



## Newton Hill Community School



Update: Term 2 2022/2023 Term 3

Ready for Learning - Ready for Life - Reach for the Stars

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Dear Parents & Carers,

The children have worked incredibly hard in the final term of this academic year. We have enjoyed our Fitness Fortnight activities and we have visited and hosted competitions with St Johns school – well done everyone for adding to our trophy collection!

We have also had visitors from Morrisons, the air ambulance and a wonderful visit from CH & CO who delivered a session about foods which are good for you and good for the planet. Year 5 also enjoyed a visit to QEGS and the Hepworth Gallery.

As a school we also took part in the climate relay this term. The children were incredible and enjoyed taking part in the relay along with other Wakefield schools.







Thank you to everyone who joined us for our sports events over the last couple of weeks. We hope you enjoyed watching the races and carousels. A big thank you to our Year 5 and Year 6 children who helped with the younger children. Fingers crossed for a sunny day in our final week for KS2 sports afternoon which had to be postponed due to the weather.

This week, we are looking forward to our transition days with our new classes in new classrooms. During this time, children will be shown their new classroom entrances/exits and cloakrooms.

Staff will also be in the playground on Tuesday 5<sup>th</sup> September to help direct to classrooms. Miss Bellas (our new Year 3 teacher) has joined us for the final two weeks to get to know all the staff and children at school.

We are also saying good bye to our wonderful Year 6 children. They have been absolutely amazing throughout their time at Newton Hill and we wish them all the luck in the world with the next part of the journey. Congratulations to Year 6 for their amazing SATs results – we are all so proud of you.

Thank to you to our Year 6 families for your support in your child's journey at Newton Hill. For those who are leaving us this time we wish you all the very best.

Reach for the Stars Year 6!

## Goodbye & Good Luck Year 6



## Parent & Carer Coffee Morning – Sleep

Thank you to those parents who attended our coffee morning. The sleep session this half term was extremely informative – who knew cheese was a sleepy food!?

We also shared a website (which you can find on the school's website – Child Zone) called WF-ICAN. This site has resources for you and your child to access for all different areas e.g. sleep, healthy eating and managing anger.

<https://wf-i-can.co.uk/>



### Sleep Inducing Foods

There are a variety of food groups which can assist with improving sleep. All the foods we recommend contain an essential amino acid called tryptophan which can only be produced through diet, this then converts in to the neurotransmitter serotonin, which is then converted to the neurohormone Melatonin.

Below are some of the specific foods which contain high levels of tryptophan.

Food Group	Specific Foods
Milk and Milk Products	Traditional milk products (warm), yogurt and soya milk
Meat	Chicken and turkey
Fish	cod, tuna, mackerel, salmon,
Cheese	Cheddar processed cheese, cottage cheese, tofu,
Fruits	Apples, bananas, blueberries, strawberries, avocados, pineapple, peaches, cherries
Vegetables	Spinach, asparagus, green peas, broccoli, tomatoes, cabbage, cauliflower, mushrooms, cucumbers, potatoes
Nuts	Walnuts, peanuts, cashews, pistachios, chestnuts, almonds
Seeds	Ground flax, sesame, pumpkin, sunflower seeds
Legumes	Mung bean, soybeans, kidney beans, lima beans, chickpeas
Grains	Wheat, brown rice, red rice, barley, corn, oats
Bread	Whole wheat bread

# Sleep tips for parents



## ROUTINE

Increase the production of melatonin (sleep hormone) by...

- Keeping a strict bed time and wake up time
- Turn devices off an hour before bed and instead do hand-eye coordination activities, e.g. sketching, colouring, jigsaws, playing with figures
- Incorporate a sleepy food supper into the bed time routine
- Use a visual timetable to help children and young people get into a routine
- Offer plenty of encouragement for following the sleep routine

Average sleep needs for age groups:

4-6 years	10.5-11.5 hours
7-9 years	10-11 hours
10-12 years	9-10 hours
13-16 years	8.5-9 hours
16+ years	8-9 hours



## EXERCISE

Help to set their body clock by...

- Getting them outdoors in the daylight early in the morning
- Exercising during the day, especially outdoors
- Varying the exercise; try calming exercise like yoga or meditation on an evening



## FOOD and DRINK

Help promote natural sleep by...

- Eating food that helps to induce sleep on an evening
- Avoiding caffeinated and sugary drinks completely and especially after midday

### Ideal supper

- ✓ calcium-based products (cheese, milk, yoghurts)
- ✓ bananas and apples
- ✓ white meats
- ✓ wholemeal grains, seeds and nuts



### Avoid

- ✗ energy drinks
- ✗ caffeinated tea
- ✗ coffee
- ✗ sugary pop and cordial
- ✗ sugary hot chocolate



## ENVIRONMENT

Help them to self-settle by...

