



SHOBNALL PRIMARY & NURSERY SCHOOL NEWSLETTER



TELEPHONE: 01283 247410 TWITTER: @shobnallprimary E-MAIL: shb-office@shb.jtmat.co.uk

15th March 2024

"The science of today is the technology of tomorrow."

Dear Parents/Carers,

As you will be aware, this week we have been celebrating British Science Week! The theme this year has been 'Time' and I know from dropping into classrooms that the children have really enjoyed exploring and engaging with all things related to time. They have also loved conducting their own investigations, which has given them a greater insight into how a scientist works! You may wish to continue with some of this learning at home. Please visit the website at <https://www.britishscienceweek.org/> for further information and ideas.



Today, we've certainly seen a little more than simply 'a flash of red' in school as all of the children and staff joined in with the spirit of Comic Relief by dressing 'red-to-toe' in non-uniform! Thank you to everyone who has made donations so far. We know that your contributions will help make a huge difference to people living incredibly tough lives and will let you know the final total raised by the school once this has been totalled up.



As the ink dries on this week's newsletter, the PFA Easter Bingo will be well underway! The PFA would like to thank everyone in advance for their very kind donations of chocolate that will be awarded as prizes, and to those who are able to come along and support the event. We will let you know the total that has been raised to support the PFA's new project of supporting the school with updating its technology in next week's newsletter. Thank you once again for supporting the school.

We are looking forward to welcoming parents to the school on Monday 18 March and Wednesday 20 March 2024, 4.00 – 7.00pm for parent consultations. If you have not already booked your slot, it is not too late to do so. Please follow the instructions that were provided on the letter you received last week.

Please note that next week is our last week in school before the Easter holiday. Children will finish at **2.00pm** on **Friday 22 March 2023** and please note that Shobnall Stars will be closed for After School Club only. School will open again for pupils on **Tuesday 9 April 2024**.

Whatever it is you have planned for the weekend, we hope that you are able to rest, relax and spend quality time together as families. As always, we look forward to seeing you all again on Monday. Enjoy!



JTMAT Subject Excellence

Congratulations to Joseph in Year 6, who has won the JTMAT Business Primary Competition. The task was to design a safe and environmentally friendly HGV for Hawkins Logistics who partnered with JTMAT for this opportunity.

Joseph successfully met all the criteria including: how to show customers that it is environmentally friendly, what makes the lorry good for the environment, and what makes the HGV safer for other road users to prevent accidents.

We are very proud of Joseph, and he is very much looking forward to receiving his certificate, pin badge and goody bag courtesy of JTMAT and Hawkins Logistics. Well done, Joseph!

Royal Commonwealth Day Service

We were very proud to hear that a representative from Shobnall Primary & Nursery School was invited to attend the Royal Commonwealth Day Service at Westminster Abbey this week – Anthony, in Year 4!

Organised by the Royal Commonwealth Society, the Commonwealth Day Service is the world's premier, public event to celebrate the Commonwealth of Nations and provides an opportunity to focus attention on this voluntary association of 56 countries and their commitment to promoting democracy, human rights, the rule of law and equality for its 2.5 billion citizens.

This annual event, held at Westminster Abbey, celebrates the unity, diversity, and linkages of the modern Commonwealth and seeks to foster greater understanding of the Commonwealth's achievements and role, particularly amongst its young people.



As well as being a pupil at our school, Anthony was representing the Greek School of Ayia Triada, Birmingham and was very excited and honoured to be brushing shoulders with royalty in such an iconic building. Anthony was only inches away from Prince William!

We have loved hearing all about his day and thank him for sharing all of his photographs with us in school.

Hollie Guard App

Hollie Guard turns your smartphone into an advanced personal safety device at the touch of a button.

In danger? A simple shake or tap activates Hollie Guard. Your location, along with audio/video evidence, is automatically sent to your emergency contact. A second shake sends out a high-pitched alarm and the flash starts to strobe, in order to attract maximum attention.



For more information you can visit the Hollie Guard website at www.hollieguard.com.

