



The Leys Primary & Nursery School Newsletter

Learning Today ...Leading Tomorrow

Star of the Week	
Class	Pupil
Murphy	Clara
Benjamin	Daniel
Kerr	Dolli
Bryon	Jomiloju
Donaldson	Orla
Soundar	Darcy
Dahl	Mayra
Gavin	Yuvan
Mante	Saaya
Morpurgo	Lucie
Riordan	Kaira
Zephaniah	Betty
Malala	Mia
Blackman	Emma



Times Tables Leaders
Well done to...

1. Tanya
2. Grayson
3. Izzy

For most improved time
(playing in the Studio
area) over the past 7
days

Friday 13th December 2024

DATES COMING UP!
(please note all dates are subject
to change)

16 Dec Come and Play Nursery
10.45 - 11.30 & 2.00 - 2.45
16 Dec Come and Play Reception
2.45 - 3.15
17 Dec Christmas Dinner and
Jumper Day
18 Dec Christmas Party 1-3pm
19 Dec iRock concert at 2.30pm
19 Dec Leys Voices to perform to
parents (after school)
20 Dec Last Day of Term School
finishes at 1.30 pm
23 Dec - 3 Jan 2025 Christmas
holiday
6 Jan 2025 - Inset Day
7 Jan - New Term Starts

*We are collecting items for the
Food Shed as part of our Reverse
Advent Calendar initiative. Please
bring into school any suitable items
or those listed in the attached PDF
by Friday, 20th December.*

Thank you for your support!



REVERSE ADVENT CALENDAR 2024

Kindness Award

Kindness Award | Afia - Y5

Attendance Wheel of Reward

Each week in assembly the
wheel will be spun for the
**most improved class
attendance**



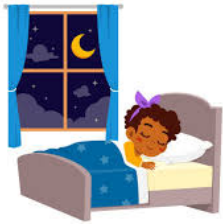
Be here to have a go!

This week's winners & rewards:

- Kerr - Special snack**
- Soundar - Class disco**
- Mante - Break the rules day**
- Malala - Chromebook games**



Whole school attendance target
= 97%
Whole school attendance this
week = 95.4%
Best class attendance this week
= Kerr



In our recent mental health survey, **up to 50% of children identified that they were not getting enough sleep.**

Good sleep is fundamental to good mental health, just as good mental health is vital to good sleep. A good night's sleep is about getting to sleep, staying asleep and getting enough good quality, deep sleep. Increasingly, studies show that the pattern and quality of our sleep is not only closely linked with our mental health and wellbeing, but also with our immune system, our alertness/cognitive functioning, our mood, our physical well-being, blood pressure and general health. Having enough good-quality sleep is a key, and often underestimated, protective

factor for children and young people. Sleep helps to regenerate their brains and bodies, process information and memories, boost immunity, guard against obesity and stress, and help concentration, learning and behaviour. Primary school-aged children generally **need around 10 to 11 hours of sleep a night**, while teenagers need around 8 to 10. Things to help children get a good night's sleep:

Having a regular time to go to sleep and wake up.

Having a predictable and consistent nighttime routine.

Making sure children and young people are in natural daylight for at least half an hour- particularly in the morning.

Making sure children and young people get enough exercise during the day.

Older children should avoid napping during the day.

Avoiding caffeine, particularly in the afternoon.

Turning off computer screens or other devices at **least an hour before bedtime**. Blue light from TVs, tablets and mobiles excite the brain and interfere with the sleep hormone levels, preventing the brain from feeling sleepy.

Having low lighting and a quiet space in bedrooms.

Avoiding checking devices, particularly in the middle of the night. Supporting children and young people to develop positive coping strategies for regulating their emotions and managing their stress levels.

If you need more help with sleep concerns in your child, speak to Mrs Barr, Mrs Pomroy or Mrs Clibbon in school or look at the website below, which has a downloadable sleep book that can be either printed or listened to through an audiobook.

<https://thesleepcharity.org.uk/information-support/children/>

Empathy

Inclusivity

Respect

Aspirations

Determination

Empowerment

Special Guests!

This week, the pupils and staff were lucky enough to receive a visit from some special guests! We welcomed The Popsys Reindeer Company into our school who brought along two special visitors- Steve and Dancer. It was a magical day and pupils were very interested to learn all about the life of reindeer, their habitat and what they eat! They will now use this inspiration to write all about reindeer! We can't wait to show you all our writing!



Performances at the Leys!

This year we are doing a big push on oracy and public speaking. As a result we will be giving each class at least 2 opportunities to perform. Please see the timetable below to see when your child will be performing. It would be fantastic to see you there to support them.

Autumn 2

EYFS- Christmas Stay and Share

Reception-Monday 16th December 2.45 pm

Nursery -Monday 16th December 10.45 am & 2 pm

IRock 19th December 2.30 pm

Leys Voices - Performance for parents 19th December 3.30pm

Winter Uniform

- White polo shirt.
- Black trousers OR black skirt OR black pinafore dress (No leggings)
- Red cardigan OR school sweatshirt OR school red fleece OR Black hoodie
- White/ Black school socks.
- Black school shoes
- Tights (Red/ Black)

PE- Plain white t-shirt

- Plain black shorts
- Plain black jogging bottoms
- Black plimsolls or trainers (plain white/ black are preferred)
- Red cardigan OR school sweatshirt OR school red fleece OR Black hoodie

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Parents' hub

We all want children and young people to enjoy taking part in sport – and parents play a key role in that.

This section of our website has been created to signpost parents to all the advice you need to keep your child safe in sport, from choosing safe clubs and activities, to supporting your child in a positive way.

If you're a coach or sports club, you can find further information on engaging with parents on our [parents in sport topic page](#).

<https://thecpsu.org.uk/parents>



Many thanks to Foodshed for their kind donation of fresh vegetables.



Term dates 2024-2025

AUTUMN TERM

Start of term: 3 September 2024
 Inset day: 2 September 2024
 25 October 2024
 Term: 2 September - 25 October 2024
Half term holiday: 28 October - 1 November 2024

Occasional day: 2 December 2024
 Term: 4 November - 20 December 2024
Christmas holiday: 23 December - 3 January 2025

SPRING TERM

Inset day: 6 January 2025
 Start of term: 7 January - 14 February 2025
Half term holiday: 17 February - 21 February 2025
 Term : 24 February- 4 April 2025
Easter holiday: 7 April - 21 April 2025

SUMMER TERM

Term: 22 April - 23 May 2025
 Bank Holiday: 5 May 2025
Half term holiday: 26 May - 30 May 2025
 Inset day: 2 June 2025
 23 July 2025
 Term: 2 June - 23 July 2025
Summer holiday: 24 July 2025 - 29 August 2025

Inset Days 2024 - 2025

2 September 2024
 25 October 2024
 2 December (Occasional day) 2024
 6 January 2025
 2 June 2025 - New inset day
 23 July 2025

