



11-5-18  
Summer 2

## MOSS LANE SCHOOL

### Value of the Month May

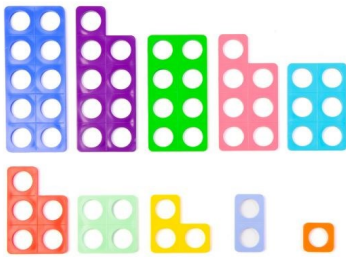
#### Thoughtfulness



We hope you enjoyed your long weekend, thank goodness the sun put his hat on for us!

#### **Banner Pictures**

We have been truly overwhelmed by the number of people that took part in our banner picture challenge. They are all so well drawn and you can tell a lot of thought and effort has gone into them. This is making our life very difficult as at the moment as we are struggling to choose our favourite. Because they are all so wonderful we will be making a display from some of the other drawings in the near future.



#### **Maths Evening**

On Tuesday 22nd May at 6pm Sara Cox will be hosting an evening where parents can learn how maths is taught in schools. This is designed to help you to help your child with their home learning. Please let the office know on 01483 417214 or at [info@moss-lane.surre.sch.uk](mailto:info@moss-lane.surre.sch.uk) if you would like to attend.



#### **NSPCC PANTS DAY**

Last Friday we had a day focussing on the NSPCC PANTS campaign. This was a real hit with the children with many going home singing the Pantausaurus song. Whilst fun we do believe that this is an important thing to discuss with them. If you would like to continue the discussion at home then please visit <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/> for more information



#### **Moss Lane School Nesting Box**

As you may know we have a camera in our nesting box in our school playground. We are very happy that our resident Blue Tit has laid 7 eggs which we can't wait to see hatch.

You can watch a live feed of her and her eggs by going to:

<http://www.seenature.org.uk/schools/moss-lane-school/>

We will let you know as soon as we see some babies!

## **Learning at Moss Lane..**

### **Year R**

The Bears have been busy recycling old welly boots and other containers to make fabulous flower and plant containers! We are looking forward to planting seeds in yogurt pots, plastic trays and empty drinks bottles!

We are hoping the judges from Godalming in Bloom will think our efforts are prize worthy!



### **Bears at Woodland School**

Bears have thoroughly enjoyed their Woodland School Days this week and last, with Pandas finally enjoying a sunny day!

The children enjoyed pond dipping and found newts, tadpoles, pond skaters and even a lizard. They also learned how to use tools safely to cut their own birch sticks, and whittled them to a point. These pointy sticks were then used for the most important activity of the day—roasting marshmallows over the camp fire.



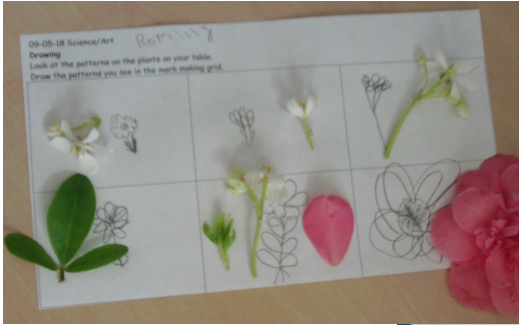


## Learning at Moss Lane...

### Year 1

On Tuesday the Year 1's had a science hook morning. They enjoyed a range of activities including:

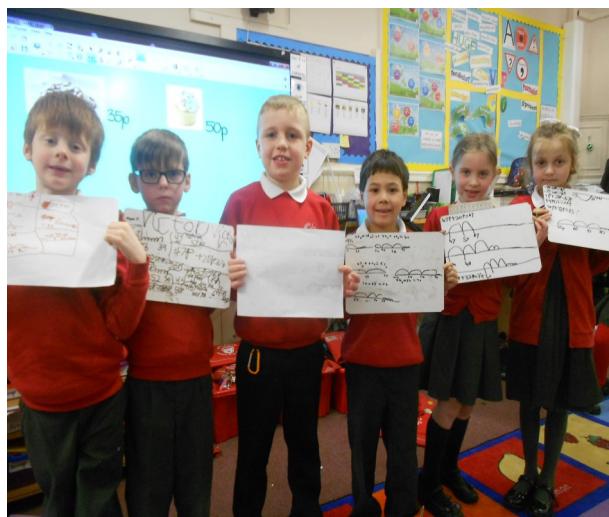
- Planting Seeds
- Studying a range of garden plants and labelling them
- Observing flowers in detail and drawing the patterns they saw
- Creating clay sculptures using natural materials such as leaves, stones and petals



### Year 2

In maths our Year 2's have been learning about fractions and using number lines for addition and subtraction problems.

