

Friday 15th March 2024

01962 772381 adminoffice@ropleyschool.hants.sch.uk

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

The kingdom of Heaven is like the man who sowed good seed

NORMA'S GARDEN—WE NEED YOU!

Plans for the bee friendly garden in Norma's Garden are now progressing, and thanks to the amazing donation from **John Henry Wicks**, we now have all the hard landscaping materials needed to move onto the next phase.

FRIDAY 22ND MARCH
1.30PM

We need volunteers to spend the afternoon to help with all the landscaping:

- Placing slabs to make a pathway
- Digging over the bed with soil conditioner
- Laying gravel beds
- Hanging two new bird boxes
- Moving the wild bird signs
- Placing the sculptures and the fairies

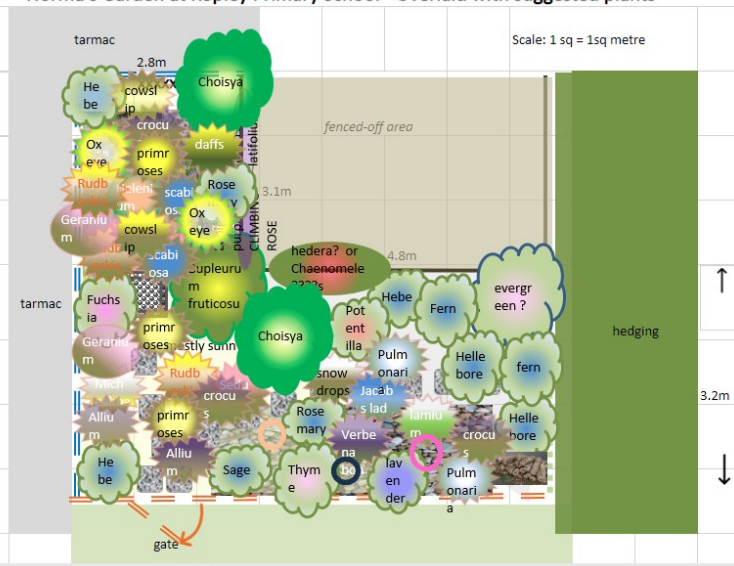
As they say, *'many hands make light work'* and we would welcome as many adults as possible who can spare an hour or two on this afternoon. Once this work is completed we will be able to start the actual planting!

Tea, Coffee and Biscuits will be provided, obviously :)

Please let us know if you are available.

Bring your own tools, please

Norma's Garden at Ropley Primary School - Overlaid with suggested plants



COMIC RELIEF DAY

Thank you to everyone who sent their loose change into class this morning. The children all came to school sporting **'Something Red for Comic Relief'** Thanks to



your generosity, we raised a magnificent **£129.56!**



SCHOOL COUNCIL INITIATIVE

As part of our Global Neighbours initiative, the school council have chosen to support the charity **Shelter**. This year, more than 139,000 children are homeless and home is a human right. Home is everything. **For every £1 donated to Shelter, 79p is spent directly on helping people through advice, support and campaigning.** The remaining 21p is spent on fundraising. If every child in our school donated £1, **£139.83** will be spent directly helping people and £37.17 will be spent on fundraising. Feel free to donate more than £1.

We have decided to set the following dates for our fundraising through special **'Wacky Wednesdays'** where you have permission to get creative with part of your school uniform if you bring in a donation:



- 1st May – ANY SHOES OF CHOICE** (no high heels, Heelies or football studs)
- 22nd May – TOP HALF OF CHOICE** (no cropped tops or hair down)
- 19th June – BOTTOM HALF OF CHOICE** (not shoes of choice)
- Friday 5th July – FULL MUFTI** (same rules as tops + shoes.)

Please support us in this fundraising initiative.

From Annabel G and the School Council

BEE RECOGNISED

In our Bee Book and in Celebration Worship this week:

Bumblebees: **Autumn P** for excellent progress with her writing. She leaves spaces between her words and writes clear letter shapes. Well done Autumn!

Hebe R for bee-ing such an enthusiastic learner. She tries her very best and is always eager to try a new task. Well done Hebe!

Ezra M for super progress in maths. He recognises all the numbers to twenty and orders them correctly too! Keep up the great learning.

Niamh B for brilliant sequencing skills in English when ordering pictures from the story 'Owl Babies' and using them to talk about what happened.

Honey Bees: **Vinnie B and Arlo D** for making great progress in your writing. You are using your phonics and sound mats brilliantly to produce some excellent independent writing.

Carpenter Bees: **Henry R** for working really hard on your newspaper report. I love how you have added all of the parts of our success criteria and have even been independently editing your work to make it even better. Keep up the hard work!

