



Dear Parents/Carers, students and staff,

Welcome to this week's newsletter! It's been an exciting time at Arthur Bugler as we've been celebrating Science Week. From fascinating experiments to engaging discussions, there's been something for everyone to enjoy. Let's dive in and explore the highlights of our Science Week activities!

Science Week – A Report from Mrs Seshie! This week, our students embarked on an incredible journey into the realm of TIME during Science Week! It all started with a captivating launch assembly at the Royal Greenwich Observatory, our kids were immersed in the wonders of time. Throughout the week, they explored the lives of renowned scientists and engaged in hands-on experiments, sparking their curiosity and fuelling their passion for discovery. What truly made this week special was the opportunity for family involvement. From creating posters to conducting experiments at home, our living rooms became hubs of scientific exploration. It was a joy to see our children's faces light up as they shared their newfound knowledge and excitement with us.

As Science Week came to a close, we were left inspired by the endless possibilities of science and the bonds it helped us forge with our children. We look forward to continuing this journey of exploration together.

Year 1 'Wow Day' – Colchester Zoo: This week, our Year 1 students embarked on a thrilling adventure to Colchester Zoo, immersing themselves in the wonders of wildlife as part of their "Bright Lights, Big City" topic. Despite the rain pouring down, their spirits remained undampened, and their curiosity soared as they explored the diverse habitats and inhabitants of the zoo.

From the moment they arrived, it was evident that the weather was no match for their excitement. Armed with raincoats and a sense of wonder, they eagerly delved into the various exhibits, their eyes wide with amazement at the sight of exotic creatures from around the globe.

Throughout the day, our young explorers demonstrated exemplary behaviour, showcasing the values of our school with pride. Thank you to our incredible Year 1 students for being such shining stars, and to the parents/guardians for attending the trip. I would also like to thank Miss Pugh for being the trip leader and the rest of the staff who made the trip possible.



Year 1 trip



Reading & Writing Week (last week) – Book cover winners! Mrs. Livingstone has asked me to share the winners of the Reading and Writing Week front cover competition. Students across all classes participated enthusiastically, showcasing their artistic talents and passion for reading.

The winning designs, chosen by a panel of teachers and literary enthusiasts, were praised for their creativity and ability to capture the essence of the event.

Congratulations to all the winners for their outstanding contributions to the celebration of literature and creativity. Their artwork serves as a testament to the school's commitment to fostering a love for reading and writing among students. Here are this year's winners:



Book Swap: Recently, our Year 6 students embarked on an exciting venture that not only promoted reading but also encouraged environmental consciousness: a book swap. This innovative initiative aimed to upcycle read books by exchanging them for others, fostering a culture of reuse and reducing waste.



Congratulations to Mrs Matthews & family: I am thrilled to share the delightful news that Mrs. Matthews has welcomed a precious little girl into the world! Both mother and baby are in good health, and we couldn't be happier for them.

The arrival of a new member is always a joyous occasion, and we extend our warmest congratulations to Mrs. Matthews and her family on this wonderful addition.

RAAC update: I am pleased to provide you with an update on recent developments regarding our school infrastructure and upcoming mitigation works.

After a nearly two-week delay, I am delighted to inform you that the demountable has finally been signed off and is now safely occupied by both Class 9 and Class 12. This marks a significant milestone in our efforts to enhance the learning environment for our students.

Furthermore, I am pleased to share that mitigation works are scheduled to commence at the end of this month for the upper school. These works are essential for ensuring the safe return to the upper school building. As we progress with these developments, I assure you that I will keep you informed every step of the way. Your ongoing support is invaluable to us, and we deeply appreciate your patience and understanding during this time. As always, should you have any questions or concerns, please do not hesitate to contact the school.

Girls Netball Team: Our girls netball team recently took to the netball court for their very first match against Thameside. Despite the 12-7 outcome, our girls showcased remarkable teamwork and resilience throughout the game. It's evident that they poured their hearts into every moment on the court and truly enjoyed the experience.

I would like to extend a thank you to all the families who came out to support our team. A special acknowledgment goes to Mrs. Welsh and Mrs. Page for their invaluable coaching and guidance. Their commitment to nurturing our players' skills and fostering a love for the game has undoubtedly played a pivotal role in getting us to this exciting milestone.



