

Dear Parent/Carer,

The KS1 children had an amazing day at Bristol museum yesterday, thank you so much for the donations and FOCs for funding this experience but also a massive thank you to the staff team and volunteers for ensuring it was run in a fabulous manner.



We are always grateful to volunteers on trips (additionally reading or helping in school) so if you feel this is something you can offer please do let the office know so we can ensure we complete the right checks to have you in supporting our brilliant school.

The next couple of weeks are looking just as busy and full of lots of exciting experiences including Science week and a whole school day together at Monkton Farleigh. The week after will be our Easter celebrations. Please do check the dates carefully as there have been some changes to the concert dates. Thank you

Have a wonderful weekend.

Mrs Harper



Great work on the mathletics front again this week, with several children stepping up to gold level on the podium, and our number of diamond students doubling! Well done everyone - it's great to see the progress throughout the year.

Bronze : Amelie, Felix  
Silver : Scarlett, George P, Isla, Freddie S, Bodhi C, Olivia S, Otto  
Gold : Daisy, India, Kaya, Eloise, Iris, Maggie, Anna, Bodhi B, Jude  
Platinum : Josiah, Bodhi PH, George R, Ted L, Vinnie, Hattie D, Christina  
Emerald : Sam D, William, Oliver H, Quita, Joseph, Leighton, Harry L, Oscar BH, Henry J, Jasper  
Diamond : Alexis G, Rufus, Maddox, Alexis M

Reminder about Parents evening  
Tuesday 19 March and Thursday 21  
March

No Teacher led clubs next week

However due to SATS  
Year 6 Homework club will go ahead

Can you Help?  
This Sunday 17 March  
@ 1.30pm

A party of parents will be clearing  
the area around the solar panels



## CAN YOU HELP?



After successfully reopening the pool last year, it's time to think about getting it ready to open again in spring. To further improve on last year, we are aiming to determine whether the solar panels can be repaired to help heat the water. Currently the area surrounding the solar panels is very overgrown with weeds and brambles, which needs to be completely cleared so we can access them. We are looking for volunteers to help clear the area so we can make this happen. If you can spare a few hours to help us, please get in touch.

Alternatively, if you'd like to join the pool committee and help with the general running and maintenance, please let us know.

[EBennett@churchfields.wilts.sch.uk](mailto:EBennett@churchfields.wilts.sch.uk)

### Term dates for 2023/2024

<b>Term 3: Thursday 04 January – Friday 09 February</b>	<b>Term 5: Monday 15 April – Friday 24 May</b> <ul style="list-style-type: none"> <li>Monday 06 May Bank holiday (school closed)</li> </ul>
<b>Term 4: 19 February – Friday 28 March</b> <ul style="list-style-type: none"> <li>INSET DAY Monday 11 March</li> </ul>	<b>Term 6: Monday 03 June – Wednesday 24 July</b> <ul style="list-style-type: none"> <li>Wednesday 24 July - INSET DAY (school closed)</li> </ul>

Term 4	
Monday 18 March to Friday 22 March	STEM week
Tuesday 19 March	Whole School Science Day Monkton Farleigh
Tuesday 19 <sup>th</sup> March	Parents Evening until 7.30pm
Thursday 21 March	Parents Evening until 6pm
Tuesday 26 March	Easter Service St Michael's Church 1:15pm
Thursday 28 March	Monkton Farleigh Easter Concert 2:30 -3pm

Contact details:

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[www.churchfields.wilts.sch.uk](http://www.churchfields.wilts.sch.uk)

# Churchfields' Weekly Newsletter

Friday 15 March 2024

Thursday 28 March	End of term 4
Term 5	
Monday 15 April	Term 5 begins
Friday 19 April	WOW Day
Wednesday 24 April	Atworth Open Day (10am-2pm)
Friday 26 April	Class photos with Tempest Photography
Friday 26 April	MF Open Day (10am-2pm)
Friday 26 April	Atworth Easter Concert 2:15-3:15
Monday 13 May – Thursday 16 May	KS2 SATs week
Friday 24 May	End of Term 5
Term 6	
<b>Monday 03 June</b>	<b>Start of Term 6</b>
Tuesday 04 June	Music Cluster event
Wednesday 06 June	R24 Meet the Teacher 5pm Atworth; 5:30pm MF
Monday 10 June	NSPCC visit
Tuesday 11 June	R24 Induction afternoon
Wednesday 12 June	Rotary club concert