Chloe A for again working super hard all the time but especially your resilience when we have been learning to tell the time to the nearest 5 minutes. You kept going and didn't give up which is a brilliant attitude to have. Well done!

Year 3: **Eloise J and Jacob M** for showing fantastic resilience in maths this week. It has been a challenge to master two step problems but they did not give up and are now more confident when solving them.

Year 4: **Art S** for really listening to the advice given to him and acting upon it in a positive way. He has also produced some outstanding art work this week when we were recreating a piece in the style of Italian artist, Modigliani.

Micky N for a brilliant red kite fact file in our English work this week. He made precise and powerful word choices which meant his work was engaging and very informative.

William G for challenging himself to edit his work effectively and he then produced his best ever piece of English work, which was beautifully presented too!

Year 5: **Ellie N, George PK, Harry R and Joseph S** for all mastering converting fractions to decimals with lots of perseverance and focus.

Beekeepers: **Caitlin H and Georgie H** for bee-ing excellent geographers. They think deeply about what we discuss in class and are able to make connections above and beyond what they have learnt.

Freddie L for having such a positive attitude to learning he never gives up, views mistakes as an opportunity to learn and as a result made fantastic progress in recent assessments.

Blu B for his excellent word choices in his letter to Judge Mason, he chose words carefully to create a formal tone and wrote a very persuasive letter.

BRENDONCARE - CAN YOU HELP?

Our Year 5 and 6 children have been taking part in a project with **Brendoncare in Alton** on a fortnightly basis to take part in various activities with some of the residents. The children who have taken part have all really enjoyed the interaction with the residents. Sadly, Rosanna Godfrey who instigated and arranged this project, is no longer able to continue due to work commitments. We would really like a small team of parent volunteers to take over the role of transporting 3 or 4 children, to and from Alton Brendoncare every other Wednesday, 1.30pm to 3pm. Can you help? We really don't want to stop this project as the children, and residents, really enjoy it. Please let Mrs Howling know if you can help.

PARENTS EVENING

Thank you for attending our parent consultations this week. We hope that you found this a valuable opportunity to discuss your child's learning and progress. If you were unable to make your appointment, please contact the school office to arrange another meeting. Teachers will have shared with you if they have concerns about your child's attendance. As a general rule attendance of **95% and above is rated as 'Good'**, **below 95% is cause for concern** and children with attendance **below 90%** may be invited to a meeting with Miss Vittle to discuss how attendance can be improved. We all want the best for our children and positive attitudes have a key influence, we will always support parents to improve attendance and punctuality. Both school and parents can do much to encourage even reluctant pupils to attend school every day. Let us know if you need support with this.



Lucy I

Jack W

Bessie B

Celia M

Olive H

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>

This week's theme in Worship was faith. The children have been learning about Christianity and how Jesus used the parables to teach his followers about faith. This week's parable has been 'The Sower'. The children considered that just as a planted seed starts to grow, the word of God starts to deepen and grow within a person. Our school values of Appreciation, Belonging, Compassion also help us to grow good things in life and strengthens our faith.



Jesus wasn't talking about real seeds or real plants. He was using the image of their growth to help the lives of people who follow him. Just like seeds grow into good fruit the bible talks about 'fruits of God's kingdom such as:



love, joy, peace, patience, kindness, goodness, faithfulness and self-control

SPRING TERM 2

Wed 20th March

2nd Hand Uniform Sale, 3.15pm. Bring small change please!

Full Governing Body Meeting

Fri 22nd March

Norma's Garden Groundforce Afternoon, 1.30pm

If you can help, even for an hour, please come along to the Playground. Bring your spade and fork if you have them!

Tue 26th March

Dramabeasts Performance to Parents and children, 2.30pm

Thur 28th March

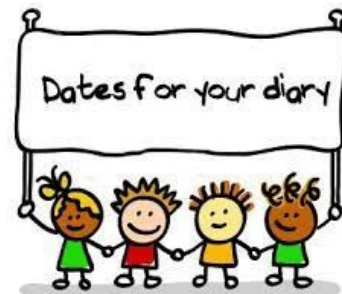
Year 3 Easter Performance to Parents at St Peter's, 9.30am

Open Afternoon for parents to view children's books, 2pm with refreshments and an Easter Event run by FROGs

