



School News

Issue 3: Friday 5th October 2018

New Chair of Governors

Our school governing body held their first meeting of the academic year on 21st September. They elected **Mr Andrew Woodward** as the Chair of Governors for this year.

Congratulations Andrew!



Harvest Festival Mass at St Stephen's church at 10am on Sunday 7th October



On **Wednesday 3rd October**, we celebrated **Harvest Festival** at St Stephen's church.

Thank you for your donations and generosity.

You are most welcome to attend the **Harvest Festival Mass at St Stephen's church at 10am on Sunday 7th October**. Graham is looking forward to welcoming many families from Burdett-Coutts!

Google Classroom.

As part of our development in Computing teaching, and organising and presenting our work, this term all children in Years 2 - 6 have begun logging into a Google Classroom. This is a digital classroom where their work is saved in The Cloud. This means that children can be set work to complete both in school, and at home, which will be automatically saved online. In the first months we will use this primarily for work about History and Humanities.

All the children's' accounts are protected by individual password, and nothing can be seen by anyone from outside their own class community. None of the children have any access to an email account as part of this. This will help us to ensure that they are safe whilst using the classroom and its related features.

A feature of this classroom is a forum, where children may post messages (only to other members of their class). Naturally messages will be monitored carefully by staff. This stream is visible to all in the class, so no private messages can be posted, and in learning about online behaviour the children are being taught that an inappropriate message will be dealt with by withdrawal of their access to be part of this online class stream.

Word of the week

Every week, the school features a word of the week in order to improve and enrich your child's vocabulary. Words of the week so far this term ...

Initiative

Incarnation

Meticulous

Momentous

The words are displayed around the school together with a sentence that includes the

Thought for the week

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Martin Luther King, Jr.

word of the week. Ask your child if they know the word of the week!

Mobile phones

Children in Year 6 who walk to school on their own **are permitted to bring their mobile phones to school.**

We appreciate that parents and carers are trying to develop their Year 6 child's maturity so that they are confident and comfortable about travelling to school independently when they are in secondary school.

Their phone **must be handed to Miss Polly at the playground gate in the morning.** It will be returned to the Year 6 child **at the end of the school day.**

Children **are not permitted** to use their mobile phones during the school day.



We do not expect any children under the age of 10 to be walking to school on their own. To this end, children who are not in Year 6 **are not permitted** to bring their phone to school.

Mrs McMullan's news



This week will be a quiet one in Kilburn as the Year 6 children are going to the Lake District for a week. They will be climbing mountains and learning about the outdoors. I hope the weather is kind and not too wet and windy.

So here is this week's question! There are good transport links near me, so here is a transport question:

There is only one Tube station which does not have any letters of the word 'mackerel' (a mackerel is a type of fish) in it, can you work out what it is? *Hint it is on the Jubilee line.

Give your answers to Miss Baker in the office by 12th October!

We have a harvest service on Sunday which the children will be singing at and we are collecting for our local food bank. I expect you will be singing with Mr Carden about fruit, vegetables and all the other wonderful things we have been given by God.

Happy Harvest time to you all!

A big thank you to all the parents who attended Alex Haswell's workshop on sleep. I hope you found it as useful as I did – I found it so interesting to learn about the phases of sleep and why it is so important for children to get so many hours of good quality sleep every night. Alex has sent me a 'Sleep Sheet' with his Top Tips for parents: I've included it with the newsletter on the following page.

Ella Camplin

Assistant Headteacher & SENCO



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Sleep Sheet



Sleep plays a significant role in brain development. The quantity and quality of sleep have a **profound impact on learning and memory**. During the sleep, the brain sorts out and stores the important information - this is how memories are created.

Poor sleep is linked with behaviour issues, hyperactivity (ADHD-type symptoms) concentration & memory issues, health difficulties such as obesity, lowered immune system, diabetes, heart disease, etc.

Sleep Psychologist Dr Guy Meadows says: *“We need to recognise that sleep is one of the most powerful performance-enhancers known to humankind. If you are serious about your child’s academic performance, then schools and parents should be really helping them get good quality sleep on a regular basis.”*

If your child is 3-5 years old, they need 11-13 hours of sleep per night. If your child is aged 6-13, they need 9-11 hours sleep per night.

