

# Alsager Highfields Primary School Mighty oaks from small acorns grow

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Friday 10th May



Dear Parents and Carers,

The last couple of weeks in school have been very busy with the children having opportunities to experience new things in all areas of the curriculum. The sporting calendar continues to give our pupils the chance to try new sports and trips and residential visits allow our pupils to embed class-based learning, first-hand. The year 3 visit to Chester really allowed our pupils to get a better understanding of history and The Romans, whilst the year 2 residential visit to Llandudno allowed our younger pupils to compare living in a town in the countryside, with living in a town by the sea. We also got to find out more about the history of Great Britain when visiting Conwy Castle. Thank you for supporting these trips as it truly is a privilege to take your children out. I received so many compliments from members of the public when in Llandudno about the behaviour and manners of our pupils; they were a credit to you and High-fields.

Next week our wonderful year 6 pupils' will take their Standard Assessment Tests. Whilst these tests measure attainment in the core areas, they do not measure many, many other skills and attributes. I know in our year 6 class we have children who are brilliant at sports, dancing, acting, art, science and music, as well as pupils with an incredible ability to connect and empathise as well as pupils who speak two languages. This is what I will remember about this class, not what they achieved in their SAT's. Please do however be mindful that we want to give our year 6 pupils the best opportunity to do their best, so please ensure all children are in promptly next week as SATs will be sat in familiar classrooms and any late-comers arriving through the main gate will inevitably be distracting. We will celebrate the end of SATs the following week with the year 6, three-day residential to London. Mrs Dyde will be in charge whilst I am away.

#### Enjoy the sunshine this weekend!

#### Rachel Woollam

<u>Why do we ask pupils to read 15 minutes+ each day?</u> The research is proven that if children read for 15 minutes+ daily between the ages of 4-12, then they are exposed to a vocabulary of 6.8 million words compared to the 1.5 million words of pupils who read less than 15 minutes a day. This exposure to new vocabulary helps our children become better readers,

writers and orators. We have made such progress in reading at Highfields, please ensure your child continues to read during the summer months. It really does make a huge difference to life potential. Thank you for your support.



#### Running for Books

Oliver in Year 4 ran the Mow Cop Killer Mile yesterday and once again has generously used this opportunity to raise funds for books. The money Oliver raised last time enabled the school to buy lots of graphic novels and two sets of the Amulet series. These books have been enjoyed by the junior pupils, in particular the boys in years 4, 5 and 6. Oliver is only £75 away from his fundraising target. If you would like to sponsor him, then please follow the link:

https://gofund.me/a8c761d5





Donate to SchoolLibrary, organised by Francesca German gofund.me

#### Tik Tok/ Social Media

We are increasingly aware that many of our older pupils have a Tik Tok or Facebook account. Legally, children should be 13



before accessing these social media platforms and there are many reasons for this. Lots of fall outs in school come about through social media usage outside of school and I ask that if your child does have access to a social media account, that you ensure you have enabled parental settings and that you manage and monitor their accounts and who they are interacting with regularly.

Schools work really hard at keeping your children safe online and we know from working with partners such as Cheshire police and Social Services, that social media platforms are often used by adults who pose a threat to young people.

Please take some time to ensure you are informed about the platforms your child is using. Information on safeguarding children on Tik Tok can be found by accessing the link below:

https://www.internetmatters.org/tiktok-playbook/ #tiktokplaybook

#### Mental Health

For the past 2 years, healthy body, healthy mind has been a school priority on our school



development plan. As a school we have looked at the 5 pillars needed in order to develop better mental resilience and I hope your child will be able to name the 5 pillars if you ask them! If they can't, then here is a reminder:

<u>PILLAR 1: DIET/NUTRITION</u>—you are what you eat. Try to 'eat a rainbow' every day.

<u>PILLAR 2 : SLEEP</u>—children need a lot of sleep (9 hours ideally) and a good quality night's sleep.

<u>PILLAR 3: EXERCISE</u>—exercise releases 'happy' hormones and stretching and yoga count.

<u>PILLAR 4: SUNLIGHT/DAYLIGHT</u> – spending 20 minutes outside in the morning has been proven to lift mood regardless of the weather. Because of the research around this, we have extended morning break to 20 minutes!!

PILLAR 5: CONNECTION / POSITIVE RELATION-

<u>SHIPS</u>—spending time with others helps our mental health as long as those connections are positive.



Huge congratulations to all our pupils whose achievements have been celebrated in assembly over the past two weeks.



#### **Silver Awards**

R— Vaughn S, Rebecca M, Joshua O, Lennox C Paislie G and Esme K

Y2—Sam N, Freya B

Y3—Tahlia G, Elivia W, Ethan C, Evelyn D and Bronte P

### Gold Awards (30 stars)

YR—Arthur H, Claudie O, Rowan F

Y1—Bobby M,

- Y2—Jessica L
- Y3—George N,

Y6—Alfie W, Cameron M, Christopher S, Rosie S,

### **Diamond Award**

Y1—Oliver H

Y6—Sienna H, Marlee P, Erin Y and Leo S

### **Word Millionaires**



Huge congratulations to our latest millionaire:

Mrs Harrison (Y6!)

Musical Celebration

As a school we are coming together on the afternoon of the 7th June (1.15pm), to celebrate The Arts, in particular music and dance. Classes, groups and individuals will sing, play and maybe even dance as we showcase our talents.

Parents, grandparents & carers are more than welcome to



come and swell the size of our audience. Please bring your own chairs or picnic blanket!

## ALSAGER GARNIVAL

once again decided to enter a float in Alsager Carnival this year on Saturday the 8th June. The theme is D Day and we invite pupils to join us dressed as soldiers or poppies. Please let the office know before half term if your child is able to be a part of the school float as the float last year looked amazing, but lacked children. If you are also 'arty' and wish to help decorate our float, please do get in touch. As always, our community work is being ably led by Mrs Lindblad.