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Monday 17 June	Yr 6 leavers service Salisbury Cathedral
CONTINUES ON THE NEXT PAGE	
Tuesday 18 June	R24 induction afternoon
Wednesday 19 June	St Laurence Summer Festival
Tuesday 25 June	R24 Induction afternoon
Wednesday 26 June	Year 5 Cluster day St Laurence
01 July-05 July	Sports week
Tuesday 02 July	Melksham Oak transition day
Tuesday 02 July	R24 Teddy Bear's picnic
Wednesday 03 July	Melksham Oak transition day
Thursday 04 July	Yr 6 induction day (1 of 2) St Laurence School
Friday 05 July	Sports Day afternoon
Thursday 11 July	Yr 6 induction day (2 of 2) St Laurence School
Tuesday 16 July	Move up morning
Tuesday 16 July	Leavers service St Michaels Church 1:15pm
Friday 19 July	Provisional Sports Day
Friday 19 July	Pupil Reports go home
Tuesday 23 July	Last day term 6

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Friday 15 March 2024

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Wednesday 24 July	INSET DAY
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All The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## 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.

- 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.
- 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.
- 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 being thrown back up.
- 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.
- OPTIMAL SLEEP ENVIRONMENT**  
Ensure that the bedroom is comfortable, dark and free from distractions, focusing on sleep 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.
- 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.
- 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.
- 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.
- 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.
- 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 supervisors 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.

  

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.03.2024

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Hosted by Bradford on Avon Town Council



## SHREK

**St Margaret's Hall**  
Sunday 17 March  
doors open @ 2pm  
film starts @ 2.30pm  
£1 entry for adults  
children under 18 free



## SCHOOL HOLIDAY MULTI SPORT CAMPS

FOR AGES 5 - 12 YEARS

**EVERY WORKING DAY OF THE SCHOOL HOLIDAYS £22**

**CAMPS HELD IN:**  
CORSHAM  
MELKSHAM  
SWINDON  
BATH  
CHIPPENHAM  
MARLBOROUGH

**TIME:** FROM 9AM - 3PM  
Need a 8am start or 4pm finish?  
It's only £5 per additional hour!

**EXTRAS:** **SPORT SPECIFIC CAMPS**  
In Gymnastics, Football, Street Dance, Yoga and Tag Rugby. All sessions are led by specialist coaches with years of experience. These run alongside our multi-sport camps!

Follow our facebook page for updates on sport specific venues and dates.  
[in2sportcoaching](#) [@IN\\_2SPORT](#)

07799 268115 (Tash) 07968 778732 (Vicky) [info@in2sportcoaching.co.uk](mailto:info@in2sportcoaching.co.uk)

**BOOK ONLINE AT** [www.in2sportcoaching.co.uk](http://www.in2sportcoaching.co.uk)

## EASTER SPORTS CAMPS

Sports Development with Social-emotional Learning



"I love that as well as getting better at sport, it is equally about developing the children as young people" - Parent

**R-Y6**  
9am - 4pm  
£12.50/DAY (IF WHOLE WEEK)  
£15/DAY (SINGLE DAYS)

**BOOK NOW TO AVOID YOUR CHILD'S DISAPPOINTMENT**

- Kingsway Primary Academy, GL2 2AR
- Westlea Primary School, SN5 7BT
- Cam Woodfield Juniors, GL11 6JJ
- St Peter's Academy, SN14 0LL
- Benhall Infants, GL51 6PS
- St Briavel's Primary, GL15 6TD

To Book - click on link or copy into your browser  
[the-sports-project.class4kids.co.uk/camps](http://the-sports-project.class4kids.co.uk/camps)

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