St. Patrick's Day

St. Patrick's Day takes place on Sunday! The Irish have observed this day as a religious holiday for over 1,000 years. Here are some interesting facts about this historic event:

- ✚ St. Patrick's Day is celebrated annually on 17 March, the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast on the traditional meal of Irish bacon and cabbage.
- ✚ Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people.
- ✚ In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well-known legend of St. Patrick is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.
- ✚ The first St. Patrick's Day parade took place not in Ireland but in America. Records show that a St. Patrick's Day parade was held on 17 March 1601 in a Spanish colony in what is now St. Augustine, Florida. The parade, and a St. Patrick's Day celebration a year earlier were organised by the Spanish Colony's Irish vicar Ricardo Artur.
- ✚ The red-haired, green-clothed Leprechaun is commonly associated with St. Patrick's Day. The original Irish name for these figures of folklore is "lobaircin," meaning "small-bodied fellow." Belief in leprechauns likely stems from Celtic belief in fairies— tiny men and women who could use their magical powers to serve good or evil. In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies.



✚ The shamrock, a three-leaf clover, has been associated with Ireland for centuries. It was called the “seamroy” by the Celts and was considered a sacred plant that symbolized the arrival of spring. According to legend, St. Patrick used the plant as a visual guide when explaining the Holy Trinity. By the 17th century, the shamrock had become a symbol of emerging Irish nationalism.



Online Safety Tips

For children and young people, low-quality sleep can become a serious issue. It has been theorised that poor sleep can have a significant impact on children's brain development, affecting them for the rest of their lives. A healthy – and consistent – sleeping pattern, therefore, is incredibly important for children and young people's wellbeing.

With the stresses and distractions that can present themselves to youngsters, it can be tricky to ensure they're in the best mindset to wind down in the evenings for the rejuvenating rest that they need.

The right approach, however, can give them a better chance of cultivating a healthy sleeping pattern.

This guide has some practical tips on helping them to achieve exactly that.

Eco-friendly Easter

The days are getting longer and brighter, which means that Easter is approaching. Easter can create a lot of unnecessary excess waste, so check out these top tips:

- Look for recyclable, compostable packaging
- If you can't avoid the plastic, make sure you recycle it afterwards
- Recycle the foil! Did you know you can recycle foil in your kerbside recycling? Or take it to your nearest recycling centre
- Shop local and Fairtrade
- Get creative - make decorations from things you already have in the house
- Use natural dye for your eggs - things like purple cabbage, beetroot and turmeric will work well
- Compost your eggshells



Hot Lunch Options – 18 to 22 March 2024

W/c 16.10.23, 13.11.23, 4.12.23, 8.1.24, 29.1.24

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main dish	Margherita pizza with baked potato wedges	Pork sausage with creamy mash potato & gravy	Roast turkey with potato of the day & gravy	Chicken chow mein	Crispy fish fingers with chunky chips
Vegetarian Main dish	Roasted vegetable pizza	Vegan sausage & mash potato with gravy	Quorn™ fillet with roast potatoes & gravy	Vegetable stir fry with chicken style pieces and noodles	Crispy vegetable fingers with chunky chips
Accompaniments	Peas & baked beans Salad bar	Peas & carrots Salad bar	Broccoli & green beans Salad bar	Sweetcorn & broccoli Salad bar	Peas & baked beans Salad bar
Desserts	Chocolate & pear sponge with custard	Shortbread	Flapjack	Jam & coconut sponge	Ice cream
Fresh fruit or yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



FREE Uniform!

We have FREE uniform that is available for anyone who needs it, via our donation service. There is a box situated outside the school office for any parents who have old items that they wish to donate. Please could we ask that these are cleaned and in good condition before placing in the box! Amy Roobottom continues sorting, collating and distributing this. If you wish to contact Amy to ask what is available that you might be in need of, please contact her via amyroobottom@outlook.com.

SHOBNALL SHOWCASE!

Let's have a sneaky peek as to what has been going on in our classrooms this week...

Nursery

Nursery adventures this week...

It has been another super busy week in Nursery. We started off the week learning about spring and have been looking for signs of spring. The children were fascinated to learn that sheep give birth to lambs in spring and have enjoyed creating their 'spring lamb paintings.'