They have also been very busy creating some beautiful flower pictures in chalk. Do have a look through the class window at drop off and you will see some of their designs.



## **Summer Reading Challenge 2018**

**Saturday 14 July and will run until Saturday 15 September**



Mischief Makers, The Summer Reading Challenge 2018 is inspired by the much-loved children's comic 'Beano' which is celebrating its 80<sup>th</sup> Anniversary.

Children taking part in the challenge this year will follow clues to explore their colourful collector's map of Beanotown; meeting Dennis, Gnasher and friends along the way.

As children read library books, they will collect special stickers to help them find the mysterious buried treasure!

Mischief Makers: the Summer Reading Challenge starts in your local library on Saturday 14 July and will run until Saturday 15 September. It's FREE for all children aged 4–11 to take part and you can collect fun rewards as you read books through the holidays.

### **General information about the Summer Reading Challenge**

The Summer Reading Challenge is aimed at children aged 4–11 years and is for everyone regardless of their reading ability. Taking part is easy and free. Just visit a library to sign up. Borrow books through the summer and earn stickers and other free rewards along the way. You'll get a certificate after you've read six books.

You can read whatever you like, fact, fiction, joke books or poetry, from our excellent range. You can even borrow audio books and listen if you prefer.

Taking part in the Summer Reading Challenge helps children to become more fluent, confident and happy readers.



## **The importance of sleep for your child's health**

Children lead busy, energetic lives, no matter how old they are. But their growing minds and bodies require a healthy sleep pattern in order to function properly. The benefits of good sleep are endless; sleep efficiency (not sleep duration) contributes significantly to improved grades in maths and languages. Unfortunately, studies have indicated that up to 7 out of 10 children don't get enough sleep, which can lead to temper tantrums, concentration and behavioural problems, and much more.



### **How does sleep affect your child?**

#### **Physical Health**

Sleep allows our bodies to repair and rejuvenate through repairing tissue, boosting muscle mass, synthesising proteins, releasing growth hormones and maintaining a strong immune system (sleep-deprived children, for example, are much more prone to common colds and flu).

Another benefit to sleeping well is weight management. Studies have shown that young children who get less than 10 hours sleep a night are three times more likely to be obese than those getting 12 or more.

#### **Mental: Mood, Emotion and Clarity**

Ever noticed how, when you're tired, you're prone to crankiness and moodiness? The same applies to your children as well. Lack of sleep negatively affects the way emotions regulate, increasing your stress levels through amplified anxiety and aggression. While sleep won't eliminate stress, it increases readiness to cope with it.

Studies have also shown that while we sleep, our brains process and consolidate memories, helping your children to remember the important things in life. In contrast, losing sleep makes you more likely to make silly mistakes and impairs problem solving and focus, as brain neurons aren't able to function optimally.

## How to sleep better?

Here are a list of things that you can do to get your child to sleep better:

### Watch the sugar /caffeine



A can of coke or a sugary snack before bed can hinder any or all of the good work you've done in getting your child to bed. Diet dictates how energetic and active we are, and as you're no doubt aware, sugar and caffeine are two hyperactive ingredients not conducive to sleep.

### Limit technology/stimuli before bed



Colourful, interactive stimuli is detrimental to your sleep because it keeps the brain active at exactly the wrong moment. Whether your children are chatting to friends, playing games or watching their favourite show, modern technology is making it harder for us all to sleep. Turn off all technology an hour or so before their bedtime. Instead they could listen to an audio book or relaxing music, take a warm bath, do some relaxation exercises or play a quiet game like a puzzle.

### Keep a regular routine



Regular sleep times help maintain our body clock's circadian rhythm and keeping these consistent will make it easier to fall asleep. This tip is especially difficult during the school holidays when routines are often relaxed, the days are longer and activities more varied. However, it can make a big difference.

### Know how much sleep is required

As a general guide, your child's sleeping needs naturally decrease by about 15 minutes each year. Toddlers and pre-schoolers need around 12-14 hours per day, primary school-aged children should get 10-12 hours and teens will usually want 9 hours. (Grown-ups do best with about 8 hours).