Reception – Mothers Day Celebration: On Monday, our Reception year group came together to celebrate the beautiful bond between children and their mothers or mother figures.

In a heartwarming event, our young ones and their loved ones participated in a variety of arts and crafts activities, creating memories that will be cherished for years to come. From handmade cards to colourful artworks, the atmosphere was brimming with creativity and joy.

Thank you to the dedicated Reception team for organising such a wonderful event, ensuring that our children and their families had a memorable experience. We also want to thank all the parents and guardians who were able to join us, making the celebration even more special.



Next Week - Celebrating National Sign Language Week:

We are thrilled to announce that next week is National Sign Language Week at our school. This exciting event aims to celebrate and promote the importance of British Sign Language (BSL) while raising awareness of its significance in our community.

Throughout the week, our school will be hosting a variety of engaging activities to involve students in learning about and appreciating sign language. From educational sessions to interactive workshops, students will have the opportunity to delve into the fascinating world of BSL and gain a deeper understanding of its role in fostering communication inclusivity.



One of the highlights of National Sign Language Week is our poster-making competition. We invite all students to unleash their creativity and design a poster that communicates why learning sign language is essential and how it benefits individuals and communities. Entries can be submitted to Miss Cutter, and we are excited to announce that there will be one winner per year group!

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

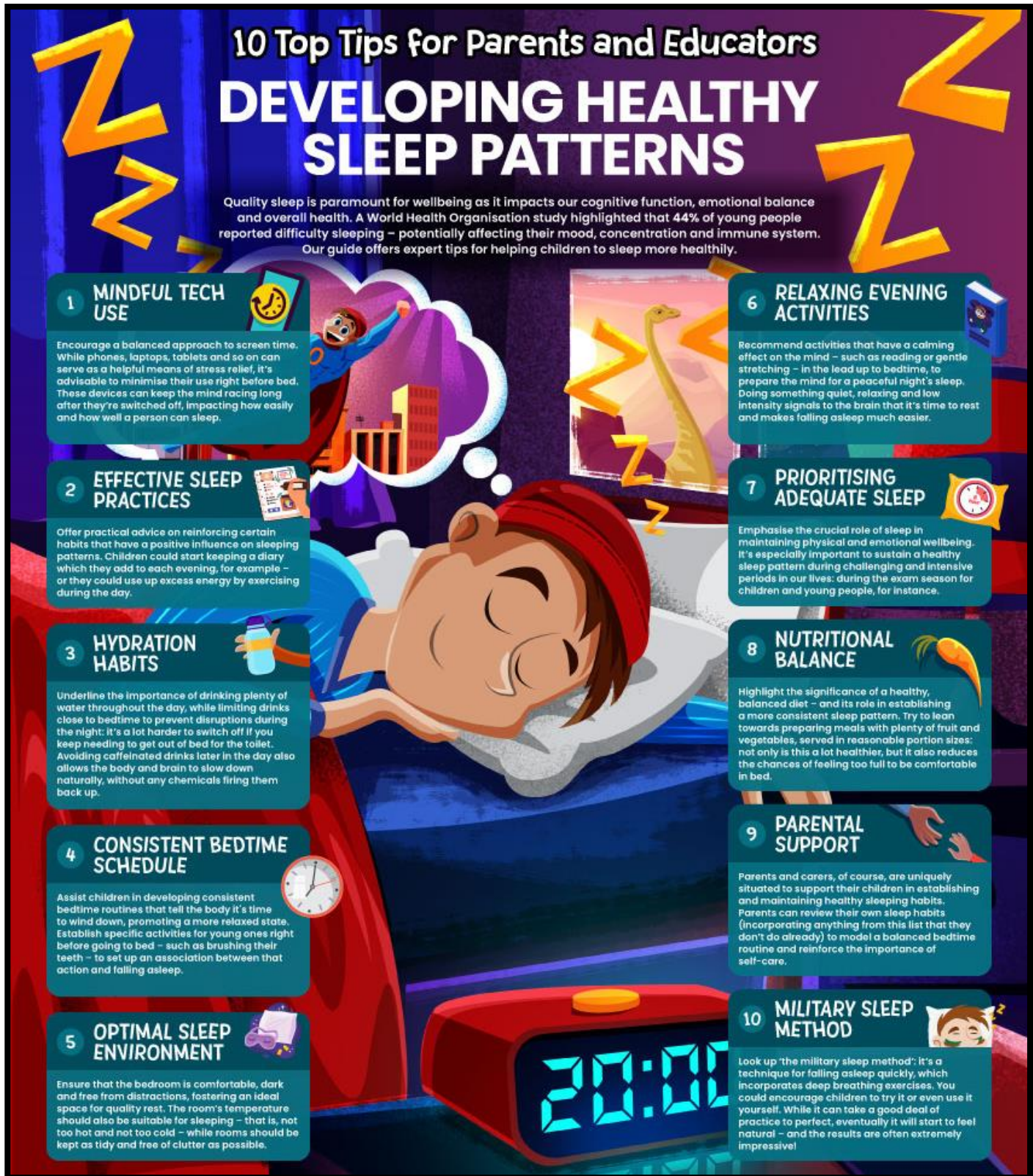
Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling 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!



