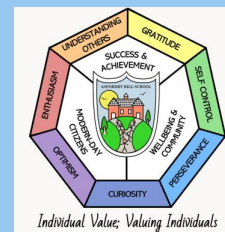


# Monthly Newsletter

Asfordby Hill Primary School

APRIL 2024: ISSUE 8



Dear Parents / Carers,

This month, we have had a lot of enjoyment focusing on our communities both locally and globally. You can see the evidence of this on our Facebook page. Our Earth Day activities and the sustainability science workshop for parents went brilliantly. They made all of us think about how we can all reduce our use of plastics to support the environment around us and beyond. I think we might have some budding renewable materials engineers of the future here at Asfordby Hill. Again, you all rose to challenge set by the children in our Eco Club to collect litter in our local areas in the Big Litter Pick! Well done AHPS.

We have also been very thankful for all your support over the last 6 weeks. We have completed the first stage of the eco garden thanks to the volunteers who shifted bark and topsoil, as well as East Midlands Airport Grant. Already, this area has started to be used by the children to enhance the curriculum. It was also great news from Tesco's blue token campaign. We are still waiting confirmation of our position, but any outcome means we can now purchase additional resources for the children to use in the kitchen and plan more cooking activities including clubs. Thank you for collecting the blue tokens!

Asfordby Hill's community spirit never ceases to amaze me. The turn out for the Chestnut's informative phonics morning, Willow Class's outstanding assembly and the science workshop was fantastic. The children thoroughly enjoyed showing their learning. They make us extremely proud. A huge thank you must go to the staff, who inspire to achieve high standards. They have worked together to produce wonderful outcomes. It absolutely demonstrates the power of teamwork.

At the end of April, we have to say goodbye to Mrs Goodsell who is sadly leaving us. We would like to give our heartfelt thanks to Mrs Goodsell who has worked as a teaching assistant for many years and worked with so many children. She will be greatly missed. We wish her a very happy retirement.



Mrs Millward

## WHAT'S IN THIS MONTH'S ISSUE:

- Key Dates
- PE, Afterschool Club timetables
- Curriculum In Action- April
- Achievements
- Team Points
- Wow Awards
- Friends of Asfordby Hill (FOAH)
- Governor's Section
- Mental Health Information
- Local Connections

## Key dates for your diary

Thursday 2<sup>nd</sup> May: KS1 multisport competition

Monday 6<sup>th</sup> May: School Closed- Bank holiday

Wednesday 8<sup>th</sup> May: FOAHS meeting

Thursday 9<sup>th</sup> May 3:20pm: Year 6 parents Beaumanor Hall residential meeting

Friday 10<sup>th</sup> May: Chestnut's Garden Opening

Monday 13<sup>th</sup> May: Year 6 SATS week

Thursday 23<sup>rd</sup> May: Quad kids year 4

Friday 24<sup>th</sup> May: School closed INSET DAY

Monday 27<sup>th</sup> May- Friday 31<sup>st</sup> May HALF TERM

Monday 3<sup>rd</sup> June: School Open for children

## Other Dates:

- W/B Monday 13<sup>th</sup> May 2024: Year 6 SATS week
- **Friday 24<sup>th</sup> May: SCHOOL SHUT TO CHILDREN- INSET DAY**
- W/B 3<sup>rd</sup> and 10<sup>th</sup> June 2024: Swimming Pool on site
- 22<sup>nd</sup> June: Summer Fair
- 26<sup>th</sup> -28<sup>th</sup> June 2024: Year 6 residential trip
- W/B 17<sup>th</sup> June 2024: Sports Week
- Wednesday 10<sup>th</sup> July: Last day of term

## PE Timetable (after Easter)

Please remember to wear PE kit on your PE days. PE days for each class are below

Monday	Tuesday	Wednesday	Thursday	Friday
	Year 3- Witches and Wizards		Year 2- Jumping 1	EYFS- Nursery Rhymes/ Games
Year 3- Communication and tactics	Year 4- Tennis	Year 2- Rackets, bats and balls	Year 4- Orienteering	Year 5- Rounders
Year 5- Athletics	Year 1- Jumping	Year 6- Cricket	Year 6- Health related exercise	Year 1- Heroes



## School Clubs Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
KS2 Futsal Club	KS1 Athletics	KS2 Athletics	Lego Club	

## Curriculum In Action- April



HAPPY  
**EARTH**  
DAY





HAPPY  
**EARTH**  
DAY





HAPPY  
**EARTH**  
DAY



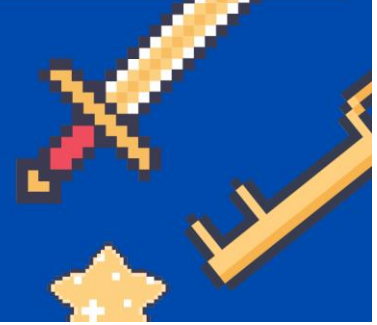


What were toys made from in the past? How did they work or move? How were toys different to the ones we have today?

