

Friday 12th January 2024

01962 772381 adminoffice@ropleyschool.hants.sch.uk

**APPRECIATION** ❤️ **BELONGING** ❤️ **COMPASSION**

*You are never too old to set another goal or to dream a new dream*

## BEE RECOGNISED

**In our Bee Book and in Celebration Worship this week the following children were recognised:**

**Bumblebees:** **Vinne U, Arthur R and Rory C** for bee-ing excellent ice explorers this week. They have been setting up experiments each day to see which toys would freeze overnight. They they would work as a team to see how they could set them free!

**Max McC** for showing good focus in phonics lessons this week. You are making great progress with your reading skills!

**Cissy B** for bee-ing an excellent learner this week. She has tried really hard with her reading skills and has played beautifully with two new friends; sharing and taking turns with toys. Well done!

**Honey Bees:** **Robin G** for having a positive attitude and working with enthusiasm to answer some tricky maths problems. You worked with determination and you didn't give up!

**Poppy B** for asking really thoughtful and relevant questions in science this week when we were learning about animal classification.

**Carpenter Bees:** **Rosie C** for having the most amazing attitude to learning. She always gives 110% in everything, whilst having the biggest smile on her face. Keep up the super work, Rosie, you should be proud.

**Year 3:** **Ollie N** for having such an amazing attitude to his writing this week. His phrase of the week has been 'I can do it!' and he has used his sound mat and monkey dictionary to help him write some super words.

**Gwen B** for always bee-ing ready, respectful and safe. She challenges herself to be the best that she can be and has made great progress. Keep it up Gwen!

**Year 4:** **Alfred DH** for consistently challenging himself in all lessons this week. He wrote with flair and imagination to describe the changes in a Bronze Age settlement using excellent word choices.

**Celia W and Elsie S** for brilliant progress in dividing this week. They both had a real 'breakthrough' moment when they understood how to work out division calculations. Fantastic!

**Year 5:** **Finley N, Jonathan P and Samuel H** for writing fantastic biographies, showing concentration and perseverance to create well structured writing.

**George S** for super improvement in handwriting.

**Beekeepers:** **Cecily W and Evan G** for bee-ing excellent historians and offering thoughtful contributions when studying old maps of Winchester.

**Charlie G** for always bee-ing kind and helpful. He's always the first to offer help to others and is patient and caring when supporting others.

**Sofia M** for bee-ing so creative in English, varying each list so that it sounded unique and was thoroughly entertaining for the reader.

## PARENT WORKSHOPS

Our teachers will be offering the following workshops for parents:

**Wed 17th Jan, 9am**      **Phonics Workshop for Year R and Year 1 parents**

**This workshop will give parents a better understanding of how their child learns to read and how we teach sounds.**

**Tues 23rd Jan, 9am**      **KS2 Maths Workshop for Years 3-6 parents**

**This workshop will give parents an understanding of how maths is taught through KS2 and how to help them at home.**

**Mon 29th Jan, 9am**      **KS1 Maths Workshop for Years R, 1 and 2 parents**

**This workshop will give parents an understanding of how maths is taught in KS1 and the building blocks to help them as they progress through their education.**

It is **essential** that you let us know if you will be attending so we can arrange the correct size room and cover for the teachers who will deliver the workshop. Please email the school office to confirm your place.

## STAFFING NEWS



All of the children, staff, governors and parents were told yesterday that Miss Vittle will be leaving us at Easter. She has secured the headship at Oliver's Battery Primary School and Nursery.

Miss Kirby will be acting headteacher, supported by Mrs Hayes, Inclusion Lead, during the summer term whilst the Governors proceed through their recruitment process. They will, of course, keep you updated once a new headteacher has been appointed.

Mrs Lynn Thompson will also be leaving us at half term. She has secured a role within the NHS, so a different direction for her! She has been at Ropley for 8 years as a valued member of our support team and many of the children have worked with her. We will miss her and wish her every success in her new adventure.





## HAPPY BIRTHDAY

Happy Birthday to all the children who have their birthday in this week :

*Oscar L  
Marcus K*

*James S  
Charlie G*

If you would like to donate a book, or something else, for your child's birthday, the link to our wishlist is:

<https://amzn.eu/bXvpSme>

## TEACHER LED CLUBS

Scopay accounts have now been updated. All children who requested a place at:

- **Year 3 & 4 Computing Club (Thursday)**
- **Year 1-6 Stem Club (Thursday)**
- **Year R-6 Mindfulness Club (Tuesday)**

have secured a place. There are still a couple of places available at each club so if your child would like to take part, please contact the school office.