Top tips

- 1) Establish a *bedtime routine* that is short and predictable. Start the routine 15 to 30 minutes before the set bedtime. The routine should take place in the child’s bedroom where it is quiet (other than bathing/teeth brushing activities). You can find visual schedules for bedtime routines by googling: ‘Visual schedule for bedtime routine’.
- 2) Choose a bed time...and keep it. As much as possible, your child should have a bedtime and wake time that is the same 7 days per week. If your child is to go to bed later at weekends or holidays, try and move their bedtime by *no more than an hour*.
- 3) Research has shown that the *blue light* emitted from screens suppresses melatonin, an important sleep hormone. *Your child should not have access to ‘screen time’ (television, tablets, phones etc) for an hour before bed.*
- 4) If your child has caffeinated foods or drinks (e.g., chocolate, coffee, tea, fizzy drinks) in the afternoon or evening they may have difficulty sleeping, so limit these.
- 5) Exercise during the day helps your child sleep better at night and have deeper sleep.
- 6) The bedroom should be comfortable, quiet, and dark. When your child wakes up in the morning, open the curtains and let natural sunlight come into the room.
- 7) Teach your child to sleep alone. if a child is struggling to sleep or wanting to sleep in the same bed as you, try giving them a ‘special object’ to keep by their bedside on in their bed with them, to remind them of you and reassure them if they wake up in the night.

Alexander Haswell

Educational & Child Psychologist
Bi-Borough Education Psychology Consultation Service

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Martin Luther King, Jr.

Dates for your diary
Autumn Term 2018

highlighted dates are when parents are invited into the school

Dates	Events
October 2018	
Sunday 7 th	10am, Harvest family service at St Stephen's church – all welcome
Wednesday 10 th	9am: Ready, Respectful and Safe – Behaviour focus coffee morning for parents & carers
Thursday 11 th	9am: Parent Gym (start of 6-week workshop programme) 9.15-9.45am Reception Open morning for children starting Reception in September 2019
Friday 12 th	9.15am: Donaldson Class Assembly Year 1
Monday 15 th	Year 6 Educational Visit to the Imperial War Museum
Thursday 18 th	9.15-9.45am Reception Open morning for children starting Reception in September 2019
Friday 19 th	9.15am: Morpurgo Class Assembly Year 6
HALF TERM MONDAY 22nd – FRIDAY 26th OCTOBER	
Monday 29 th	Autumn term 2 begins – children back in school
November 2018	
Thursday 1 st	All Saints Day
Friday 2 nd	9.15am: Blackman Class Assembly, Year 5 6pm, All Souls Day service at St Stephen's church – all welcome
5 th – 16 th	FRIENDSHIP FORTNIGHT
Thursday 8 th	9am, Parent Gym 9.15-9.45am Reception Open morning for children starting Reception in September 2019
Friday 9 th	Year 5 at St Paul's for a Remembrance Service
12 th -16 th	ANTI-BULLYING WEEK
Monday 12 th	Odd Socks Day for the start of Anti-Bullying Week!
Wednesday 14 th	9am: Ready, Respectful and Safe – behavior focus coffee morning for parents & carers

Thursday 15 th	9am: Parent Gym 9.15-9.45am Reception Open morning for children starting Reception in September 2019
Friday 16 th	9.15am: Anti-Bullying Assembly
Thursday 22 nd	9am: Parent Gym 9.15-9.45am Reception Open morning for children starting Reception in September 2019 3.40 - 7pm: Parents' Evening for all classes in the Hall
Friday 23 rd	9.15am: King-Smith Class Assembly, Year 3
Sunday 25 th	Christ the King
Thursday 29 th	9am, Parent Gym 9.15-9.45am Reception Open morning for children starting Reception in September 2019
Friday 30 th	9.15am: Jeffers Class Assembly, Reception 3.45-5pm CHRISTMAS FAIR
December 2018	
Sunday 2 nd	First Sunday of Advent
Monday 3 rd	Year 2 Educational Visit to Westminster Abbey
Thursday 6 th	9.15-9.45am Reception Open morning for children starting Reception in September 2019
Tuesday 11 th	10am & 2pm: EYFS & KS1 Nativity Play (for parents of children in Nursery, Reception, Year 1 and Year 2)
Thursday 13 th	9am: Ready, Respectful and Safe – behavior focus coffee morning for parents & carers
Friday 14 th	SCHOOL CLOSED FOR STAFF TRAINING
Tuesday 18 th	10am & 2pm: KS2 Christmas Play (for parents of children in Years 3-6)
Friday 21 st	Last Day of the Autumn Term SCHOOL CLOSSES AT 1.30pm

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