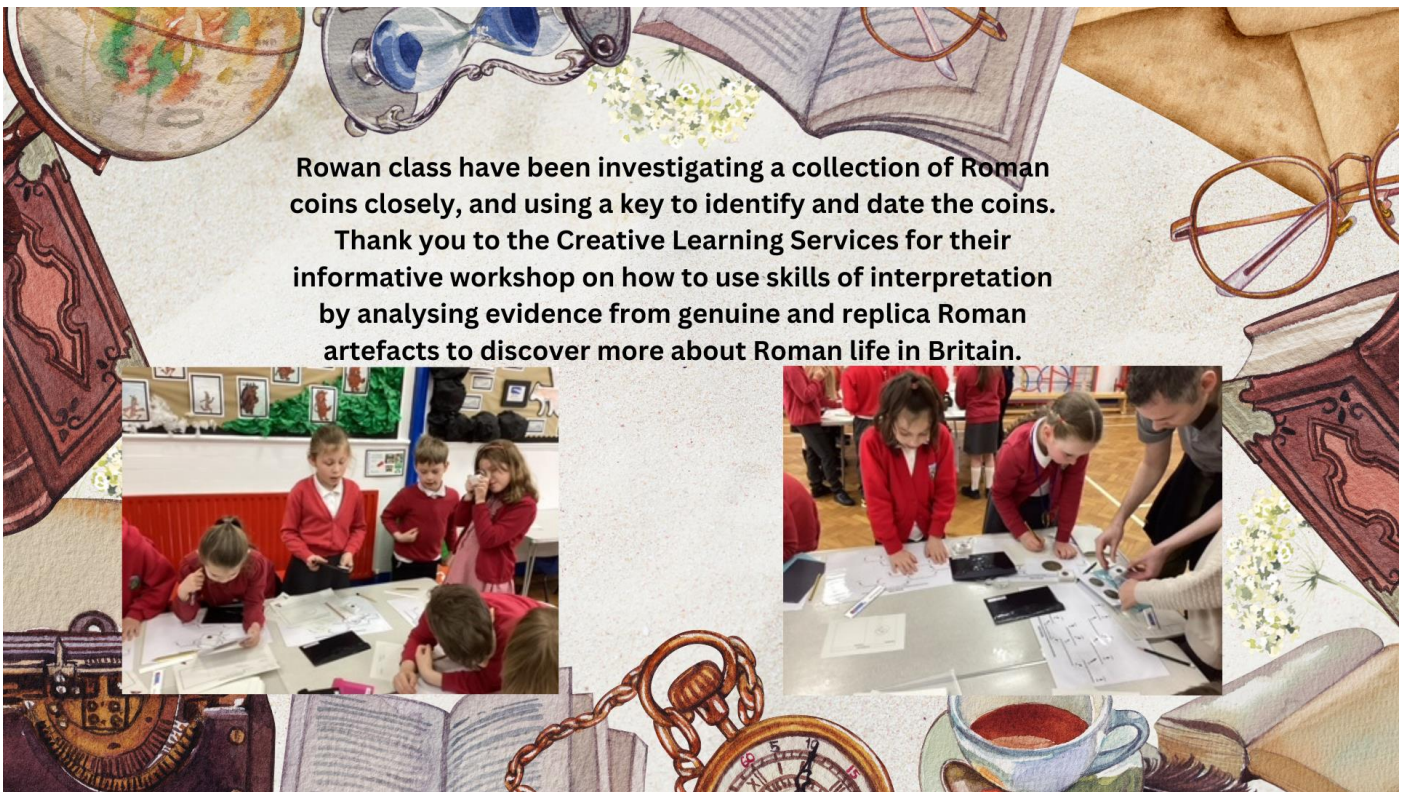
Chestnut Class explored these questions when the Creative Learning Services visited them.