Clubs start this week and run from **3.15pm to 4pm**.

Please collect your child from the playground as normal.

Payment should be made **before your child starts**. Please update your scopay account as soon as possible.

## NORMA'S GARDEN

Now that we are approaching spring (hopefully!) plans are being drawn up for planting in Norma's Garden. We will be sharing the plan with you in the next couple of weeks and asking for donations of plants, compost, gravel, slabs etc. Gardening club will take on the responsibility of maintaining it so that the children can get involved with planting. Although it doesn't look like a large space, it will take some careful planting to make the best of the space and the light all year round.

## DIARY DATES

New dates or changes in bold

Mon 15th Jan	Yr R 2024 Applications Portal Closes
<b>Tues 18th Jan</b>	<b>Mindfulness Club starts, 3.15-4.00pm</b>
Wed 17th Jan	Phonics & Reading Workshop for Parents, 9am
<b>Thur 18th Jan</b>	<b>Computing and STEM Clubs start 3.15pm to 4pm</b>
Tues 23rd Jan	KS2 Maths Workshop for Parents 9am
Mon 29th Jan	KS1 Maths Workshop for Parents 9am
Wed 31st Jan	Runways End Activity Day, Yrs 3, 4 & 5 Year 6 Height & Weight
<b>Fri 2nd Feb</b>	<b>FROGS Evening Social and Quiz</b>
Tues 6th Feb	Safer Internet Day
Wed 7th Feb	Year 6 Flight Simulator Experience
Fri 9th Feb	Pancake Races Break for Half Term
Mon 19th Feb	INSET Day
Tues 20th Feb	Return to School Spring 2
Thur 29th Feb	Last Teacher Led Club Session
Fri 1st Mar	House Cross Country, 2pm
Thur 7th Mar	World Book Day
Wed 13th Mar	Parents Evening 3.30pm-6.30pm
Thur 14th Mar	Parents Evening 3.30pm-6.30pm
Fri 15th Mar	Comic Relief Day
Wed 20th mar	Full Governing Body Meeting
Thur 28th Mar	Easter Performance to Parents at St Peter's, 9.30am Open Afternoon for parents to view Children's books, 2pm
Thur 28th Mar	Break for Easter
Mon 15th Apr	Return to School Summer 1
Fri 24th May	INSET Day Break for Half Term



## FROGS Back to School Quiz!

**Friday 2 February 7:15pm**

**St Peter's Church, Ropley**



Tickets go on sale next week for our first evening social. "School Dinner" kindly provided by the Tichborne Arms (included in ticket price) and prizes kindly sponsored by house. Partnership. Team leader to sign up by email with your team name, team members and any food allergies. Alternatively send FROGS an email and we can pair you up and create mixed teams. It's set to be a fun evening, complete with tuck shop and bar so be sure to secure your early bird tickets before **19th January**! Space is limited. Cash and card payments accepted at school morning drop off **Monday 8th January and Friday 12th January** or pay by BACS. And remember no cheating, detention and forfeits will be given!

**See the poster on Page 4!**

## FROGS NEED YOU!

Do you have a few hours each month to help our PTA run more efficiently and effectively? FROGS need your help with the following positions:

- Secretary - arrange and join our monthly meeting to take minutes. Meetings are either in person or by Zoom. No requirement to be involved in events.
- Communications Chair - create and post content to our socials on a weekly or ad hoc basis. Help to advertise events. No requirement to be involved in events.

Speak to any of the FROGS team or drop us an email at [ropleyfrogs@gmail.com](mailto:ropleyfrogs@gmail.com)

Also a reminder to buy your quiz tickets or enquire about joining a team if you haven't already.



### **How to support positive sleep habits**

#### **Routines:**

- Create a routine that is the same every night, in the same order that has 4-5 different elements and is no longer than an hour (children lose focus if longer). This could include: bath, PJ's, teeth, story/stories, cuddle, white noise, bed (audio books are great for those that take longer to fall asleep)
- Establish the same sleep and wake times daily- avoid 'lie ins' as this effects circadian rhythm. 'Lie-ins' can reinforce late bedtimes/wakeful nights.
- Most children can't achieve 12 hours of sleep overnight, work out what your child's sleep needs are and work with that, e.g. if your child falls asleep at 8 and wakes at 6 they likely only need 10 hours of sleep, trying to get them to sleep more may just cause you frustration. In this case work with a 7pm bedtime routine for 8pm sleep rather than trying an earlier bedtime routine where your child loses focus and starts to 'play up'.

