



Weekly Newsletter

Growing Together: Every Day In Every Way

Value of the month
Simplicity

Bird Watching with Gardening Club

Philosophy Friday

Have a go at this question at home with a grown-up!

Which would you choose... scary hamsters or happy spiders?

Why?

DIARY DATES:

Parent Consultations

6th February
10th February

PTA Cake Sale

13th February

Last Day of Term

14th February

Half Term

17th-21st February

Inset Day

24th February

Curriculum Workshop

Y2- 25/02

First Day of Term

25th February

World Book Day & Big Read (AM)

6th March

For other important dates, please visit the Calendar page on our school website.

The spring gardening club braved Monday's unpredictable weather and ventured out with clip boards and binoculars to take part in the RSPB annual bird count.

As the garden is slowly establishing, the wildlife needs to be encouraged to visit, so during the past few weeks the children have been making bird feeders using lard, mixed seed and dried fruit as a yummy treat to attract our little feathered friends.

We eagerly observed the birds from 'The Hide' in the outdoor classroom, making identifications and ticking the tally chart. To our surprise, 5 plump wood pigeons were feasting, 7 sparrows were using the feeders, a male blackbird was spotted along with 4 dunnocks and a small flock of starlings flew overhead, followed finally by 3 magpies.

Please look over to the garden area as you pass and discuss with your child what birds you can see. There are identification sheets in the office for you to take and enjoy at home! Visit our website [here](#) to see more wonderful photos.



Attendance Bear

The Attendance for the week is as follows:

1st Panda 99%

2nd Octopus & Turtle 97%

3rd Penguin & Starfish 96%

Well done everyone!



Check-Treat-Complete: Head Lice

Head lice are a normal part of childhood - surveys of parents found that nearly 1 in 10 primary school children have lice at any one time.

If you're a parent then you probably know what a hassle it can be to treat head lice and just how frustrating it can be when your child comes home scratching their head.

By following a simple three step process, Check-Treat-Complete, you can fight back. Please do ensure that long hair is tied back for school, and view the links below if you'd like any further guidance or support:

<https://www.onceaweektakeapeek.com/>

<https://www.onceaweektakeapeek.com/downloads/oawtap-parents-leaflet.pdf>



Happy Lunar New Year!

Lunar New Year is one of the most important celebrations of the year amongst East and Southeast Asian cultures, including Chinese, Vietnamese and Korean communities, amongst others. It was traditionally a time to honour deities as well as ancestors, it has also become a time to feast and to visit family members. We have celebrated the festival by learning all about the traditions and history, creating our own paper lanterns as well as cooking (and eating!) some Asian rice noodles. Have a look on our website [here](#) for more photos.



World Book Day & The Big Read

World Book Day takes place on **Thursday 6th March**. We have planned several events to take place to celebrate our love of books and reading.

- For Reception, Year 1 and Year 2, we will be hosting a Big Read from **8:55 to 9:25am**. Children are encouraged to come into school wearing pyjamas and with their favourite (named) books ready to join our 'Bookfast'.
- Nursery will host a **'Stay and Play'** session (with children also wearing pyjamas!) which will include time for reading. The times are as follows:



Morning session 8:45 – 10:00 am

Afternoon session 1:00 – 2:00 pm

(from 12:45 pm for parents of afternoon children)



We look forward to seeing you there!

Recent research has sadly shown that the reading of bedtime stories have declined even further. We are fortunate that our Big Reads are popular. We understand that working parents may find it hard to attend, therefore the session is open to all family members and we often have grandparents, aunts and uncles attending.

If there are no family members available to attend, please be assured that all children are read to by a member of staff and are fully included. We appreciate that parents schedules differ so Big Reads take place on a number of different days throughout the year.. We're also re-introducing another reading for pleasure initiative in the summer term/ Further details will follow in the next few weeks.

Our Churchfields Neighbours

We'd like to kindly remind everyone about the importance of respecting each other's driveways, building gates and the zig zag lines during school pick-up and drop-off times.

With the hustle and bustle of school runs, it's easy to overlook, but **please ensure you are not parking in any of these restricted areas**. Blocking a driveway/entrance can cause unnecessary inconvenience and frustration for those trying to leave or return home, especially in an emergency situation.

We ask that all drivers be mindful of their parking and consider the impact on others in the area. This small act of courtesy will help keep everyone safe and happy.

Colour Mixing Art

In Year 1 art lessons, we have been learning about primary colours (red, yellow and blue) and how we can mix them to create secondary colours (green, purple and orange). We explored how different combinations could result in new colours for us to use in our paintings.



"We were learning about mixing primary colours to create secondary colours"



"I used all of the primary colours to create brown, and by mixing blue and red I got purple!"

Telling the Time in Year 2

In maths, Year 2 have been revisiting what they had been learning about telling the time in Year 1 (using o'clock and half past), and have made their very own clocks to help them to practise telling the time to the nearest 15 minutes, using quarter past and quarter to. They have rehearsed reading the time from a clock and also drawing the hands on a clock face to show a given time. Please note that in Years 1 and 2 we only teach children to tell the time using an analogue clock (digital time is not introduced until the Juniors).

