

Newsletter

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Issue: Summer 1
Friday 3rd May 2024

Hello from Sian

Welcome back to the Summer Term. The children have settled well. Please see our website for the summer term curriculum information.

Together with the exciting learning we have got throughout the Summer Term we also have a focus on assessments. Data for Reception is sent to the DFE and the Year 1 Phonics Tests are in June. Please make sure your child is in school every day unless they are unwell.

Both Tottenham and St Michael at Bowes have started preparing for our joint Summer Fair. Please note this year it will be on FRIDAY 21ST JUNE. This event raises much needed funds and we need your help!

Dates	
9.5.24	Year 2 The Great Fire of London Workshop
13.5.24	Class Photographs
27.5.24	Half Term Holidays
10.6.24	Year 1 Phonics Screening Check Week
10.6.24	Nursery Farm Visit at School
17.6.24	Year 1 Trip to Paradise Park
21.6.24	Summer Fair
25.6.24	Nursery & Reception Sports Day
27.6.24	KS1 Sports Day
3.7.24	Reception Trip to Capel Manor
8.7.24	Movie Night
9.7.24	Bear & Panda Class trip - Lea Valley
11.7.24	Koala Class Trip-Lea Valley
10.7.24	Open Evening for Parents
18.7.24	International Picnic for Children and Families
22.7.24	Fun Day for Children

REMINDER

Class photographs will be on Monday 13th May.

ECO TIP

Use reusable bags to reduce the amount of plastic waste that ends up polluting our oceans and harming marine life.



Weather Around the World



Year 1 enjoyed their workshop focusing on climates around the globe, extreme forms of weather and the harsh conditions found in certain countries. They travelled in the weather capsule through the different climate zones.



PALMERS GREEN LIBRARY

Last week Year 1 visited Palmers Green Library. They returned their books from the previous visit and chose a new book to take out. You can visit the library with your child and create a membership so that they can take books home to read.



Please remember to read with your child every day and sign their reading record.





Broomfield Park



Some Year 2 pupils represented Tottenham at a Local Authority event in Broomfield Park. It was organised to celebrate the Olympics starting later this year in Paris. The pupils had the opportunity to try out different Olympic sports and we had great weather. Thank you to the parents / carers who came to cheer us on!



Remember



SUMMER SCHOOL UNIFORM

Please be reminded children need to attend school in their **full school uniform every day**

- Green sweatshirt or cardigan with the school logo
- Black school shoes with velcro
- Green summer dress/ grey skirt
- Grey trousers/ shorts
- White polo shirt



Not own clothes



Please come to school dressed in your PE kit. Your PE day can be found on the sign on the classroom window

Remember:

no jewellery (including studs) and long hair tied back, and trainers with velcro



Book bags need to come to school **every day** including your reading diary, Big Cat book and Library book

Remember to read **every day**



Bring your water bottle to school every day with fresh water only

No glass bottles

Keep this handy reminder on your fridge or in your bedroom so you remember everything you need for school!











Back to School for the Summer Term!

As the clocks have moved forward recently and the warmer and lighter evenings have arrived, your child's sleep pattern may have been disrupted. A daily routine is important and will support good sleep hygiene (sleep routine).



Quality Sleep for Children is Important.

Sleep Hygiene; tips for a good night's sleep:-

-  Exercise – this could be a walk home from school or a trip to the park.
-  Tidy toys before dinner – to limit stimulation and encourage winding down.
-  Dinner - Aiming for the same time each evening helps to build a routine.
-  Slow things down after dinner – Relaxing activities (like reading/looking at books)
– No physical exercise in the hour before bed.
-  No sugary snacks before bed – Avoid fizzy drinks, chocolate, sweets, crisps etc.
-  Limit drinks an hour before bed – to avoid night-time accidents and promote uninterrupted sleep.
-  No devices! Switch off tablets/phones 1hour before bedtime to minimise stimulating blue light.
-  Bedroom environment – Minimise distractions. Check noise levels, temperature, lighting; blackout blinds, nightlight. No toys out.
-  Create a bedtime routine to stick to – e.g., bathroom, pyjamas, clean teeth, story time.
-  Lights out at a set time each night, or have night light in hallway.

If you would like any more advice, please contact the Enfield School Nursing Team on:
0203 9887300 (option 2) or email us at northmid.cedarsn@nhs.net.