It was great fun sharing the book 'What the Ladybird Heard,' by Julia Donaldson. We also watched the animated read along story and we had a great time joining in with all the different animal sounds. Later in the week, we used the farm animals to retell parts of the story using the vocabulary we learnt.

On Thursday we brought the farm experience into the classroom. We discussed shearing sheep to get wool and the children enjoyed using scissors to shear off Shaun the Sheep's wool!



Reception

Reception Adventures this week...

It has been very exciting exploring Spring and the many changes that are happening around us. During our outdoor adventures we noticed lots of things.

"Blossom on the trees." (Fred)

"All of the flowers bloomed up and grow so we know Spring has sprung." (Ava C)

"The sun is out." (Aman)

"We see flowers and all the bunnies come." (Haider)

"The leaves are growing on the trees." (Jacob)

"We feel the grass all nice and warm and see the butterflies." (Olivia)

"The rain is coming on the flowers to grow." (Hamza T)

In our message booth we contacted Hoppy Rabbit from the story, 'Hooray for Hoppy!' by Tim Hopgood. We then wrote lists of the different signs of spring. We also painted some wonderful pictures including blossom trees, lambs, sunshine, and flowers.

We also joined in with science week by planting a bean just like Jack in the story, 'Jack and the Beanstalk.' We know they will take some time to grow but we can't wait to see how tall they get, hopefully no giants will appear!

On Friday we dazzled our classroom with red as we all arrived in school to celebrate Comic Relief!

Year 1

Year 1 have worked hard this week. In maths, they have been learning to count in tens and ones and have really excelled with their counting skills. In English, the children have begun writing their Jack and the Beanstalk story and I am so impressed with how they are structuring their sentences with full stops and capital letters. Our afternoon sessions, have focused on looking at history, geography, and art. The children have been learning about the space race as well as droughts and floods.



Year 2

Year 2 have had another fantastic week of learning. In maths they have been focusing on division this week and have been introduced to the divide symbol. They have been using counters and pictorial representations to help them with their learning and understanding of sharing amounts. In English this week they have started a new unit that focuses on a

fairytale narrative. They have been working on the model text 'Cinderelphant' and they have been developing their knowledge of the vocabulary used within the story. In RE this week the children have begun to look at the Easter story and other stories within the Bible. The children have worked incredibly hard on putting together the gallery. I hope you enjoyed coming along and seeing all of the hard work they have been producing! Well done Year 2!

Year 3

Year 3 really enjoyed their Forest School session yesterday! The children got stuck into their Bronze Age activities. They had a real sense of purpose. Some children have managed to use flint and steel to make a fire, whilst others chose to work in groups to make dens. One group continued with their bow and arrows and others decorated natural materials to make jewellery. The mud slide was as popular as ever!



Year 4

We have had another really productive week in Year 4. In history, we have been investigating the importance of the Viking invasion on British culture. In Geography, the children have been learning about the source of primary rivers and also how road signs can help us create a bike journey. Elsewhere this week, we have been investigating the importance of Easter for Christians and the children have been exploring the Easter story. We have also completed our science unit for this half term and the children have been exploring amplitude and volume. To finish off our week it was amazing to see all the children with their flashes of red on Friday for red nose day! Another great week Year 4!



Year 5

For British Science Week, Year 5 had lots of fun making sundials in their science lesson - the children posed lots of questions about these, including their practicality in 21st century life as well as how they were invented. On Monday afternoon, 7 representatives from Year 5 went to a science competition – despite not placing in the top 3, the children represented the school extremely well and made Mrs Knight (our science leader) very proud.

In Maths, the children have been doing exceptionally well with the topics of rounding decimals and working out percentages and in English, Year 5 have continued their drafting, editing and redrafting of their tragedy stories.

On Thursday afternoon, Year 5 thoroughly enjoyed learning about the Hindu gods and the many representations of Brahman. The children decided that there is no way of proving or disproving the existence of Brahman in everything, but like a glass of water with salt in, just because you can't see it, it doesn't mean it is not there!



