



St Wilfrid's NEWSLETTER

Charity Football Match

In memory of Libby, a great teacher, last Friday the two fabulous schools of St Thomas of Canterbury and St Wilfrid's took part in a charity football match for Sepsis UK.

All the players were absolutely fantastic and put in a performance of a lifetime leading to a dramatic 1 : 0 victory to St Wilfrid's.

Thanks so much to the parents, and also Qualitas, for supporting with brilliant refereeing.

We raised a fabulous £100, however donations are still being accepted in the school office.



Forthcoming Sporting Events

Tuesday 8th May Y3/4 Tennis 1.00pm - 3.00pm at Hallamshire Squash Club (competition)

Thursday 17th May Y4 Hotshots Basketball Regional Finals 4.00pm - 6.00pm EIS (competition)

Thursday 24th May Primary Athletics 4.15pm - 6.00pm Woodbourn Road (competition)

Y5 Cycle Speedway Thursday 7th June at Cookson Park track 12.30pm - 2.30pm (competition)



The Big Pedal

Well done to those children and parents who have taken part in The Big Pedal this week.

We are currently 250th on the national leader board.

Let's hope that we can improve our position in Week 2!

MAST Drop-in Sessions

A reminder that Bethany Camm from MAST (Multi agency Support Team) will be in school on Monday 30th April.

If you have a question or query about your child with regard to bedtime routines and sleep, behaviour at home, anxiety and worries etc and would like to come and speak to someone who may be able to help you come up with some ideas that could help, please telephone the school to make an appointment.

Y6 Super Science

In Y6 we are learning about states of matter and how materials can change. To start our topic, we found out about the properties of materials in the different states and we went outside to act like their particles.



Message from Mrs Evans

Thank you parents for your support with lining up in the mornings and getting children to school on time.

Just a reminder that although teachers are on the playground in the morning to collect the children, they do need to be supervising their classes and getting them in ready for the start of the day.

Of course a quick message is fine to pass on, but if you want to discuss something in more detail or have a longer conversation please make an appointment for this. The best time to speak to a teacher to arrange an appointment is usually at the end of the day rather than the beginning.

Thank you

ST WILFRID'S SCHOOL REUNION

Saturday 7TH July 2018, 7.30 pm

With live music and a bar serving alcoholic and non-alcoholic drinks.

Tickets are £10 each and are available from either the school office or from St Vincent's Furniture Store.

All cheques should be made payable to "St Vincent's Furniture Store".

All profits will go to the St Vincent's Furniture Store and Mary's Meals charities.

ST WILFRID'S SCHOOL REUNION
SATURDAY JULY 7th 2018!
St Wilfrid's School
LIVE BAND!
7.30PM
£10
All proceeds are going to
St Vincent's Furniture Store and Mary's Meals

Fund Raising Week

Our School Parliament and Liturgy Leaders have organised some fund raising activities for the Good Shepherd Charity.

We will be running a range of stalls and activities next week. If your child would like to purchase anything during the week, please can they bring a small amount of money. When it is your child's class, it would be great if you could bake or donate items on that day. Please see below a list of fund raising activities each class will be doing:-

- Y6 - Cake sale - Tuesday
- Y5/6 - Sale Day - Wednesday
- Y5 - Tuck Shop - Thursday
- Y4 - Cake Sale - Friday
- Y3/4 - Bun Sale/Guess the Name - Friday
- Y2/3 - Biscuit Sale - Wednesday
- Y2 - Raffle - All Week
- Y1 - Toy Sale - Thursday
- R/Y1 - Dressing Up as Princesses/Superheroes Day - Friday
- R - Dressing Up as Princesses/Superheroes Day - Friday

Thank you for your support.

Thank You!

