

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

For with God, nothing shall be impossible Luke 1:37

BEE RECOGNISED

In our Bee Book and in Celebration Worship this week:

Bumblebees: **Hebe R** for showing great independence with her learning and our class routines. She listens well and tries her very best. Well done Hebe!

Ottillie R for settling into Bumblebee Class so well. She follows our rules of Ready, Respectful and Safe brilliantly!

Jago M for making excellent progress with his reading skills. He is driven to do his best and practises his reading regularly at home too. As his confidence has grown he now helps some of his friends with their reading in a caring manner. Well done!

Honey Bees: **Marli LM and Sophia P** for creating amazing art work in the style of Andy Goldsworthy. You thought carefully about your design and collected natural objects that were perfect for your patterns. Well done both of you!

Carpenter Bees: **Anna H** for working really hard in math this week. She didn't give up when it got a little tricky and showed great independence with her learning. Well done Anna!

Freddie J for working really hard in all his learning but especially in maths. He has shown a positive and enthusiastic approach to his learning and we are so proud of him!

Year 3: **Theo G** for trying so hard on his independent learning, he has used his initiative to find ways to develop his skills to great effect.

Etta B and Celia M for bee-ing fantastic role models in gymnastics. They were able to work together to model different balances, then working with other groups to help them.

Year 4: **James S** for becoming such an independent learner; he's been working hard on his reading every day and was excited and motivated to do well in all his lessons. Great attitude, James.

Fraser M for bee-ing such a positive member of class this week. He has worked hard in all his lessons, helping others when necessary and doing jobs around the classroom. Thank you.

Evie S and Elsie S for really supporting and encouraging each other, especially in maths. Evie gave Elsie advice to 'slow down and take more care so you get it right' and Elsie encouraged Evie to 'believe in yourself, then you'll be able to do it'. Because of this they both succeeded!

Year 5: **Rafferty H and Sophie S** for creating interesting, well presented reports, choosing vocabulary and style to imitate the model text really well.

Ettie D and Lucy I for persevering with fractions at a difficult level

Year 6: **Georgie and Caitlin H** for always offering thoughtful and interesting comments in class discussions. They make connections and move everyone's thinking along.

Ralph D for working hard to stay focused in inputs in English which has led to a real improvement in the quality of his written work this week.

PARENT WORKSHOPS

Our teachers will be offering the following workshops for parents:

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

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

It is **essential** that you let us know if you will be attending by emailing the school office. We will only run the sessions if there are at least 5 participants.

FROGS QUIZ NIGHT

See poster on page 5 for more details

Only 2 tables left! If you don't have a full team and would be happy to join another table please contact FROGS and they will pair you up with another smaller team! ropleyfrogs@gmail.com

FOOTBALL NEWS

On Wednesday, 8 of our Year 5 and 6 boys played a friendly fixture against Four Marks. The boys have never played together as a team, but they all played a great game, showing determination and team spirit.

Henry P scored the first goal, followed by a hat trick from **Thom C**. After being the underdog throughout the match, **Evan G** then scored the winning goal in the dying minutes of the match, making the final score 5-4. **Fin N** was chosen as Man of the Match by Coach James! Well done to **Thom C, Henry P, Charlie G, Claude W, Evan G, Jack W, Finley N, Jake S and Rafferty H**. Thanks to Coach James for arranging it, the boys really enjoyed the chance to use their skills and come together as a team.



HAPPY BIRTHDAY

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

Ella Rose W

Jake S

AIM

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>

2nd HAND UNIFORM SALE

WEDNESDAY 24TH JANUARY, 3.15PM



Come along and have a rummage in the selection of pre-loved uniform. All items are in good, clean condition and are only £1 per item! Please bring small change!

PARENT GOVERNOR VACANCY

A parent governor term of office is coming to an end. If you would be interested in standing for office, please speak to Miss Vittle in the first instance, to discuss the role and responsibilities of our Governing Body.

NORMA'S GARDEN—THE NEXT STEP...

