



Newsletter

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ISSUE 27

29th March 2019

This week has been packed full of fun and learning, as always. Here is a snippet of what the children have been up to.

Fantastic Football

Last Saturday, I was lucky enough to be able to attend the school's football tournament at Woodhall Spa. We entered 2 teams and both teams played with their heart and soul! They fought off some skilled opponents, and Alford A managed to win their group to go on to play in the quarter finals. In the end they narrowly lost out on penalties, but the effort, teamwork and determination from all players cannot be faulted. The children certainly represented the school brilliantly and it was a pleasure to watch them.



Change4Life



On Tuesday, a group of Year 3 and 4 children went along to the Change4Life Festival in Skegness. They had a super time tasting nutritional snacks and taking part in some fun physical activities including crossing the lava river and making a human knot!

Easter Learning



This week, with the Easter holiday just around the corner, the ever creative Ladybirds and Butterflies have enjoyed taking part in some fun Easter maths activities! The children have had great fun playing an

Easter themed game in the 'Maths Area'.

The object of the game has been to look underneath different numbered eggs to hunt for the hidden chick. This has been a super game to practise number recognition!



During their 'Marvellous Maths' sessions, the children have enjoyed practising counting and solving simple addition and subtraction number sentences using 'Magic Maths Beans'! All of the children were delighted to take a packet of their own 'Magic Maths Beans' home too!

New iPads



Year 4 have been very excited this week as they have been given a whole stash of

new iPads to use in their class. They are using them to help research, and to help

them practise their maths facts. I've even heard that they are battling to become 'Rock Heroes' on TT Rockstars ... a fabulous app to help them learn their times tables. Good luck in your quest, Year 4!



I hope you all have a lovely weekend and don't forget to put the clocks forward one hour on Sunday.

Mrs ROSS

Breakfast Club and After School Provision

Could I respectfully remind you that breakfast club and after school provision should be booked and paid for in advance.

Please ensure that all payments are accompanied by a booking form – please do not hand loose money into the office or to your child's class teacher.

Attendance



Our attendance last week was an amazing **97%** - well done everyone.

Congratulations to Mrs Murray's class (5M) who had 100% attendance. Well done also to 1LW and 2H who had 99%.

Lost Property

We have a huge pile of un-named clothing in our lost property. If you think any of it might belong to your child, please claim it as soon as possible as any remaining clothing will be put on tables outside the main office next Thursday and Friday. Anything remaining on Friday evening will

either be washed and put out for sale on our Preloved rail, or put in the clothing bank.

After School Clubs

All after school clubs for this term have now finished.

A new list of clubs has been prepared and permission slips will be available from the office next week.

Please be aware that the Dance Club is a new club, not the club continuing from this term, so if your child wishes to attend they will need to bring in a signed permission slip.

Fashion Show Monday 25th March

Thank you to everybody who attended the Fashion Show this week. I am delighted to say that £170.00 was raised on the night.

Thank you also to the Friends of the School for all their organisation and making the event a success.

Diary Dates

Please find below some dates for your diary. More information will be sent out about events nearer the time.

w/c 1 st April	Bikeability for Y5
Tuesday 2 nd April	Y3-Y6 Cross Country Event at St Hugh's at 1.30pm
Friday 5 th April	Last day of term
Tuesday 23 rd April	Return to School for the Summer Term
Friday 26 th April	Final payment date for Y5/Y6 Caythorpe visit.
Wednesday 22 nd May	End of Term Discos

Community News

Alford Focal Point (Alford Library)

On **Tuesday 9th April** your children are invited to attend a storytelling and Easter craft session at the library.

This is a FREE event and will take place during the morning. We will let you know the exact time of the event next week.

On **Tuesday 16th April** from 10.30am to 12 noon there will be a workshop to paint the mice for The Great Alford Mouse Trail. The theme this year is 'Mice from Outer Space'.

Again this is a FREE event and is open to all ages, but children under the age of 16 must be accompanied by an adult.

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On **Saturday 20th April**, the Alford Events Committee would like you to join them for a truly Eggciting event!

They are holding an Easter Egg Hunt and Easter Bonnet Competition, as well as a cake sale. All proceeds from the event will go towards Alford's Christmas event.

The Easter Bonnet competition and parade starts at Alford Library at **10am** and the Treasure Hunt (which will take about an hour to complete) starts at **10.30am**. The Hunt will have easy clues that take you around Alford, tracking down landmarks, answering questions and collecting stamps. At the end of the Hunt children will receive an Easter egg prize.

Entry is £1.50 per child.

All children under 10 years of age must be accompanied by an adult.

Is Your Child Getting Enough Sleep?

Children aged 6 and 13 years of age need 9-11 hours of sleep. During term time there is an increasing demand on their time from sporting activities, clubs, social activities and homework. In addition to this, children become more interested in computer games, television, internet, media and caffeine products. All of these can have a disruptive effect on sleep. Screen time close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

Inadequate sleep can lead to mood swings, behavioural problems and the child being unable to concentrate and learn in school.

Sleep Tips for School-aged Children

- Teach your child about healthy sleep habits.
- Have a consistent bedtime routine in place.
- Make the child's bedroom conducive to sleep – dark, cool and quiet.
- Keep TV and computers out of the bedroom.
- A bedtime story is a good way of spending special time with your child.
- A warm milky drink and a warm bath can help your child to relax.
- Avoid caffeine