**A huge thank you to all who supported and volunteered
at the St Patrick's Disco.**

**We raised £724.12 which will go towards funding
additional extras for school through the PTA.**

Prayer of the Week

Dear Jesus

We pray that the weather shines like our hearts

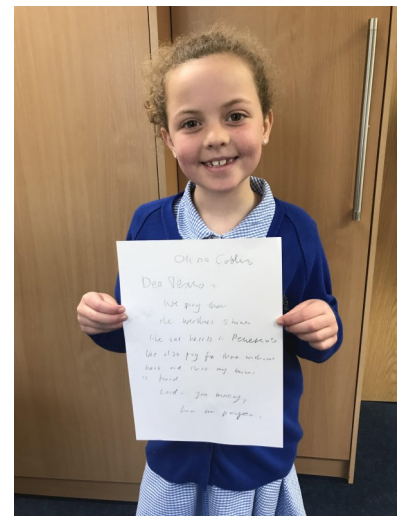
We also pray for those without heating and warmth

Lord in your mercy

Hear our prayer

Amen

Olivia Y3/4



Healthy Snacks

Children must bring only *healthy* snacks to school. A lot of children now seem to be bringing sweets / chocolate etc which is actively discouraged. Fruit is an ideal snack for break time.

Thank you for your support.

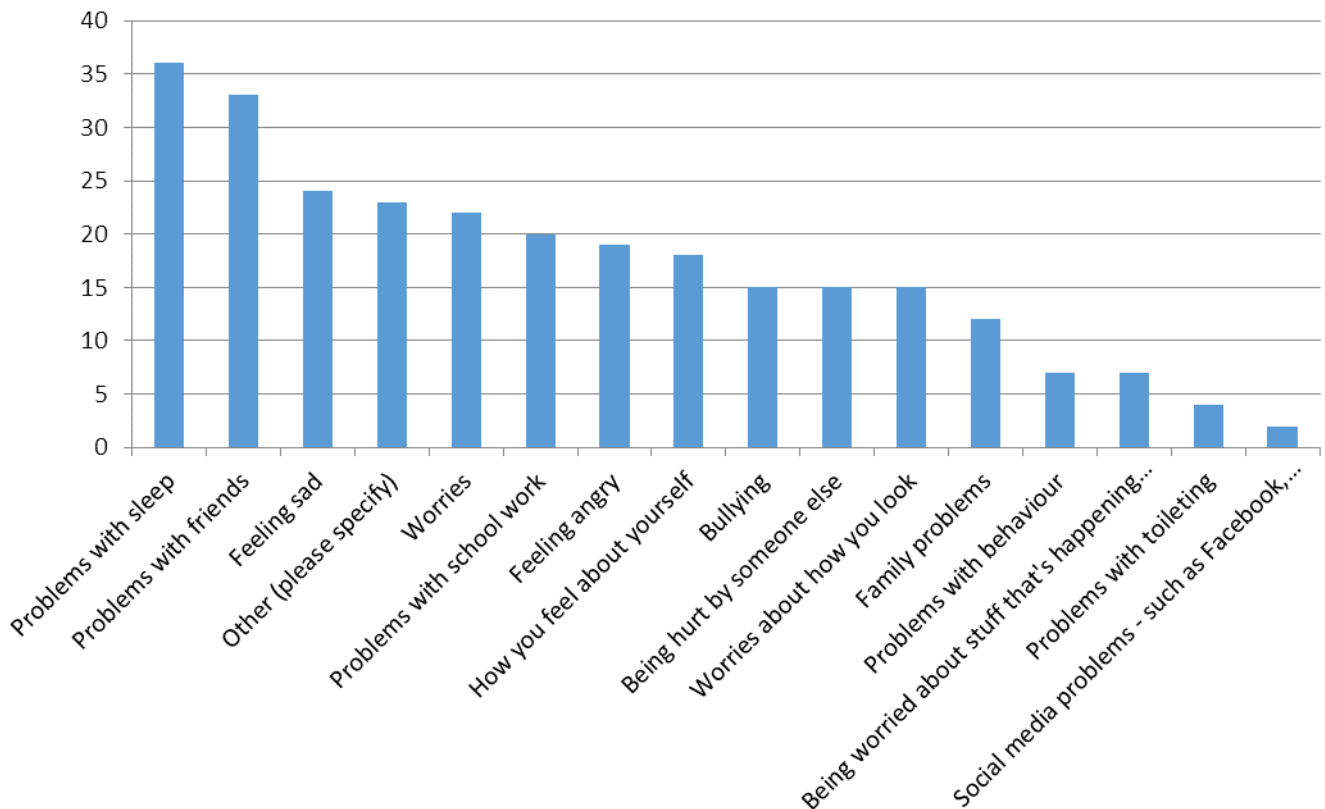
St. Wilfrid's Healthy Minds Survey Summary March 2018