Thur 28th March

Miss Vittle's Last Day

Break for Easter



SUMMER TERM 1

Mon 15th April

Return to School Summer 1

Wed 17th April

Inclusion Hub Meeting, 8.45am

Wed 1st May

Wear Any Shoes of Your Choice for Wacky Wednesday

Tues 7th May

Yr R Summer born - School Nurse - Height, Weight and Vision

Wed 22nd May

Wear Any Top of Your Choice for Wacky Wednesday

Year 4 & 5 Dress Rehearsal

Thur 23rd May

Founders Day

Year 4 & 5 Performance, 6.15pm

Fri 24th May

INSET Day

Break for Half Term



SUMMER TERM 2

Mon 3rd June

Return to School Summer 2

Mon 3rd June

Bikeability for Year 6

Tues 4th June

Bikeability for Year 6

Wed 19th June

Wear Any Bottom of Your Choice for Wacky Wednesday

New Year R Parents Meeting, 6pm

Tues 25th June

Move On Morning No 1

Fri 28th June

Sports Day, 2pm

Wed 3rd July

Move On Morning No 2

Fri 5th July

Mufti Day for Wacky Wednesday

(Even though it's a Friday!)

Tues 9th July

Move On Morning No 3 (New Yr R)

Wed 10th July

Year 6 Leavers Performance (TBC)

Fri 12th July

Thank You Tea Party, 2pm

Fri 19th July

Year 6 Leavers Service, St Peters, 9.30am

Tue 23rd July

Break for Summer

Mon 2nd Sept

INSET Day

Tue 3rd Sept

INSET Day





Connection needing behaviours

Attention and connection with others are a basic human need. Children don't generally have the language to communicate their need for connection and attention, so they communicate in behaviours and they aren't always appropriate. When a caregiver realizes that these **behaviours are just a child's way of communicating their need to be seen and heard**, it can change the perspective, allow for greater understanding and creates space for those needs to be met. When you can **re-label attention seeking behaviours as connection seeking**, caregivers are better able to handle the behaviours more positively.

When children desire connection but act out in attention seeking behaviours, how can a caregiver meet the need and **limit the unwanted behaviours**? Check out these three ways to meet your child's need for connection:

Make time to be together: If this sounds simplistic, it's because it is. Often, we overcomplicate how to interact with our children. **It doesn't need to be extravagant** or involve hours of playing together. There are many other ways to give your child the connection they need – see list at the bottom for ideas.

Give your child spontaneous attention: Give it freely and **intentionally**. Don't make them beg you for it. Try giving more than you think they need and see if you notice a **reduction in unwanted behaviours**. This kind of attention can be many random interactions; **quick hugs, pats on the head, high fives, eye contact, or a snuggle on the couch**. Think about what the world is like for your child, look at it through their lens. Why might they be needing to connect? How can you meet that need?

Notice the good: It's easy to notice when our children act out with unwanted behaviours and it is those behaviours that are most often addressed. However, if a child is seeking connection and they only get attention when they are doing what we don't want them to, it is likely we will get more of that. Children will seek any attention, whether it be negative or positive, as long as they are being seen/heard. **Catch your child using appropriate ways to ask for connection and praise them for it!** Praise should outweigh nagging/'telling off', if children hear more negative than positives then they seek connection in less helpful ways. When your child tells a funny story, makes silly faces, hugs you or wants to sit near you, they are **appropriately trying to connect and get your attention**. Try to be present in these moments and it will encourage them to use this type of behaviour for connection in the future.

Remember, children engage in attention seeking behaviours **because they need connection to develop, grow and thrive**. Most of the attention seeking behaviour children display is **developmentally normal**. Parents often refer to unhelpful behaviours by explaining "my child is acting out" or "they are just looking for attention." **Thinking**

of attention seeking as connection seeking can completely change your perspective and in turn, strengthen the relationship you have with your child!

Connection meeting activities

Create time in your evening for each child to get some quality connection time, make it manageable, short but intentional. Making this time uninterrupted- no phones, eye contact if appropriate, 1:1 if possible.

Short – intentional – uninterrupted!

Here are some examples for connection meeting activities:

- watching an appropriate show of their choice with them – point out / comment on funny parts or bits that you enjoy
- reading books together, reading is not just for bedtime and it's not just for younger children – read a chapter of a book that your child loves.
- colouring / drawing
- painting
- cooking or baking together
- Checking in with them / having a chat and simply asking them a question while they are playing independently.
- Engaging with a video game they like to play – ask questions about it and get them to explain how it works, pay interest in their interests
- Being engaged simply means being there and letting your children know that you notice them.
- Playing a card game or a board game such as Uno, snap, happy families, snakes and ladders etc.
- Sing a song / having a kitchen disco
- Talking about 2 things they enjoyed in their day and 2 things you enjoyed in yours
- Eating a meal together or as a family without a screen – talk about what you are enjoying about your meal.
- Rough and tumble play, children need the vestibular output, it can help to calm the nervous system.
- Go for a walk, bike-ride together
- Have a warm drink and snuggle / chat ritual

These are just a few ideas, but remember – **make it simple yet intentional, do it often, and watch your children's behaviour change for the positive!**



SOCCER SCHOOLS UK
THE COMPLETE PLAYER PATHWAY



EASTER CAMP!