And lastly... Happy Ramadan: On behalf of the school and trust, I would like to take this opportunity to wish all our Muslim students and families a wonderful month of Ramadan.


Ramadan is a time of reflection, prayer, and community for Muslims around the world. It is a time for them to deepen their spiritual practice, to connect with their faith and their values, and to come together with their families and loved ones to share in this special time.

I wish you all a time of peace, unity, and spiritual growth during this month of Ramadan.

Ramadan Mubarak.



Yours sincerely,
Mr R Turner
Headteacher

	This week the Attendance Trophies have been awarded to		
	Lower School	Class 7	97.67 %
	Upper School	Class 14	99.00 %
	Whole School		95.05 %
Congratulations to all classes			



Safeguarding Concerns

If you ever have any safeguarding concerns please contact the office via email using. The email should be for the attention of a Designated Safeguarding Lead. As a school we have a responsibility to keep everyone safe so please get in touch sooner rather than later if you are concerned.



LETTERS SENT HOME / E-MAILED THIS WEEK

Demountable Sign Off and Update
Year 2 – Leeds Castle
EYFS – Barleylands

NB – Reminder to book online (School Cloud) for parent's consultation evening

Dates for your Diary

<u>March 2024</u>	
w/c 4 th March	Reading and writing week
w/c 4 th March	Sponsored read
Thursday 7 th March	World Book Day – dress up
Monday 11 th March	Early Years Mother's Day celebration 2.00pm
w/c 11 th March	Science Week
Wednesday 13 th March	SEND parent/carer meetings (from 3.30pm)
Tuesday 26 th March	Parents Evening 3.30-7pm
Wednesday 27 th March	Parents Evening 3.30-7pm
Thursday 28 th March	Last day of term
<u>April 2024</u>	
w/c 1 st April	Easter Holidays
w/c 8 th April	Easter Holidays
Monday 15 th April	Children return to school

Monday 22 nd – Friday 26 th April	Year 5 Isle of Wight Residential
<u>May 2024</u>	
Monday 6 th May	May Bank Holiday
w/c 13 th May	Key Stage 2 SATs (no holidays)
Friday 24 th May	Last day of half term
w/c 27th May	Half term
<u>June 2024</u>	
Monday 3 rd June	Children return to school
w/c 3 rd June	Maths Week
Monday 17 th June	Early Years Father's Day celebration (time tbc)
w/c 17 th June	Sport, Health and Fitness Week
Wednesday 19 th June	Sports Day
Thursday 20 th June	Reserve Sports Day
Tuesday 25 th June	Y6 SEND parent/carer meetings (from 3.30pm)
Wednesday 25 th June	Class Photos
Wednesday 26 th June	SEND parent/carer meetings (from 3.30pm)
Wednesday 26 th - Friday 28 th June	Year 6 Mersea residential
<u>July 2024</u>	
w/c 1 st July	Transition week (tbc)
Friday 12 th July	Summer Term Reports to parents