Thank you to all the parents and carers who took time to complete the Healthy Minds Survey. The analysis of the responses is complete and the highlights are shown below. Parents and carers will be invited into school in the near future to discuss the findings and plans for the future.

117 Students in Key Stage 2 participated in the survey.

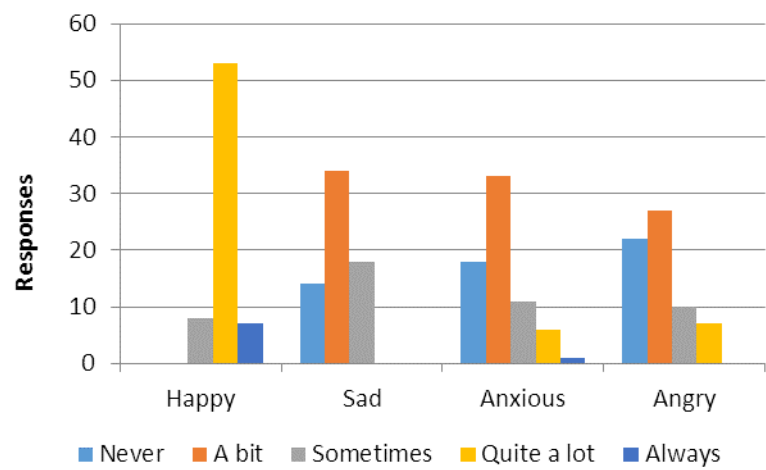
The majority of pupils reported feeling very happy about how they were in themselves (85%), how things were in their family (79%), how they were managing in school (79%) and how everything generally was going (74%). They also reported feeling positive about how they were looked after at home (98%) and at school (81%).

Children reported that their biggest problems were:

