

Loatlands Edition



Respect, Resilience and Curiosity

Issue 15 – Friday 20th January 2023

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Dates for your Diary

Please follow the link below for the yearly planner

<https://loatlandsprimary.net/news-dates/letters-home>

Parents Evening

Tuesday 7th February - 3.30pm – 6pm

Thursday 9th February – 3.30pm – 7.30pm

We have made the decision to hold both parents' evenings in person. We feel it is important for parents to be able to come into school and speak directly with teachers regarding their child's learning and development. This also gives parents the opportunity to look through your child's work and avoid any technical difficulties that parents experienced in October. **Appointments will be available to book from Monday 23rd January**

Book Fair

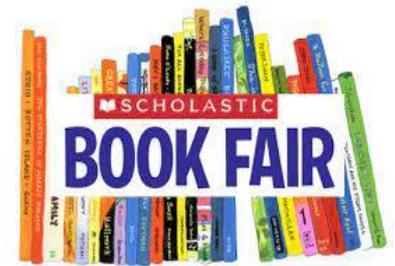
We are excited to have a scholastic book fair back in school on the following dates

Tuesday 7th February, Wednesday 8th February and Thursday 9th February from 3.15pm in the Studio.

There are over 200 titles for you and your child to choose from with prices starting at £2.99. Every book you buy can help to get FREE BOOKS for our school library.

Please click the link below to browse the catalogue of books at the fair

[Schools Catalogue \(scholastic.co.uk\)](http://schools.catalogue.scholastic.co.uk)



Timestable Rockstars

The results for this week's battle of highest scoring class are:

1st place – Cowell 86,630

2nd place – Lewis 34,777

3rd place – Rowling 15,960



Largest improvement in accuracy in 7 days

1st place – Esmée Y3R

2nd place – Emmie Y3R

3rd place – Hannah Y3R

Well done to everyone who took part

Our schools TTRS tournament is changing slightly to ensure that everyone has a fair opportunity. Now only scores earned at home will count towards your classes overall total. From 3:15 – 8:00 in the evening you have 30 minutes (of your choosing) to play as many games as you can to try and help your class win!

Remember only the first 30 minutes you play will count towards the total.

Keep on rocking!

Miss Toyne

Tiredness

We are seeing an increase in children coming into school feeling tired and tiredness developing throughout the school day, particular in our older children due to using electronic devices late in the evening.

We thought it might helpful to make parents aware of how much sleep their child needs and what time they potentially should go to bed.

Why sleep is important for children aged 5-11 years

When your child sleeps well, your child will be settled, happy and ready for school the next day. That's because good-quality sleep helps your child concentrate, remember things, manage emotions and behave well. This all helps your child learn well.

Getting enough sleep is also important for your child's health. That's because it strengthens your child's immune system and reduces the risk of infection and illness.

Sleep: what to expect at 5-11 years

At 5-11 years, children need 9-11 hours sleep a night. For example, if your child wakes for school at 7 am and needs approximately 10 hours sleep per night, your child should be in bed before 9 pm.

Some children fall deeply asleep very quickly when they go to bed. Others sleep lightly, fidgeting and muttering for up to 20 minutes, before getting into deep sleep.

Good daytime and night-time habits for better sleep

These habits might help your child sleep better:

- Keep regular sleep and wake times, even on the weekend.
- Turn computers, tablets and TV off an hour before bedtime.
- Have a quiet and dimly lit place to sleep.
- Get plenty of natural light during the day, especially in the morning.
- Avoid caffeine in tea, coffee, sports drinks and chocolate, especially in the late afternoon and evening.

How Much Sleep Is "Enough?"

Sleep is one of the cornerstones of health. Sleeping too much or too little can have adverse effects on your health. Sleeping less than 5 hours per night can double your risk of heart disease, heart attack and stroke. There is also a persistent relationship between lack of sleep and weight gain, insulin resistance and diabetes.

AGE GROUP

RECOMMENDED NUMBER OF HOURS OF SLEEP

Newborns (0-3 months)

14-17 hours

Infants (4-11 months)

12-15 hours

Toddlers (1-2 years)

11-14 hours

Preschoolers (3-5)

10-13 hours

School-age children (6-13)

9-11 hours

Teenagers (14-17)

8-10 hours

Young adults (18-25)

7-9 hours

Adults (26-64)

7-9 hours

Seniors (65 and older)

7-8 hours

Mercola.com



Safeguarding Spotlight

The link between money and mental health

Worries about money can have an impact on your mental health. And your mental health can affect how you manage your money. Learn more about how the two affect each other, and get tips for getting to know your money and mood patterns.

Please follow the link below for more information

<https://www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health/>



Loatlands Parents Coffee Morning

Thursday 23rd February

9am - 10.30am

in the studio

(via the community entrance)

Worried? Concerned?

Or would just like to meet the team?

Come along and join us. Our friendly staff will be on hand to have a chat and a cup of tea/coffee.



Trailblazers

Family Film Night



Desborough Baptist Church

Date: 27th January

Time: 18:30



Children Must be accompanied by an adult



WWW.DESBOROUGHBAPTIST.ORG.UK
SECRETARY@DESBOROUGHBAPTIST.ORG.UK
01536 760149

**GBRT
JUNIOR**

**FACTOR
2023**

Talent competition
for young singers,
instrumentalists,
groups & composers

Open to anyone in
school years 1-13 who
lives within 20 miles of
Market Harborough

Prizes worth over £1000

Free to enter

Enter by 3rd March
www.gbrecitaltrust.co.uk



GBRT
Great Bowden Recital Trust

Sponsored by:



Howard Watson Symington
MEMORIAL CHARITY

REVISED Pathfinder Schools - 2022-23 academic year Term Dates

Mo	Tu	We	Th	Fr	Sa	Su
Sep-22						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Mo	Tu	We	Th	Fr	Sa	Su
Oct-22						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Mo	Tu	We	Th	Fr	Sa	Su
Nov-22						
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28	29	30				

Mo	Tu	We	Th	Fr	Sa	Su
Dec-22						
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Mo	Tu	We	Th	Fr	Sa	Su
Jan-23						
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30	31					

Mo	Tu	We	Th	Fr	Sa	Su
Feb-23						
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20	21	22	23	24	25	26
27	28					

Mo	Tu	We	Th	Fr	Sa	Su
Mar-23						
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Mo	Tu	We	Th	Fr	Sa	Su
Apr-23						
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Mo	Tu	We	Th	Fr	Sa	Su
May-23						
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Jun-23						
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Jul-23						
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Mo	Tu	We	Th	Fr	Sa	Su
Aug-23						
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21	22	23	24	25	26	27
28	29	30	31			

	School days
	School holiday
	Weekend
	Training day
	Bank Holiday

Total Days	
Pupils	189
Teachers	194

Term	Days	TD	Term	Days	TD	Term	Days	TD
Autumn 1	30	32	Spring 1	28	29	Summer 1	28	28
Autumn 2	35	36	Spring 2	30	30	Summer 2	38	39

Pathfinder Schools - 2023-24 academic year Term Dates

Mo	Tu	We	Th	Fr	Sa	Su
Sep-23						
28	29	30	31	1	2	3
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Oct-23						
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