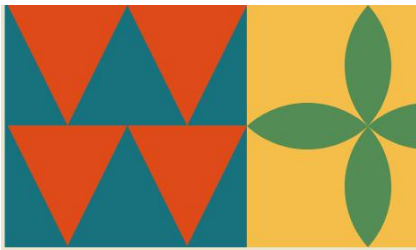


Oak and Sycmare Classes had a fantastic STEM challenge using their curiosity to learn about areas that have been struck by natural disasters and then collaboratively problem solve to help provide relief to a fictional Minecraft world.

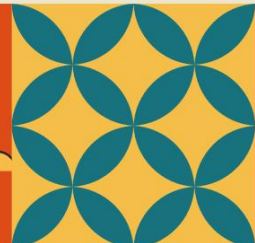


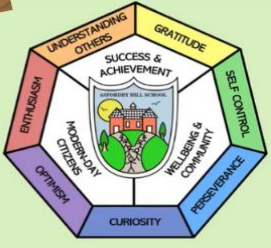
Rowan class have been investigating a collection of Roman coins closely, and using a key to identify and date the coins. Thank you to the Creative Learning Services for their informative workshop on how to use skills of interpretation by analysing evidence from genuine and replica Roman artefacts to discover more about Roman life in Britain.





WILLOW'S  
CLASS  
ASSEMBLY  
SHOWCASED  
THEIR LEARNING  
BASED ON  
KENYA. IT WAS  
OUTSTANDING!





# EARTH WEEK

SCIENCE OPEN AFTERNOON  
APRIL 2024





## Congratulations to Ewan

who took part in the Tiger's Challenge with his rugby club.



Our Year 3/4 boy's football team had a wonderful time representing AHS at a recent tournament. They did us proud!



Congratulations to our incredible children who took part in the finals of the parallel sports event. They did us proud with their perseverance and team spirit.



Community Spirit in Action. Well done to all those who took up the ECO Club's challenge of The Big Litter Pick. What an amazing impact on the local environment!



### Team Points



AIR

EARTH

FIRE

WATER

This month's team points results:

Week ending	AIR	EARTH	FIRE	WATER
Friday 22 <sup>nd</sup> March	145	<b><u>183</u></b>	141	143
Friday 12 <sup>th</sup> April	83	104	83	<b><u>114</u></b>
Friday 19 <sup>th</sup> April	<b><u>168</u></b>	150	154	144
Friday 26 <sup>th</sup> April	199	<b><u>209</u></b>	199	194

Congratulations to our weekly winning teams. Each week's team winners have had an extra 10 minutes of playtime on a Wednesday- enjoy!

## Wow Awards

The children have worked exceptionally hard on using their rainbow skills. It has been a delight to see how many children are using these skills throughout the curriculum but also around school. On Fridays, two children from each class are rewarded in our Celebration Assembly with a WOW certificate and a gold star badge to wear in class the following week.

Congratulations to you all- you deserve a WOW!

22nd March 2024



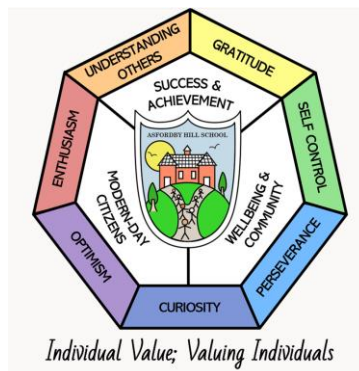
19th April 2024



12th April 2024



26th April 2024



## Friends of Asfordby Hill (FOAH)

Thank you to all that supported The Quiz Night. An amazing £ 418.00 was raised for activities to enhance all pupil's experiences at school.

There are more trips going ahead this term, which FOAHS are supporting.

Thank you everyone for your continuing support.

Please see below for dates of coming events (more information to follow):

- Tuesday 4<sup>th</sup> June: School Disco
- Saturday 22<sup>nd</sup> June: Summer Fair



If you would like to help or support in any way: spare some time with a planned activity; sell raffle tickets or bring ideas to meetings, please look out for any of the FOAH to have a chat.

Friends of Asfordby Hill (FOAH)

## Governor's Section

Welcome to this month's newsletter. I was delighted to be invited to join the governing body 18 months ago and currently I am governor for the Early Years Foundation Stage of the school. I bring the skills and knowledge to my role from over thirty years' experience as an outstanding childminder. Prior to this, I trained as a primary school teacher, taught at a RAF base, and set up the GCSE department at HMP Stoken Hall.