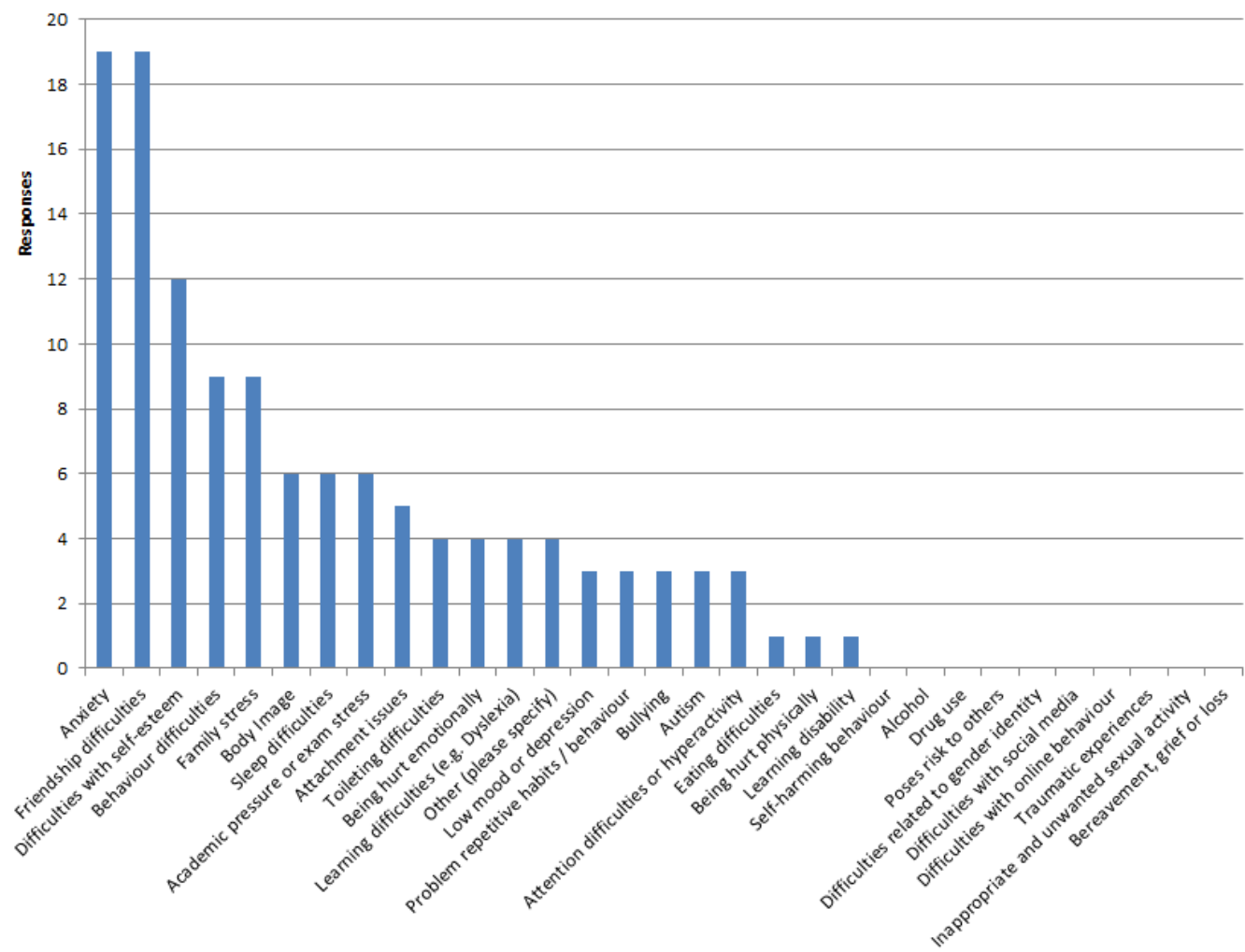


69 Parents and carers responded to the survey

Parents/carers were asked how they thought their child had been feeling over the past week:



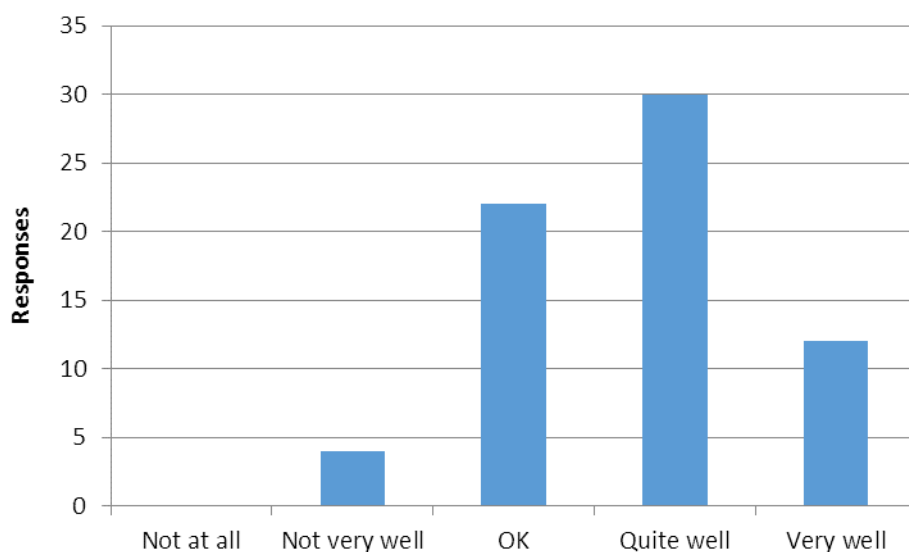
Parents/carers believed that the **most significant concerns** for their child over the past 3 months were:



The majority of parents/carers reported feeling confident (41%) or very confident (33%) recognising mental health difficulties in their child. 77% reported feeling confident or very confident talking about mental health concerns with their family.