#### **General tips and tricks**

- Reduce screen time 2 hours before bed – it effects melatonin production due to the blue light. If this is tricky then choose an Ipad over a TV, you can turn the light down and put it on 'night mode' to reduce blue light OR purchase some blue light blocking glasses. Choose calmer TV shows. Avoid gaming in the evening – gaming is proven to increase cortisol and adrenalin which inhibits sleep, shift 'gaming' time earlier on in the afternoon.
- Be conscious about what children are watching to avoid children becoming scared/worried prior to bed. CBBC or Cbeebies are good options as they are age appropriate and educational, the BBC has a duty to produce high quality children's TV.
- Plan to have 10 minutes (minimum) of 1:1 connection time with each child. Often bedtime battles happen as children have been separated from you all day and are asking, in the only way they know how, for connection.
- Play 'fighting' or heavy work play (proprioceptive exercises) are great to include early on in the evening. These help to expel energy and help children to feel grounded.
- Keep bedtimes calm, keep talking and actions calm, avoid 'losing it' by planning how you will respond if things start to go wrong.
- Reduce lighting downstairs in the run up to bedtime – create a calming environment before going up to do bedtime routine. This helps the body go from fight/flight to a restful state. Bath in dimmed lighting – you can add lavender or essential oils.
- Include a snack and a glass of milk/water into bedtime routine (this avoids the 'I'm hungry/thirsty at bedtime). Foods containing tryptophan that help induce sleep include: Bananas, carrots, prunes, cheese, apricots, eggs, seeds and nuts. Raw/organic dairy products also contains tryptophan.
- Create a calming space in the bedroom – avoid using bedroom as a 'punishment'. Remove any unnecessary clutter.
- Dress in 100% cotton – it is better for temperature control and comfier.
- Bedrooms should be between 16-20 degrees.
- If a nightlight is needed ensure it is red – this helps melatonin production
- Try white/pink noise – this blocks out any household noises and can help children reach a deeper state of sleep.





# FROGS QUIZ NIGHT



## BACK TO SCHOOL!



Teams max 6 (we can find you team mates if needed)

Submit team name, members & food allergies by email

Tickets by email or morning drop off 8 & 12 Jan (other sales dates will be released)


Early bird tickets £12 per person/£72 per team - cash & card

No cheating! Detentions/forfeits will be given!





Friday 2 February 2024, 7:15pm

St Peter's Church, Ropley





TUCK SHOP & BAR OPENS 7:15PM

QUIZ 8PM



"SCHOOL DINNER" INCLUDED, KINDLY  
PROVIDED BY THE TICHBORNE ARMS  
PRIZES SPONSORED BY house. Partnership



Early bird tickets 8-19 Jan

£15 pp regular price



## Top Tips for...

# MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY  
MILK

### GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

### TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

### GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

### LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

### AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

### HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

### BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

### 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

### SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

### TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

### SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

### WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE  
BOX

The  
National  
College



National  
Online  
Safety

#WakeUpWednesday





## **PUPIL PREMIUM FUNDING**

Every year, the Government allocates funding to schools to help address the national trend that disadvantaged students do not attain as highly as non-disadvantaged students. This valuable extra money is allocated to schools to provide additional or enhanced provision, so that no child is left behind in their education as a result of financial circumstances. This can include subsidising after school clubs and trips as well as providing additional learning support or resources in class, for example.

### **Eligibility criteria**

Your child may be able to get free school meals if you get any of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for four weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Parents and carers can check eligibility simply and easily by visiting:

<https://www.cloudforedu.org.uk/ofsm/hants/>

and clicking on 'New Application'. Once you have input your details it will return an instant result and notify the school office electronically of your eligibility. If you would prefer us to check on your behalf, please email Mrs Burr with YOUR name, YOUR date of birth and YOUR national insurance number. We would like to reassure you that all applications made are confidential and no child is identified as a Pupil Premium child in any way in their day to day school life. Equally being entitled to free school meals does not mean your child has to eat a meal every day!

**Even if your child is in Year R, 1 or 2 and already entitled to Universal Free School Meals, if you think you might be entitled to this benefit please complete the form. This valuable extra funding ensures that we can offer many different types of support throughout the years your child is at our school and will ensure they continue to receive free school meals as they move into KS2.**

**Just one day of qualifying entitlement = 6 years of funding!  
Current funding = £1455 per child per academic year**