- Having the bedroom at a fairly cool temperature: 17 degrees is ideal
- Decorating the room in neutral, calming colours to reduce stimulation
- Removing TVs and other devices in their bedroom
- Using black out curtains to make the room as dark as possible



With **all of us** in mind.

## Parent & Carer Feedback

Thank you to everyone who completed our Spring survey and for all your support this academic year. It is lovely to hear all the positive comments and we are always looking for ways to develop further. We would like to share the feedback we received. Here are just a few of the wonderful comments you shared with us:

***"Our child is thriving at Newton Hill- his teacher is fantastic"***

***"School dinners get rave reviews!"***

***"My child has grown in confidence - the staff know him well and support all his needs. My child is very happy!"***

***"It is lovely to see that my son is so happy to come to school every day. He shares what he has been learning. It is evident that his teacher cares."***

***"My son attends Newts - it is impossible to get him to leave!"***

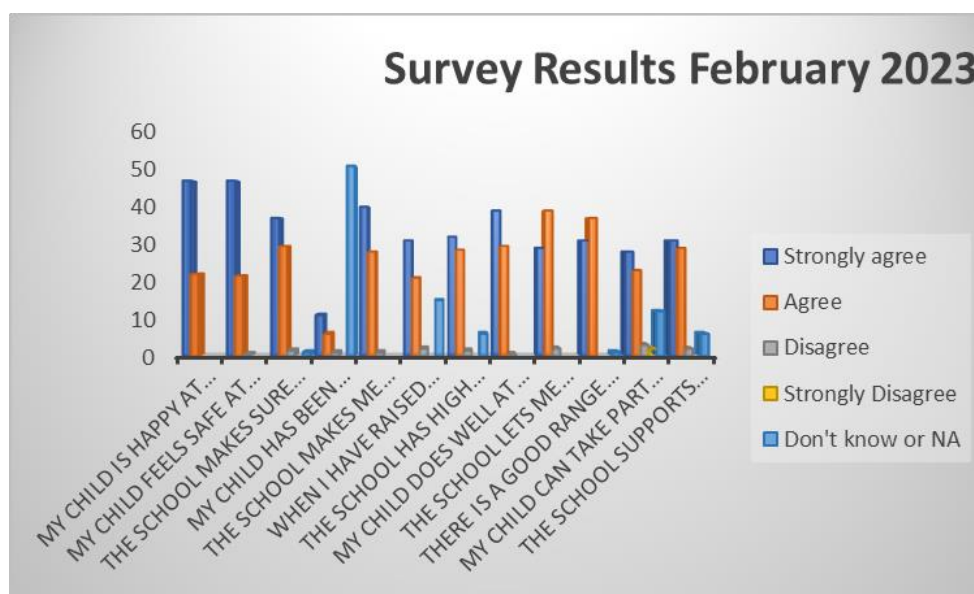
***"School is a wonderful experience for my child"***

***"My child thoroughly looks forward to coming to school - the team are doing a great job"***

***"My child is happy and enjoys school. The school and staff are excellent!"***

***"I am very grateful for the support and understanding that I have been shown and all the support my child has received. It is lovely to see her so happy at school. The staff are wonderful"***

***"I am very happy with my child's progress. I am very happy with the care she receives"***



From your feedback, we will continue to:

- Develop our school website
- Review the clubs on offer and look into a wider range (including external agencies if possible).
- Seek open feedback and encourage parents / carers to add their comments so we can review and analyse further actions

There will be a feedback form with your child's report which will be sent home this week.

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## Class Organisation for 2023/2024

Class Teacher	Year Group
Mrs Luck (Assistant Headteacher/SENDSCO) and Mrs Greaux	Nursery
Mrs Neal and Mrs Austin (EYFS Leader)	Reception
Mrs Cooke	Year 1
Mrs Darnton (KS1 Leader)	Year 1/2
Mrs Buttle	Year 2
Miss Bellas	Year 3
Mr Paine (KS2 Leader)	Year 3/4
Mrs Wrench & Miss Mosley (job share)	Year 4
Mrs Whelerton (Deputy Headteacher)	Year 5
Mr Sharp	Year 6

The new calendar for 2023/2024 is included within this newsletter for your reference.  
The INSET days for next academic year are below