To further support this learning, **children may wear a simple analogue watch to school** if they wish - please do not allow your child to wear a digital watch to school, or one with any functions other than as an analogue watch.



IQM Flagship Status

We are proud to announce that we have retained our IQM Flagship Status following our recent external assessment. The award recognises our ongoing commitment to provide the very best education for all children, irrespective of differences and ensures that every child and every adult who learns and works in our school, is valued with their educational and personal needs met.

Only around 100 UK schools have achieved IQM Flagship School status. Our award recognises us as a unique school having played a strong leadership role in developing inclusion best practice across a network of other local schools.



Woodwind Quartet

On Wednesday, the children from Years 1 and 2 enjoyed a visit from Redbridge Music Service's wind ensemble. They listened carefully as the musicians performed pieces of music from composers such as Bach and Tchaikovsky. They learned about instruments like the flute and clarinet and how sound is produced in each of them. The musicians were very impressed with the children's knowledge and understanding of these instruments. Hopefully this visit will inspire some of our children to learn to play musical instruments themselves! Redbridge Music Service provide opportunities for music tuition and music groups outside of school times. Further details can be found [here](#).



Grapes

If you send your child to school with grapes in their packed lunch, please make sure these are cut vertically to ensure safety while eating.

The size and shape of grapes means they can completely plug a child's airway. And the tight seal produced by the grape's smooth surface makes them difficult to dislodge with standard first aid techniques.

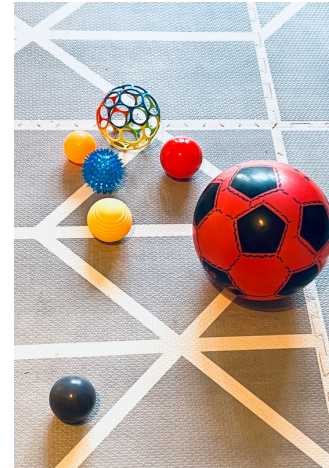


Weekly Maths Challenge

From last week's Maths Challenge, **Jasper from Squirrel class** grouped together 7 sound cards and 7 balls. Well done Jasper!

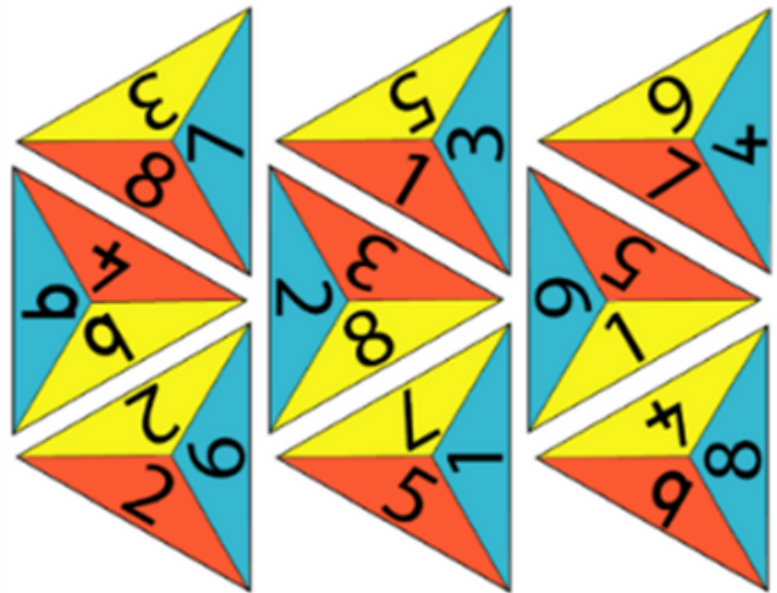
Reception

Our Reception children have now received their login details for NumBots. Can you support them in logging in and having a go at one of the subitising with small numbers or adding/subtraction within 10 activities? We can't wait to see how they get on!



Years 1 and 2

Here are nine triangles. Each one has three numbers on it. Your challenge is to arrange these triangles to make one big triangle, so the numbers that touch add up to 10.



E-Safety Tip of the Week!

Top Tips for Managing Screen Time

Please see attached an informative poster about managing screen time effectively at home; this includes lots of advice and helpful tips.



NSPCC

Phone:
0208 505 0386



Website:
www.churchfieldsinfant.com

internet
matters.org

Be Internet Legends.

E-mail:
admin@churchfieldsinfants.redbridge.sch.uk

Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday



HALF TERM CAMP

A FUN FILLED WEEK OF
SPORTS AND ACTIVITIES FOR
ALL!



**17TH - 21ST
FEBRUARY**

**Limited spaces
Available!!**

**Block booking
discounts!**

Activities

- ✓ Arts & Crafts
- ✓ Mini Olympics
- ✓ Workshops
- ✓ Competitions
- ✓ Fun Games and Prizes

Churchfields Infant's School

Churchfields, South
Woodford, E18 2RB

Scan to Register!



More Information

Fundamentalsportsgroup1@gmail.com