



Willow Tree Primary School

'Small school, big heart...nurturing potential, inspiring confidence'

Upcoming Events

Friday 25th September 2020

- 07/10/20 - Whole school flu nasal sprays
- 21/10/20- Year 1 eye tests
- 23/10/20—Break up for October half term (1 week)

Sleep routines after lockdown

Good sleep is important for your child's physical and mental wellbeing and a relaxing bedtime routine is one important way to help your child get a good night's sleep. The amount of sleep your child needs changes as they get older, for example, a 5 year old needs about 11 hours of sleep per night, whereas a 9 year old needs roughly 10 hours.

Relaxing tips to aid good sleep:

- A warm (not hot) bath will help your child relax and get ready for sleep.
- Keeping lights dim encourages your child's body to produce the sleep hormone, melatonin.
- Once they're in bed, encourage your child to read quietly or listen to some relaxing music, or read a story together.
- You could also suggest that your child tries some relaxing breathing exercises before bed
- Avoid screens in the bedroom and encourage your child to stop using them 1 hour before bed.
- Ensure your child's bedroom is dark, quiet and tidy.

Getting help for sleep problems

If you've tried these tips but your child keeps having problems getting to sleep or sleeping through the night, speak to your child's GP or health visitor for support.



Attendance

Reception	2nd
Year 1	6th
Year 2	5th
Year 3	1st
Year 4	4th
Year 5	3rd
Year 6	6th

Well done to Year 3 for winning the weekly Attendance. Keep up the good work!!

Congratulations!

This weeks certificates were awarded to...

Class	Communication Personal Learning Goal Award	Citizenship Award
Reception	Lily-May	
Year 1	Ethan	Vincent
Year 2	Alfie	Hannah
Year 3	Harry	Hollie
Year 4	Eliza	Stephen
Year 5	Caleb	Jack
Year 6	George H	Daniel



Message from the Principal...

I just want to say a big thank you to all of those who are following guidance by wearing a mask on school grounds, keeping 2m away from others and phoning school with any queries, instead of entering the office.

We want to avoid any bubble closures and keep children in school. These measures are in place to help us do this as much as possible.

-Mrs Riley

Food parcels

Due to the COVID-19 pandemic, a charity called Jedidiah are providing food parcels every 2 weeks to all children who are eligible for free school meals. These parcels will be delivered to school.

All children who are eligible for free school meals will be given a parcel to bring home every 2 weeks, however if you do not need one, then please ring school and let us know.

If any families would like a parcel who are not entitled to free school meals, then we can also arrange this.



Lunchtime

Mellors Catering are now providing the children's school lunches at Willow Tree. The children are able to see the food options before they choose what to eat using a café style ordering system. Apologies that there has been some changes to the original menu. Updated menus have been sent out to parents this week and are on class Dojo.

Whilst ordering their food, the children are able to use their social interaction skills, supporting positive communication and language development. We hope that this will support the children in making choices, developing confidence, speaking clearly and being independent. All of which are skills to prepare the children for life outside of school.

Please note: whilst COVID restrictions are in place, children who are on school dinners will eat in the hall and packed lunches will eat in their class-rooms.



Let's Get Healthy!

Childhood obesity is currently a national and local concern with the number of children being referred for obesity treatment in the North West doubling since lockdown. Data also shows that nearly a third of children aged 2 to 15 are overweight or obese.

As a school, we have put in some measures to encourage our pupils to get healthy. Alongside our PE lessons (delivered by Everton in the Community), we have also have some brain break exercises during our morning session. We also encourage parents to send their children in with a healthy snack and water for a mid-morning break. This helps to boost energy levels and concentration to see them through until lunch time.

How can you help at home?

- Offer healthier food choices and eat family meals together
- Limit screen time
- Get outside and exercise together
- Keep to a healthy routine



Local COVID restrictions

As you will be aware, the government have put stricter local restrictions in place to help keep us all safe at this time. We ask parents/carers to support us by making an appointment if you need to come into school for any reason and wearing a mask at all times when on school grounds. This is to hopefully avoid any closures and keep children at school.

Reading

Unfortunately, due to COVID restrictions, we are unable to provide children with a home reading book at this time. The academy are currently looking into purchasing an online reading system in order for children to be able to access books at their reading level online. The children also have many opportunities to read at school and we will continue to review this matter.

Our School Values



This week, the children have been really focusing on communication in school.

This week, the children have been focusing on the Personal Learning Goal of 'communication' in school.

At home, encourage your child to communicate in different ways and speak clearly to others when you are out and about together. You could even learn some words from another language!