<u>Dates for your diary</u>	<u>Event</u>
Week commencing 17 <sup>th</sup> July	School Reports will be sent home with the children
Tuesday 18 <sup>th</sup> July 9:30 and Wednesday 19 <sup>th</sup> July at 5:00pm	Year 6 Production for Y6 parents/carers. Ticket only.
Tuesday 25 <sup>th</sup> July	School breaks up for summer
2023/2024	
INSET Days 2023/2024 (School is closed on the following days).	Monday 4 <sup>th</sup> September Monday 20 <sup>th</sup> November Friday 22 <sup>nd</sup> December Thursday 2 <sup>nd</sup> May (Polling Day) Monday 22 <sup>nd</sup> July
Start of Term 1 23/24	Tuesday 5 <sup>th</sup> September

### **WF Happy Health Holidays.**

Wakefield Happy Healthy Holidays programme will once again be running over the summer school holidays for all children and young people, from reception age to year 11, who are eligible for, and in receipt of free school meals.

Over 60 venues across the district will be offering a range of activities between 31 July and 25 August thanks to Wakefield Council, partners and the continued funding by Department of Education. Eligible families can book onto the programme by visiting: <https://www.wakefieldfamieliestogether.co.uk/community-support/happy-healthy-holidays/>



### **School Email & Class Emails**

Just a reminder that the school admin email is not monitored through the summer holiday. Class emails will also be closed on Tuesday 25<sup>th</sup> July – new class emails will be shared with you in September.

If you need support or advice, you can contact Wakefield Social Care Direct on 0345 8 503 503. Please visit the school website for more information and please do follow us on Twitter. Just follow us @Newton\_Hill\_Sch or visit [https://twitter.com/Newton\\_Hill\\_Sch](https://twitter.com/Newton_Hill_Sch)

Wishing you and your family a safe and happy summer break.

Kind regards,

Mrs Wheatley & all the staff at Newton Hill

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## **Attendance**

**Please can you let school know if your child is going to be absent from school.**

If we do not know the reason why your child is absent, we will follow our procedures - this is a telephone call to all contacts and a home visit. If we are unable to make contact we will refer the absence to the local authority. If you know your child is going to be absent please complete an absence request form (available from the school office). Please note holidays in term time are not permitted. If your child is absent from school please let the school office know as soon as possible by leaving a voicemail through the school telephone system or emailing [admin@newton-hill.org.uk](mailto:admin@newton-hill.org.uk). Thank you for your cooperation.



## **School Meals**

**Please note that the CH & CO school meal price in September will be £2.45. As a school we continue to subsidise this cost.**

School meals for children in Reception and KS1 are FREE. If your circumstances have changed you may be eligible for Free School Meals (FSM) until Year 6. You can now apply on line at: <https://www.wakefield.gov.uk/schools-and-children/free-school-meals>. If your child receives FSM the school will also receive additional funding to support your child.

## **School Uniform**

We have lots of uniform in our lost property bins - Please can we ask that all uniform/property is clearly labelled!

Thank you to everyone who follows our uniform expectations. The pre-loved uniform is always available – please contact Mrs Dundas for further information or support. We have a range of uniform – all ages. Please make use of the uniform available - all requests will be dealt with confidentially.

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## **Safeguarding**

If you have any safeguarding concerns or need any support or advice please do not hesitate to contact the school.



Our Designated Safeguarding Leads (DSL) are: Mrs Wheatley, Mrs Whelerton, Mrs Luck, Mr Paine, Mrs Dundas, Mrs Myton and Miss Land.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/> This website offers advice and guides for parents which you may find useful.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

If you need support or advice you can contact Wakefield Social Care Direct on 0345 8 503 503. There are other numbers you may find useful on our school website under Safeguarding.

## **Mental Health Team**

We have a number of staff members who are mental health first aiders who can offer advice and support for your child and you. Please contact the school if you would like any support.



August 2023						
M	T	W	T	F	S	S
	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	31			

September 2023						
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25	26	27	28	29	30	

October 2023						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2023						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2023						
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2024						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2024						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

March 2024						
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April 2024						
M	T	W	T	F	S	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May 2024						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June 2024						
M	T	W	T	F	S	S
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July 2024						
M	T	W	T	F	S	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- = Bank Holidays
- = School Holidays
- = UK Parliamentary, West Yorkshire Combined Authority Mayoral and District Council Elections (schools will need the authorisation of the Returning Officer if they are to be used as a Polling Station and wish to remain open on this day. Otherwise schools used as a polling station should be closed for INSET). Schools not used for election purposes may arrange alternative closures for INSET. Individual schools may decide the dates of the remaining 4 INSET dates.

Number of pupil days:	195
Less INSET days to be fixed:	5
Total number of pupil days:	190