Year 6

Year 6 have had a very busy week. We have begun writing our recount of Titanium and are very excited about this. As part of British Science Week, we created a campaign poster all about how to prevent mould inside our homes. This tied nicely with our science investigation on mould that we conducted on Friday where we chose two pieces of bread and were considering what environment the mould would

grow the most in on the slices of bread. Before setting up the experiments, we made scientific predictions based on what we already know. We can't wait to make observations every day next week to see the rate of the mould growth, before concluding our experiments by analysing our findings and drawing conclusions on what we have found. In maths we have been looking at percentages and being able to confidently convert between fractions, decimals, and percentages. At the end of the week we began looking at percentages of amounts.

Reading Corner

This week's recommended read is for children aged 7+...

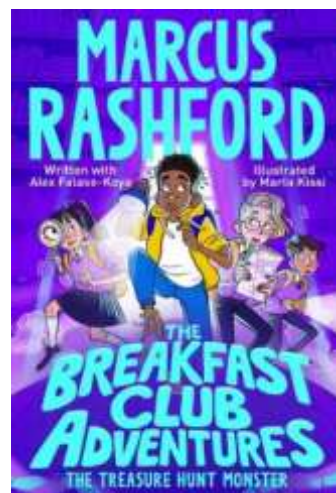
The Breakfast Club Adventures: The Treasure Hunt Monster

Written by Marcus Rashford with Alex Falase-Koya

Marcus and the Breakfast Club Investigators are back and better than ever, just in time for a brand new investigation!

When a treasure hunt is announced at Rutherford High, the Breakfast Club Investigators want to win. But an otherworldly monster is set on spoiling their fun. . . Using clues from a comic book, can Marcus and his friends uncover the truth?

With the whole school at stake in the BCI's biggest ever case, failing to solve the mystery just isn't an option.



Head Teacher's Awards

Reception	Haider H	Ava C
Year 1	Hassan A	Teigan W
Year 2	Peta O	Penelope T
Year 3	Mohid S	Jackson B
Year 4	Zain A	Inam U
Year 5	Innayah K	Zahra B
Year 6	Charlotte K	Freddy C

Lunchtime Star Awards

Reception	Adam J
Year 1	Adam A
Year 2	Yahya K
Year 3	Musa H
Year 4	Fatima S
Year 5	Dexter J
Year 6	Isabelle K

Attendance

Please read the [NHS 'Is my child too ill for school?' guidance](#) which has further information if you are unsure whether to send your child to school or not.

We are always happy to advise in line with this guidance, so if you are still in doubt, please contact the school office if your child develops any symptoms and we can discuss this further with you.

Please note that children can come to school with mild respiratory illnesses. This includes general cold symptoms: a minor cough, runny nose, or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above.

Let's keep working together to ensure attendance is as good as it can be! Remember, **every pupil, every day**! Thank you for your support.

This week's Attendance Champions are **Year 6!** Well done! Here are the latest figures...

Reception	90.1%	Target
Year 1	92.0%	97%
Year 2	98.0%	
Year 3	96.6%	
Year 4	98.1%	Overall (to date)
Year 5	98.4%	95.1%
Year 6	99.1%	
Overall	97.1%	

Team Points

Team Points	Claymills	Rosliston	Sinai	Trent
Points (Week Ending 15.03.24)	62	72	64	88
Position	4 th – 1 point	2 nd – 3 points	3 rd – 2 points	1 st – 4 points
Running Total	11	11	8	13

Diary Dates 2023-2024

Event	Date/Time
PFA Easter Bingo	Friday 15 th March 2024
Year 5 Trip to Hampton Court	Thursday 21 st March 2024
School Closes for Easter	Friday 22 nd March 2024, 2.00pm
INSET Day	Monday 8 th April 2024
School Reopens for Pupils	Tuesday 9 th April 2024
Year 1 Class Assembly	Thursday 18 th April 2024, 9.00am
Reception Class Assembly	Thursday 25 th April 2024, 9.00am
Police, Fire & Crime Commissioner Election – School Closed	Thursday 2 nd May 2024
May Day Bank Holiday – School Closed	Monday 6 th May 2024
Key Stage 2 SATs Week	Monday 13 th May 2024 to Friday 17 th May 2024
School Closes for Half-Term	Thursday 23 rd May 2024
INSET Day	Friday 24 th May 2024
School Reopens for Pupils	Monday 3 rd June 2024
Year 4 Class Assembly	Thursday 27 th June 2024, 9.00am
JTMAT INSET Day	Friday 5 th July 2024
School Closes for Summer	Friday 19 th July 2024, 2.00pm