The majority of parents/carers reported that their child had coped quite well or very well with challenges over the past week both at school (75%) and outside of school (77%). A smaller amount of parents reported that their child had not coped very well with challenges over the past week both at school (3%) and outside of school (4%).

Parents/carers reported that they felt the school supported their child's emotional wellbeing and mental health as follows:



The Healthy Minds survey has highlighted that both children and parents think that quality of sleep is an issue in their families.

Attached are two leaflets from the Children's Sleep Charity which give some very practical tips about bedtimes and sleep.

Alternatively, their website has lots of useful information

<http://www.thechildrenssleepcharity.org.uk>



Keep up to date
on Facebook
and Twitter

Reg Charity No: 1150585

Tel: 01302 751416
www.thechildrenssleepcharity.org.uk

Relaxation Tips for Bedtime

Feeling relaxed is important in the run up to bedtime for both you and your child. If your child is experiencing difficulties sleeping it can make you both feel anxious. Children quickly pick up on the stress levels of those around them so it is important to try to keep calm as bedtime approaches.

The tips below may help:

- Turn off all screen activities an hour before bedtime eg computers, television and mobile phones. This will help your child to calm their mind. Screen activities can also inhibit the production of melatonin (the sleep hormone that makes us feel drowsy).
- Avoid physical activity in the run up to bedtime. Exercising too close to bedtime can actually wake your child up.
- If your child is a worrier set aside some time during the day to give them your full attention and to find out how their day has been.



Continued overleaf

- Dimming the lights in the hour before bedtime can help to promote relaxation.
- Fine motor skill activities such as jigsaws and colouring can be very relaxing and a great activity to do together.
- Massage can help some children to unwind.
- Classical music can be very soothing and makes perfect background music in the evening.
- Teach your child to progressively relax the muscles in their body. They can begin by tensing their feet to the count of 5 and then letting them become relaxed. Work up to the calf muscles, thighs and so on until they have relaxed each part of their body.
- Encourage your child to concentrate on their breathing and imagine breathing in a beautiful white light and blowing out any worries or troubles each time they exhale.
- There are a number of relaxation CDs on the market that may help your child to feel calmer during the evening. You may however wish to talk them through an imaginary scene such as a favourite trip to the beach, asking them to visualise the scene and to feel the warm sun on their face.



Tel: 01302 751416

www.thechildrenssleepcharity.org.uk
info@thechildrenssleepcharity.org.uk

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Bedtime Routines

A good routine is important to help children to develop better sleep habits. You must be consistent when you implement a new routine, your child's sleep patterns may appear to become worse before they get better as they may try to resist new changes that you make. Parents often give up when implementing a routine as they feel that it isn't working, you need to give any changes at least 2 weeks in order to see results.

Here are our top tips for developing a good bedtime routine:

- Do the same thing at the same time each day, including waking your child at the same time each morning, this will strengthen their body clock. Yes we know this is hard on a Saturday and Sunday, but it is also very important!
- Switch off computers and televisions an hour before bedtime, these can be very stimulating activities and can hinder a good night's sleep. Screen activity can also interfere with the body's production of the sleep hormone melatonin!



Continued overleaf

- Fine motor skill activities help children to relax, encourage them to take part in these before bedtime. Colouring in, jigsaws, threading activities all help to promote relaxation. You will need to plan appropriate relaxing activities in advance.
- If your child enjoys being bathed then you should include this within your routine. A bath 30 minutes before bed is perfect for aiding sleep. The decrease in body temperature after getting out of a bath makes us feel sleepy around half an hour later.
- Give your child warnings that bedtime is approaching, you may use a visual timetable to show them what is going to happen next.
- Use calming music as part of your bedtime routine to help your child to begin to wind down.
- Say goodnight and leave your child to fall asleep by themselves if possible.
- Do not leave your child watching television or listening to CDs if they have sleep issues, they must learn to fall asleep by themselves at the start of the night so that they can then resettle themselves to sleep should they wake up during the night.
- Write down the routine so that everybody involved knows what the procedure is.
- A bedtime story is a lovely way to end the day.



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