Many of you may know me as a childminder, now retired, from Asfordby. However, I am often in school volunteering in the Key Stage One classes listening to readers, supporting in the classroom and helping out on school trips. The older children in school may know me as Maisie's grandma!

I currently have a granddaughter who is in year 4 and two other grandchildren have previously attended the school. My son is also class teacher in the school.

I feel very privileged to be able to give something back to such an amazing school. I am lucky to have the opportunity to spend time in school with your children and see the enthusiasm and hard work of all the members of staff-they really do go that extra mile to give your children a memorable start in life.

If you see me in the playground, please stop for a chat.

Jean Sneath



Here at Asfordby Hill we champion the belief that to thrive, emotional well-being is just as important as physical health. We advocate that helping children to manage their emotions is as important as teaching them to read and write. We work with children, their families and other outside agencies by helping to support emotional wellbeing issues, so that they're able to fully engage with all aspects of their life.

If you require further support with regards anxiety, sleep, managing emotions, toileting, emotional based school avoidance or grief, please see our excellent pamphlets from Dragonfly Impact Education in the school's foyer.

In the newsletter each month, we will focus on a theme with additional signposting. This month is looking after children's mental health and wellbeing through outdoor spaces and nature.

Most adults find that time outside in nature restores their equilibrium. This is true for children too. Being outdoors is linked to physical and mental health benefits. Research shows that feeling connected to nature leads to reduced stress levels, improved concentration and behaviour and better sleep rhythms.

Here are some ideas, tips and suggestions for enjoying nature. Don't worry if some ideas don't feel right for you. See if you can find some that do, or adapt one to suit you.



# Children & Nature

## Being active in nature makes kids healthier.

Children living within a 1/2 mile of a park are more likely to have higher levels of physical activity.

There are more than **20,000 parks** and **11,000 playgrounds**—totaling over **1.5 million acres**—in cities across the U.S.

Exposure to nature can reduce stress levels by as much as **28%** in children.

Children living within 2/3 mile of a park with a playground can be 5 times more likely to have a healthy weight.

Even a **20-minute** walk in nature can help children with attention deficit hyperactivity disorder (ADHD) concentrate better.

AAP recommends children be physically active for at least **60 minutes** throughout a day and limit time with electronic media to **2 hours** per day.

Time spent outdoors is predictive of higher levels of physical activity in children.

Children have lost **25%** of playtime and **50%** of unstructured outdoor activity over recent decades.

Kids spend more than **7 hours** a day with various electronic media.

Parents, friends and family are the most influential to youth participation in outdoor activities.

Outdoor exercise improves mental & physical well-being more so than indoor activity.

More than **1 in 3 children** in the U.S. are overweight or obese. Minority and low-income children are disproportionately affected.

Children who spend more time outdoors are less likely to be overweight by **27-41%**.

**3,600** youth are diagnosed each year with type-2 diabetes for which obesity is a major risk factor.

**7 million** children in the U.S. have asthma and overweight children are at higher risk.

Nature Deficit Disorder was coined by author Richard Louv in 2005 to describe how children are spending less time outdoors and its impacts.

### Sources:

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Find out more: [www.neefusa.org/health](http://www.neefusa.org/health)

## Emotion Regulation: Developing skills in children - Webinar

BY JESS GREENGRASS & ELLIE MARSH  
FROM FAMILY HELP



Wednesday 17th April 2024 18:30pm-19:30pm  
Wednesday 19th June 2024 18:30pm-19:30pm  
Friday 13th September 2024 12:00-13:00pm

Join us in this webinar to develop skills in supporting emotional regulation in children. Learn strategies and techniques in co-regulation to help manage children's big emotions and feelings.

Join the webinar on Microsoft Teams via login details



Meeting ID: 369 465 830 438  
Passcode: 3DxmNr



## The Rutland Sleep Consultant

Do you need help with your child's sleep? Get in touch to arrange a free, 15 minute introductory call. Fully qualified to work with children and babies of all ages, I support families to overcome their sleep challenges through bespoke sleep plans and online consultations. Let me help you look forward to bedtime!

Visit [www.TheRutlandSleepConsultant.co.uk](http://www.TheRutlandSleepConsultant.co.uk)  
Call or text 07935386110  
Email [TheRutlandSleepConsultant@gmail.com](mailto:TheRutlandSleepConsultant@gmail.com)  
or scan the QR code to request a call back