INSET Day	Monday 22 nd July 2024
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Spring Term Diary Dates

Event	Date/Time
Parents' Evening	Monday 18 th March 2024, 4.00pm – 7.00pm
Parents' Evening	Wednesday 20 th March 2024, 4.00pm – 7.00pm
School Closes for Easter	Friday 22 nd March 2024, 2.00pm

Summer Term Diary Dates

Event	Date/Time
INSET Day	Monday 8 th April 2024
School Reopens for Pupils	Tuesday 9 th April 2024
Year 1 Class Assembly	Thursday 18 th April 2024, 9.00am
Reception Class Assembly	Thursday 25 th April 2024, 9.00am
Police, Fire & Crime Commissioner Election – School Closed	Thursday 2 nd May 2024
May Day Bank Holiday – School Closed	Monday 6 th May 2024
Key Stage 2 SATs Week	Monday 13 th May 2024 to Friday 17 th May 2024
School Closes for Half-Term	Thursday 23 rd May 2024
INSET Day	Friday 24 th May 2024
School Reopens for Pupils	Monday 3 rd June 2024
Year 4 Multiplication Tables Check	Monday 3 rd June 2024 – Friday 14 th June 2024
New Parents Meeting for Nursery & Reception Parents	Thursday 6 th June 2024
Father's Day Lunches – Reception	Thursday 6 th June 2024
Father's Day Lunches – Year 1	Friday 7 th June 2024
Sports Day – EYFS/KS1 AM & KS2 PM	Monday 10 th June 2024
Year 1 Phonics Screening	Monday 10 th June 2024 – Friday 14 th June 2024
Father's Day Lunches – Year 2	Monday 10 th June 2024
Father's Day Lunches – Year 3	Tuesday 11 th June 2024
Reserve Sports Day – EYFS/KS1 AM & KS2 PM	Wednesday 12 th June 2024
Father's Day Lunches – Year 4	Wednesday 12 th June 2024
Father's Day Lunches – Year 5	Thursday 13 th June 2024
Father's Day Lunches – Year 6	Friday 14 th June 2024
Year 4 Class Assembly	Thursday 27 th June 2024, 9.00am
Year 4, 5 & 6 Brewhouse Performance – Peter Pan	Thursday 4 th July 2024
JTMAT INSET Day – School Closed	Friday 5 th July 2024
Nursery Graduation	Wednesday 17 th July 2024, 9.00am
Year 6 Leavers' Assembly	Thursday 18 th July 2024, 9.00am
School Closes for Summer	Friday 19 th July 2024, 2.00pm
INSET Day	Monday 22 nd July 2024

Working in partnership

with



The John Taylor SCITT




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


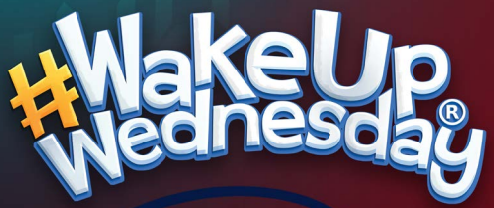

MILITARY SLEEP METHOD



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!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



THE MENTAL HEALTH SUPPORT TEAM IN SCHOOLS ARE **OPEN** OVER THE SCHOOL HOLIDAYS

Monday 25th March- Friday 5th April
(excluding weekends and bank holidays)

If your child is experiencing low level mental health difficulties, we may be able to help. Call us* between 9am - 5pm (Monday to Friday), leave your name and number and one of our practitioners will give you a call back to see what support we can offer.

We can help with:

- Low mood
- Anxiety
- Sleep difficulties
- Worry
- Panic

Burton and Uttoxeter
01283 504487

Cannock and Lichfield
01283 352113

Stafford
01283 352097

Tamworth
01785 301027



*Please note that these contact numbers are not to be used in an emergency.



Ramadan Mubarak



To all our colleagues, children and wider communities who are observing Ramadan this year.



11.03.24 - 09.04.24