EASTER +
EUROPA LEAGUE
WEEK

VENUE | ROPLEY PRIMARY SCHOOL
CHURCH ST ROPLEY, ALRESFORD, HANTS, SO24 0DS

5-12 YEAR OLDS



SHIRT
GIVEAWAY!



SOCCER SCHOOLS UK ARE
RUNNING THEIR POPULAR
FOOTBALL & MULTI-SPORT
CAMPS ON THE FOLLOWING
DAYS DURING EASTER!

EASTER HOLIDAY CAMPS

WEEK 1

MON 2ND - THU 5TH APRIL

WEEK 2

MON 8TH - FRI 12TH APRIL

COST

£20 PER CHILD, PER DAY
(STANDARD DAY)

£28 PER CHILD, PER DAY
(EXTENDED DAY)

STANDARD HOURS

DROP OFF FROM 08:45am - 09:30am
COLLECTION FROM 03:15pm - 4pm

EXTENDED HOURS

EARLY DROP OFF FROM 8:15am-8:45pm (£5)
LATE COLLECTION FROM 4pm -4:45pm (£5)
FULL EXTENDED DAY 8:15am-4:45pm (£8)

INFO

FOR MORE INFORMATION ON OUR HOLIDAY
CAMP PROCEDURES, THE FORMAT OF THE DAY
AND WHAT TO BRING, PLEASE CHECK THE
HOLIDAY CAMPS SECTION, OF OUR WEBSITE-
www.soccerschools-uk.com/booking

CONTACT

TELEPHONE - 07463 237878
admin@soccerschools-uk.com

BOOK ONLINE

www.soccerschools-uk.com/booking

ALL COACHES ARE FULLY LICENSED, HOLD ENHANCED DBS (CRB) CERTIFICATES, HOLD FA EMERGENCY AID CERTIFICATES AND ARE FULLY TRAINED/
FULLY INSURED. COPYRIGHT SOCCER SCHOOLS UK 2022-23



New Alresford Town Council

Annual Community Litter Pick

We are holding this year's litter pick in memory of Bill Rushon, who cared so much about keeping Alresford clean.

SATURDAY 23rd MARCH 2024, 9:00 - 11:00

ALRESFORD RECREATION CENTRE, ARLEBURY PARK

Join anytime between 9 and 11
Litter equipment and gloves provided
Complimentary hot and cold drinks

Help us join hundreds of thousands of Litter Heroes across the UK in the Keep Britain Tidy #BigBagChallenge on a mission to improve the environment.



EASTER TRAMPOLINE CAMP

3RD, 5TH, 9TH, 11TH & 12TH APRIL

FULL DAY OPTION

£42pp

Come join us!

Trampoline
Double-mini trampoline
Gymnastics
Airbag
Games
& More

HALF DAY OPTIONS £22.50pp

9:00AM-3:00PM
DISCOUNTS FOR MULTIPLE DAY BOOKINGS
9:00AM-12:00PM OR
12:00-3:00PM

DISCOUNTS FOR 4+ HALF DAY BOOKINGS



BOOKING ESSENTIAL
alphatrampolineclub@gmail.com
07903 369179



Based at Eggar's School, Alton

GU34 4EQ

WWW.ALPHATRAMPOLINECLUB.COM

FACEBOOK.COM/ALPHATRAMPOLINECLUB

A Parent's Guide to Cyberbullying



Many young people who are victims of cyberbullying suffer in silence.

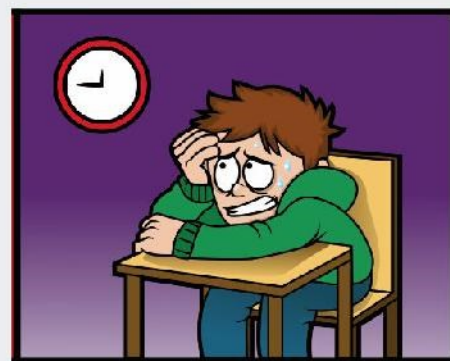
They feel they can't turn to parents or a trusted adult for support as they fear they may get in trouble or have their devices taken away from them. It can carry on all day, all evening and all weekend for the world to see, causing a lot of emotional stress to the victim and their family.



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online



It can very quickly lead to the victim feeling trapped, scared and vulnerable to grooming and blackmail.



Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipssed.com Tel: +44 121 227 1941

Developed in partnership with



10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.





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**