

The St Nicholas Post

Dear Parents and Carers,

6th January 2023

Happy New Year! It would seem the break has refreshed the children and they have come back to school with bundles of enthusiasm, they have settled straight back into classroom routines and have not lost their zest for learning! At school, we begin to think about our resolutions for improving and making school life even better. With this in mind, a survey (<https://forms.office.com/r/V1qA4yhSKQ>) will come out to you so that you can help us to get even better. Please do complete this as we really value your feedback, we want to keep doing what we do well and work on what we could do better. I hope that you all had a wonderful break, wishing that 2023 will be all that you want it to be.

Mrs Kennedy

Good Night, Sleep Tight Challenge



We know that routines over the Christmas break can go out of the window! To help re-establish these routines we are setting the children a challenge: The Good Night, Sleep Tight Challenge! This challenge will support daily reading and good sleep routines, both vital for helping children make good progress.

For the next four weeks your children can complete the challenge sheet coming home today (spares are available from the office). They will have to record how long they read for and that they went to bed at the time set by you! Bedtime and reading are the perfect partnership! So we put them together: we hope it helps :)

Homework Diaries

We are currently reviewing homework. As the first phase of this we are introducing Homework Diaries in Years 3-5. These are the same as the diaries currently used in Year 6. Year 6 are currently trialling a new format of Homework which will be rolled out across other year groups later this year.

We have introduced these for a number of reasons:

- To enable our children to develop greater independence when managing homework expectations
- To enable children to develop organisational skills which will serve them in their futures
- To strengthen our partnership and communication with parents and the important work you do in supporting your child's education
- To enable us to celebrate and value the children's Homework regularly

Reading, Spelling
and
Homework Diary

Name: _____
Class: _____

These diaries will be used to record reading and homework undertaken, including how long children are spending on activities. Please take time to read the information provided at the front of the Homework diaries.

Reading Targets

Children from Year 2-6 have new reading targets for Term 3. We have reintroduced Reading Record Books in Key Stage 2 to help us support further with children reading at home. Please ensure you read the information at the front of the Record Books.

Find out About the School Day: Exploring Parts 2 and 3 of the Home, School Poster

Showing an interest in your child's school day is vital in supporting that link between home and school, it gives you an insight into their world at school and it shows your child that you value school life and all that it brings. Sometimes children can seem reluctant to discuss school or appear to have lost their memory of an entire day!

Choosing the right time is important, a quieter time once they have had a chance to decompress from the day. We expect a lot from the children so they probably need a breather before they start talking about their day. Using specific questions can help too.

Here is a great guide which includes advice and a list of questions (both to ask and not to ask):

<https://www.twinkl.co.uk/blog/how-do-i-ask-my-child-about-their-day>

Kent School Health – Advice and Support

A questionnaire was sent to parents and carers of Reception children in Kent and the following was found from analysing the questionnaires from over 450 schools across Kent. The NHS have identified the following public health key themes that parent's and carers would like support. We hope you find the links useful. If you do have any worries or concerns please do speak to us as a school too—we are here to help.

Oral health

[Oral health promotion resources | Kent Community Health NHS Foundation Trust \(kentcht.nhs.uk\)](#) – Here you will find some oral health promotion resources that are useful for parents, adults with special needs and their carers, and professionals.

[Dental services - NHS \(www.nhs.uk\)](#) – Information about NHS dental services, how to find an NHS dentist and how much treatment costs.

Continence

[Home - ERIC](#) - Find out how you can keep your child's bowel and bladder working properly from birth. Clinically approved information and resources to help you and your child.

Immunisations

[Immunisation Team | Kent Community Health NHS Foundation Trust \(kentcht.nhs.uk\)](#) - The NHS has a guide to help you understand the vaccines offered in the UK and when to have them. It also explains how they work and why they're safe and important.

Sleep

[Sleep hygiene in children and young people | Great Ormond Street Hospital \(gosh.nhs.uk\)](#) – Here you will find an information sheet from Great Ormond Street Hospital (GOSH) explaining about sleep hygiene. Having good sleep hygiene can help your child both to settle to sleep and to stay asleep.