After the amazing installation of the outdoor classroom and the games tables, we are now moving forward with a planting plan for the actual garden area at the end, where the fairies will live. Our thanks go to Dilys from the RHS who has worked tirelessly with Sarah Hilder to come up with a planting plan that will make the most of the space, provide interest all year round, be child friendly and, most importantly, be Bee Friendly! The design here is the final plan. BUT..... Before we can begin actual planting, we do need some materials. If you have any of these items at home, or are willing to purchase them, please let us know asap:

- ◆ Soil Conditioner (enough for 34 sq m)
- ◆ Scaffold Boards x 3
- ◆ Paving Slabs x 17 (any sizes or colours, even odd ones!)
- ◆ Garden Wire and Eyelets (For Climbing roses)
- ◆ Gravel (approx 10 bags)
- ◆ A long, retractable hose (min 50m)

We will also be asking for **plant donations** but do not need actual plants until it warms up a bit and the hard landscaping has been done (probably after half term). Plants that we would like include:

Meadow flowers eg; annual and perennial, such as poppies, ox eye daisies, helenium, rudbekia, scabiosa etc

Evergreen Shrubs eg; hebe, euonymous

Scented eg; English lavender, verbena, salvia greggii all colours evergreen, sedum small variety

Fuschias, Yarrow, Sneezewort, Aliums, Everlasting Sweetpeas, Heliboers, Potentilla, Nasturtiums, Primroses, etc

Please let us know if you have any plants you are willing to donate (or buy) and we will let you know when we need them.

If you would prefer to make a financial donation instead, just pop it into a sealed envelope and hand into the school office or in the post box in the entrance lobby

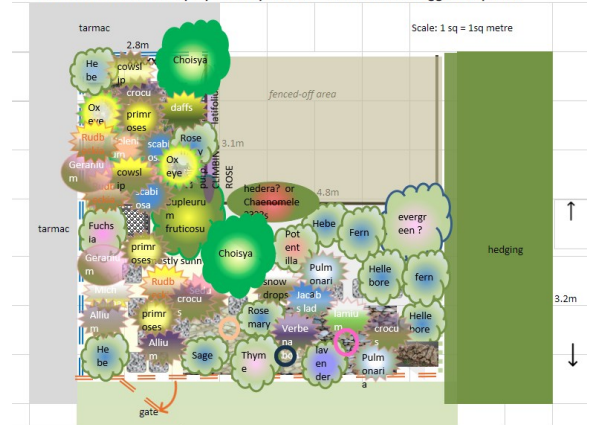
A very big thank you to past parent and Ropley Resident, Louisa Corbett, who has started our planting donations already

DIARY DATES

New dates or changes in bold

Tues 23rd Jan	KS2 Maths Workshop for Parents 9am
Wed 24th Jan	Rescheduled Yr R & 1 Phonics Workshop for Parents, 2.45pm
Mon 29th Jan	KS1 Maths Workshop for Parents 9am
Wed 31st Jan	Runways End Activity Day, Yrs 3, 4 & 5 Year 6 Height & Weight
Fri 2nd Feb	FROGS Evening Social and Quiz
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

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



**ALL OFFERS OF MANUAL HELP TO PREPARE
THE AREA READY FOR PLANTING
GRATEFULLY RECEIVED!**

**WATCH OUT FOR A NORMA'S GARDEN
GROUNDFORCE DATE - COMING SOON!**

SOCCER SCHOOLS UK
THE COMPLETE PLAYER PATHWAY



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

5-12 YEAR OLDS

FEBRUARY HALF TERM WEEK!

DODGEBALL,
GYMNASTICS &
AFCON WEEK



SOCCER SCHOOLS UK ARE RUNNING THEIR POPULAR
FOOTBALL & MULTI-SPORT CAMPS ON THE FOLLOWING
DAYS DURING THE FEBRUARY HALF TERM PERIOD



FEBRUARY HALF TERM CAMP

DATES

MONDAY 12TH FEBRUARY

TUESDAY 13TH FEBRUARY

WEDNESDAY 14TH FEBRUARY

THURSDAY 15TH FEBRUARY

FRIDAY 16TH FEBRUARY

COST

£20 PER CHILD, PER DAY
(STANDARD DAY)

£28 PER CHILD, PER DAY
(EXTENDED DAY)

STANDARD HOURS

DROP OFF FROM 8:45am - 9:30am

COLLECTION FROM 3:15pm - 4pm

EXTENDED HOURS

EARLY DROP OFF FROM 8:15am-8:45pm (£5)

LATE COLLECTION TO 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.soccerschoos-uk.com/booking

CONTACT

admin@soccerschools-uk.com

TELEPHONE - 07463 237878

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

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

SMARTPHONE SAFETY TIPS

for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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**