#### HOW MUCH SLEEP DO YOU REALLY NEED?

| Age                              | Sleep Needs       |
|----------------------------------|-------------------|
| Newborns (0-2 months)            | 12 to 18 hours    |
| Infants (3-11 months)            | 14 to 15 hours    |
| Toddlers (1-3 years)             | 12 to 14 hours    |
| Preschoolers (3-5 years)         | 11 to 13 hours    |
| School-age children (5-10 years) | 10 to 11 hours    |
| Teens (10-17 years)              | 8.5 to 9.25 hours |
| Adults                           | 7 to 9 hours      |

Source: National Sleep Foundation



## **Staffing News**

Congratulations to Mrs Hilyard and Mrs Shreeve who are both expecting babies and will be leaving at the end of the Summer term to go on maternity leave. I am sure you will join me in wishing them all the best with their pregnancies. Mrs Cook will be returning from maternity leave at the end of term.

I am also saddened to announce that Miss Price will be leaving at the end of the Summer term to work closer to home and support her daughter who is starting school this September.

I would like to thank all the staff for their hard work and dedication to Moss Lane and wish them well in the future.

## **REMINDERS**

### **Parent Clinics**

Parent clinics are a good opportunity for you to discuss any concerns/worries that you might have about your child with Mrs Abbott. You should have discussed these issues with your child's class teacher in the first instance. Then, if you feel they have not been resolved please make an appointment. Should you wish to do so, please collect a form from the Parent Information area outside the office. Our next parent clinics is:-

Tuesday 15th May at 9.15am

Wednesday 20th June at 9.15am

Appointments last approximately 15 minutes

### **Year 3 Admissions**

Parents were sent offer letters regarding their child's place in year 3 from Surrey County Council recently. Please can you ensure that we have the name of the school that your child is going to as we have to send on their data and files.

### **Summer term Weather!**



As we all know the weather can be very variable and we try to get outside as much as possible during playtimes! In the hot weather can you please encourage your children to protect themselves by wearing sun hats (named please!) and bringing in bottles of water (school water bottles are available to buy at the school office). It is also a good idea to put sunscreen on exposed parts of your child's body before they come to school in the morning. We would also ask you to ensure that your child brings a raincoat to school everyday—just in case!

### **Playground after school**

Please could we remind all parents and carers that, lovely as it is to stay on site after the end of the school day, the school site is not a public park or playground. As such it is important that the children (including younger and older siblings) are closely supervised and not allowed to behave inappropriately. For example the children should not do the following: climb onto the roof of the cottage or on the top bar on the tractor. Children who are under school age should not be on the playground equipment as it is not suitable for the under 4s.

## Dates for your Diary 2018

### **May**

|           |      |                                     |
|-----------|------|-------------------------------------|
| Tuesday   | 15th | Parent clinic 9am-10am              |
| Wednesday | 16th | Year 1 St Hilary's Singing Festival |
| Saturday  | 19th | Royal Wedding                       |
| Monday    | 21st | All classes celebrate Royal Wedding |
| Tuesday   | 22nd | Maths evening                       |
| Wednesday | 23rd | FGB 6.15pm                          |

### **HALF TERM 26th May –3rd June**

### **JUNE**

|           |           |                                   |
|-----------|-----------|-----------------------------------|
| Saturday  | 2nd       | Godalming Carnival 12pm start     |
| Wednesday | 6th       | Sports day                        |
| Thursday  | 7th       | Reserved Sports day               |
| Friday    | 8th       | International Day                 |
| Saturday  | 9th       | Summer Fair 10:45am-2pm           |
| Monday    | 11th—15th | Phonics week                      |
| Friday    | 15th      | Father's Day event 9am–10.30 am   |
| Monday    | 18th—22th | The theme 'Building resilience'   |
| Thursday  | 21st      | Parents Clinic 9am-10am           |
| Saturday  | 23rd      | Godalming Duck Race               |
| Monday    | 25th      | Godalming in Bloom Judging        |
| Tuesday   | 26th      | New Reception Parents evening 7pm |
| Friday    | 29th      | PTA Ceilidh Dance                 |

### **JULY**

|           |      |                                    |
|-----------|------|------------------------------------|
| Wednesday | 4th  | Bump up day all classes pm         |
| Wednesday | 4th  | New Parents first visit 3.30pm     |
| Monday    | 9th  | New YrR Teddy Bears picnic 3.30 pm |
| Wednesday | 11th | New YrR Teddy Bears picnic 3.30 pm |
| Thursday  | 12th | Open Afternoon 2pm                 |
| Friday    | 13th | Yr2 Leavers Disco                  |
| Wednesday | 18th | Yr2 leavers assembly 2.15pm        |
| Friday    | 20th | TERM ENDS 1.30 pm                  |

### **SEPTEMBER**

|           |     |                         |
|-----------|-----|-------------------------|
| Tuesday   | 4th | Inset NO children       |
| Wednesday | 5th | Children back to school |