-7) Staff Development afternoon

19th - School closed all day - School Development
day

APRIL

8th-10th Y6 Ganaway Residential

12th - School closes early for Easter holidays

15th-26th April– School closed for holidays

29th April-School reopens for the final term

School shout outs!

We want to celebrate our pupils' achievements outside of school as well as promoting their successes in school.

Many of our pupils attend clubs, play sports and are successful in music/dance/drama events.

Any pupils who want to tell us about their achievements can go to Mrs Watson to have photos taken for the website. Encourage your child to bring any trophies/ certificates etc. to show us!



Medication in school

Reminder: medication in school can only be administered if a permission form has been completed. These can be obtained from the office.

If your child requires medication please try to administer it at home as much as possible. Medication should only be taken in school if it is really necessary that it is taken at that specific time.





Eco Warriors

New Year, New You

The Eco Topics we are focusing on this year are.....

WASTE, HEALTHY LIVING and OUTDOOR LEARNING.

The Eco team met with the PDMU team to see if we could get involved with planning some new events for our Healthy Living topic.

* **REFILL, REUSE! The children at Whitehouse say NO to single use plastic bottles:**

We are one of the first schools to join the 'Refill, Reuse' campaign. NI Water have very kindly provided reusable plastic bottles for every child in our school and nursery. Each child was given a reusable bottle on the first day of NYNY! If your child is bringing water to school, please use a reusable bottle and refill.



Help us reduce the amount of plastic waste by sending your child to school with their re usable water bottles!

* **Wake and Shake:** Each class took part in a 5-minute dance wake up at the start of the day. What a fun way to begin our learning!!

* **The Daily Mile:** What a difference the daily Mile is making in our school! We want to get children fit for life and fit for learning. They are encouraged to run or jog for 15 minutes every day. The children are amazing at supporting each other and have felt a huge sense of achievement as they progress. It has helped to promote....

'Four Fs': fun, friendship, fresh air and fitness.

* **Walk to school Week:**

After evaluating the walk to School week, the Eco team plan to return to this area and try to make improvements to our campaign to encourage more children to walk to school.



Blueprint 2020

September 2018/19 sees the sixth year of our dynamic school development strategy. This innovative and far ranging plan will bring our school to the next level in terms of learning and services to our community.

In this section we want to share some of our key strategic goals for the year ahead and then focus in on a few of the key innovations. Over the next year we will regularly report on what has been achieved and the new projects that we develop.

Strategic Leadership

To share good practice across the school and beyond to enhance staff development and pupils' attainment. This will include the development and coaching of curriculum leaders.

The continued development of Shared Education with St. James's Primary School. In particular, this will allow the schools to promote S.T.E.M. and Forest School learning as well as achieving 'Rights Respecting Schools' status.

To engage with community stakeholders to increase aspirations, attainment, early intervention and collaboration. This will include focused family learning support interventions.

Ethos

Implement and review a whole school wellbeing strategy.

Achieve the British Council's International School Award by June 2018.

Use the pursuit of the Eco Green Flag, by June 2019, as a means to educate our school community to be more eco friendly.

Learning and Teaching

90+% of pupils, in both, Literacy and Numeracy will achieve as expected or above.

January/February Update

We held a very successful **Internet Safety Day** on the 5th February. Online dangers for our children are on the increase and keeping our children safe online is of paramount importance.

Staff from our school are working this month with our six linked schools across Europe, collaborating to develop STEM, coding and language skills.

Our Pupil of the Month awards and House Competition awards proved to be very successful. We aim to promote a team spirit and increase our pupils' self esteem while promoting positive behaviour.

Pastoral Care Team

Pupils' safety and care is our first priority. If you have any concerns we have a team of staff who are trained to support pupils and families. This team focuses on both child protection and wider pastoral support.

Team Leader: Mrs R. Watson

Mrs Clifford (Early Years)

Mrs Spratt (Nursery)

Talking Points: Sleep and Education

This month we want to discuss the importance of encouraging **healthy sleep routines**.

We've all experienced a bad night's sleep—you spend the next day feeling sluggish, overly emotional, unfocussed, irritable and above all tired!

Between the ages of five and 11, your child will need 10-12 hours of sleep a night.

Experts acknowledge that:

- Sleep plays a significant role in children's brain development, and it is therefore important for children to get enough sleep as their bodies grow and mature.
- Sleep also plays an important role in our brain's ability to function. Lack of sleep makes it much harder for us to concentrate, and we become forgetful, irritable and prone to being clumsy and making mistakes.
- Scientific evidence shows that the right amount of night-time sleep is just as important for children's development as healthy eating and regular exercise.

A bedtime routine is the best way to ensure that your child gets enough sleep.

You might want to try:

- **Getting homework done early in the evening.**
- Having a regular routine that helps your child 'wind down' e.g. a bath, a story for younger children or reading time for older children.
- **Setting sensible bedtimes which are age appropriate.**
- Limiting screen time (especially in the hour before bedtime). Research shows a direct link between screen time and lack of sleep.
- **In the summer, because of the light evenings, it may be tempting to keep children up later – but try to keep to scheduled bedtimes, and invest in curtains with a blackout lining so the room is dark.**
- Try not to change your routine – don't change it at all during the week, and if you want your child to have a slightly later bedtime at the weekend, then only change it by maybe an hour.

