



St Osmund's Catholic Primary School Newsletter



Love for God ~ Love for Each Other ~ Love for Learning

New Books!

With huge thanks to our PSA, we now have an array of new books to go on our beautiful Library Bus! Each class in the school chose 15 books that they would really like to read and the Parent, Staff Association went ahead and bought them for us! **So that is 105 new books for our avid readers.**

Please remember, the Library Bus is open every day for you to enjoy both before and after straight after school, as well as lunchtimes so you can hop on and off, enjoy a good book and provide a welcoming space if the hustle and bustle of the playground is not your thing... and you now have an even greater range of books to choose from!



After School Clubs

Term 5 after school club choices will be sent out via email early next week with signing up and payment going live at lunchtime next Wednesday. Clubs for this term will finish next week, with the exception of the Monday and Tuesday clubs we had to cancel due to Parents Evening, which will run during the last week.

Library Bus and Timber Trail

Please be aware that the library bus is not available for use whilst waiting to collect your child from after school clubs, only immediately after school.

Please can we ask that do not let your children play on the timber trail before or after school. We have after school clubs running in the playground which cannot start until all parents collecting children have left the premises.

Thank you for your co-operation with this.

PSA's Chocolate Bingo

It's back! The ever-popular Chocolate Bingo is being held on Friday 19 April 2024 at Saint Elizabeth's Hall, doors open at 5.30pm, eyes down at 6.30pm.

Purchase your bingo books on the door, priced at £2 each or 5 for £3.

As well as bingo the evening will feature a licensed bar, hot and cold food, tuck shop, stand up Bingo and Gin Rolling.

Please note that this is a Cash Only event!

The PSA also need help setting up tables & chairs before the event, 3.15pm-4pm at St Elizabeth's Hall (at rear of school).

If you're able to offer any time during set up or throughout the evening's event, please let the office know ASAP. Many thanks! See PAGE 4!

Julia's House Easter Trail

Julia's House are hosting their annual Easter Trail at Wilton House between Thursday 28th March and Saturday 30 March 2024. The trail maps are £4 each and once the trail has been completed children will receive an Easter egg. Monies raised from the trail will continue to help caring for families of critically ill children across Wiltshire and Dorset.

Star of the Week Awards

Rec: Tyler and Ancjo
Year 1: Tito and Ola
Year 2: Rehaan and Miya
Year 3: Sonny and James
Year 4: Luna and Joey
Year 5: Edward and Mihai
Year 6: Dania and Adrian



Dates for your diary...

[@St_OsmundsCP](http://www.twitter.com)

18.03.24 ~ Year 3 Orienteering ~ 3pm-4.40pm Wyvern St Edmunds

20.03.24 ~ Modern Foreign Languages day

21.03.24 ~ Stations of the Cross – school hall

26.03.24 ~ LifeBase Visits (PSHE)

27.03.24 ~ Easter Bonnet Competition

28.03.24 ~ Break up end of Term 4 ~ 1:30pm

19.04.24 ~ Chocolate Bingo!

13.05.24 ~ SATs Week, Year 6

24.06.24 ~ Class Photographs

05.07.24 ~ International Day!

08-12.07.24 ~ Y6 Residential

Term dates for 2024-25 are out and on the [school website](#).

Mr R Sanderson
Headteacher

Dear Father in Heaven,
Help us to love people in the same way as You
have loved us. Help us do generous things for
others because we love You.
Amen.

School Car Park

Please do not park in the school car park after 08.00am and before 4.30pm even if you are dropping off at Sunshine club.

The minibus is now in use at the end of the school day so please be mindful when walking through the car park and stay on the pavement. Remind your children to walk sensibly around vehicles, even parked ones.

Safeguarding Team

If you have any concerns about a child's welfare or safety, please speak to a member of the school safeguarding team:

Mr Sanderson – Designated Safeguarding Lead

Mrs Chapman – Deputy Designated Safeguarding Lead

Mrs Sambrook – Deputy Designated Safeguarding Lead

Mrs Windsor – Deputy Designated Safeguarding Lead

Health and Wellbeing Workshops coming up on 26th and 27th and March

I am pleased to announce that once again, we will be welcoming LifeBase to St Osmund's to carry out some workshops which supplement our PSHE curriculum.

While our Life to the Full curriculum covers everything our children need to know and understand from a personal, social, health and wellbeing perspective, the LifeBase enhances that and ensures that these key life skills are firmly embedded.

At an age-appropriate level and depending on the class, the children will:

- Understand that there is mental as well as physical health and discover what they can do to improve or maintain their mental health.
- Understand the key elements of a balanced, healthy lifestyle.
- Recognise the impact of diet, exercise, drugs (including medicines) and lifestyle on the way their bodies function.
- Identify feelings and emotions - in themselves and others - and how doing this can help to maintain positive mental health.
- Identify qualities of friendship; reasons why friends sometimes fall out; skills for making up again.

Dreaming of a decent night's sleep? 🗨 Many of us are – and it's a particularly pervasive problem for young people. Concerningly, research has suggested that around 70% of teens get less than the recommended 8–10 hours' sleep per night. The effects of poor-quality sleep on a developing mind, of course, can be harmful over a prolonged period. See our helpful guide on the next page for more information on developing healthy sleep habits.

St Osmund's Catholic Primary School
Love for God ~ Love for Each Other ~ Love for Learning

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.



St Osmund's PSA presents

CHOCOLATE BINGO!



Friday 19th April: 5.30pm

Eyes Down at 6.30pm

St Elizabeth's Hall 131 Exeter St, SP1 2SG

*Licenced Bar - Hot Food - Tuck Shop
Stand Up Bingo & Gin Rolling!*

Bingo Books £2 each or £5 for 3

This is a Cash Only event, thank you for your support!