[Sleep problems in young children - NHS \(www.nhs.uk\)](#) - Lots of young children find it difficult to settle down to sleep and will wake up during the night. For some people, this might not be a problem. But if you or your child are suffering from a lack of sleep, there are some simple techniques you can try.

For parents; smoking, alcohol, diet

[Better Health - NHS \(www.nhs.uk\)](#) - Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support. You can also find simple ways to lift your mood with Every Mind Matters.

[One You Kent | Kent Community Health NHS Foundation Trust \(kentcht.nhs.uk\)](#) - Whether you want to lose weight, get active, quit smoking, or just feel better about life One You Kent is here to support you.

Thank You to our Community Friends

We want to thank all of the local businesses that supported the Christmas Fair by donating so generously. Your contributions are vital and allow us to enhance the opportunities and resources that the children have.

Zara's Cafe Birchington

Mecca Bingo

Blend Coffee Lounge Birchington

Stonelees Golf Course

Monty's of Birchington

Wantsum Brewery

Mandy's Deli Birchington

Little Seaside Town

House of cards Birchington

Darling Buds of Wade

Fields Cafe Birchington

New Inn Pub Minster

Pixies Birchington

Vantage Building Control

Brills Birchington

Felicity's Tea Room

Foxgloves of Birchington

Clip and Climb Thanet

Thanet Earth

Pilates with Ed

Monkton Nature Reserve

Rock On Music Academy Birchington

Pick N Paint

St Nicholas at Wade Post Office

Bounce and Beyond Fitness

Bugsy's Bowling

Daffodil Riding Centre

Images Unlimited

SEAS (South East Architectural Services)

Briar Table Tennis

Gulbenkian theatre

Bessie's Tea Parlour

Hornby

A big thank you to all these businesses but also to the PTFA who coordinate and organise the events.



You are the most important people in your child's life—so a strong positive relationship between us is crucial in making sure children are happy and thrive at school. A few tips:

1 Listen to them read

This is so important - even if it's a book they've already read, or you read some, they read some.

Share books together, make it enjoyable.

Model reading: It is so vital



2 Try to find out about their day

You'll be met with the inevitable 'nothing'.

Ask questions around it:

What sound did you do in phonics?

Who did you play with? What made you proud today? What did you learn in maths?



3 Don't push if they won't tell you

Try feeding them before you ask them. Wait a while and try a different question later. They may need some down time before they talk to you about their day.



Chose your time :)

4 Home work—if it's a battle, stop

It doesn't help anyone to have a screaming session regarding homework. If it is causing your child to be upset—stop and talk to the teacher about it. It can be hard enough fitting it into busy family life without tears—sometimes from both parties!



5 Get both sides of a story

If your child has come home upset, of course you want to know why. Ask the school for their view.

Children don't always tell it exactly how it was.

When we work together we will more likely have all the information.

6 Use our website

Our website has lots of resources for you to support your child. Like the calculation policy, reading suggestions and questions to support reading. Videos, links and dates for you to attend workshops.

<https://www.st-nicholas-birchington.kent.sch.uk/>

7 Raise a concern early

Don't let it fester! We don't want you to have a niggle that could grow. Talk to us straight away, a 5 minute chat could save a lot of worry later. We want to resolve issues as much as you—but we need to know them.



8 Ask how you can help

We are always happy to pass work your way! Be specific, ask about a particular subject, how can I help with their spelling? What can I do to help their adding? What vocabulary do they need for this topic? What sounds are they finding hard...

9 Don't moan in front of the children

We are all allowed to have a moan—I know I did about my children's schools (only occasionally)

Don't let the children hear, they listen to everything and it shapes their view of school. We must be a team and be seen to be a team.



10 Remember...

We want the same as you! Happy, safe children who learn and work hard. A school where kindness is the default and our school family is united.

We may not always get it right, but we never, ever set out to get it wrong.