



**Together Everyone Achieves More**

Through.....  
Loving learning, loving each other and loving life  
itself  
AGAPE: The Good Samaritan (Luke 10: 25-37)



## Newsletter 02/12/20

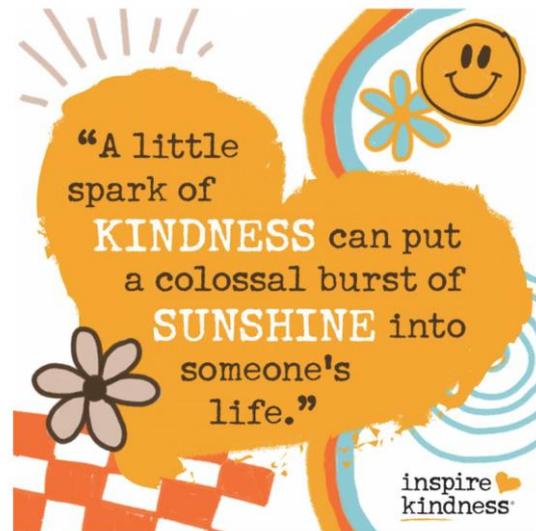
Dear Parents/Carers,

Christmas has definitely arrived at North Curry School. From the lovely Christmas tree made by Little Herons to the Christmassy lights at the front of school.

I have also managed to arrange for the children to see a live performance (virtually) of Aladdin c/o the McMillan Theatre Bridgwater on the last Thursday of term and will provide an ice-lolly for all in the interval.

### Collective Worship Theme of the Week: Kindness

One kind word can change someone's entire day!



### Our 'Big Question' of the Week

As we approach Advent, how can you show genuine kindness towards others?

### Well Being: Tips

Last Sunday was Advent Sunday and yesterday Advent calendars began! Using some post its, pegs or your amazing creativity make yourself an advent calendar of wellbeing! Write yourself a treat for every day, something that you will enjoy and that is achievable, perhaps something you might need a nudge to actually do. Mix up the papers so they come up randomly and really enjoy your mini treat every day as we prepare for Christmas. Encourage friends and family to do the same, produce one for someone else to print, cut out and use, check in to see how others are getting on with their treats because they are important.

## ELSA Support Sweet Dreams?



This week I thought about suggesting a few practical steps to help those affected by sleep concerns; the end of term is fast approaching and most of us are feeling tired and getting a good night's sleep is vital to our wellbeing. Strong sleep hygiene means having both a bedroom environment and daily routines that promote consistent, uninterrupted sleep. Keeping a stable sleep schedule, making your bedroom comfortable and free of disruptions, following a relaxing pre-bed routine, and building healthy habits during the day can all contribute to a good night's sleep.

- Talk to your child during the day (not before bedtime) to find out whether anything is worrying them.
- Make sure your child has a fixed relaxing bedtime routine. Having a bath with a favourite bubble bath will create sensory clues that it is time for bed and the practised routine will create a sense of security.
- Limit screen time before sleep.
- Audio Stories, if your child is really struggling, try putting an audio story on in their bedroom, the volume needs to be turned very low. This causes the brain to 'reach' for the sound which can sooth an anxious mind and 'keep it busy' while they sleep.
- Create a cosy space - provide a soft toy and use a low light or Nightlight - a relaxing environment can make it easier for your child to self-sooth.

If you wish to have any further help please feel free to get in touch [viharris@nc.huish.education](mailto:viharris@nc.huish.education)

### **Parents' Forum Meeting: Friday 4<sup>th</sup> December**

Don't forget that the next Parents' Forum meeting is this Friday afternoon so please ensure that if you have anything that you want raised then please bring it to your Class Rep's attention by Thursday evening at the latest. Many thanks.

### **Little Herons Nursery**

Staff would like to say a big 'thank you' to those who have donated toys and games for the pre-school. We also appreciate the fire wood for Forest School that has been brought in. If you have any old pallets etc. these would be quite acceptable as well! (Although we would appreciate them broken up into manageable pieces☺).

As ever, please do talk to staff if you have any questions or concerns.

Little Herons staff

### **Phonics Screening Week**

Next week Mrs Filmer will be informally administering the national phonics screen for all Year Two children in Seahorse class. This really isn't anything to worry about. However If you have any questions then please contact her directly. Alternatively there is some good information about it on the website below.

### **School Lunch Reminder**

For **w/c 7<sup>th</sup> December** orders must be placed by **midnight today Wednesday 2<sup>nd</sup> December**. Unfortunately orders placed after this date/time will not be able to be processed and you will need to provide your child with a packed lunch for that week.

**If your child has any special dietary requirements you must email the school office before the order cut off.**

*If you are unable to order a lunch via ParentMail, please email the school office asap. Otherwise please ensure you provide a packed lunch for your child.*

Kind regards,



Helen Morley.

### **Key Dates: Autumn Term 2 2020**

<b>Date</b>	<b>Subject</b>
Friday 4 <sup>th</sup> December	<b>Virtual Starfish Show and Share: 1.20</b> <b>Parents' Forum: 2.00</b>
Friday 11 <sup>th</sup> December	<b>Virtual Seahorse Show and Share: 1.20</b>
Monday 14 <sup>th</sup> December	<b>9.00: Virtual Shark Christmas Cracker Show and Share</b> <b>9.30: Virtual Octopus Christmas Cracker Show and Share</b>
Tuesday 15 <sup>th</sup> December	<b>9.00: Virtual Dolphin Christmas Cracker Show and Share</b> <b>9.30: Virtual Minnow Christmas Cracker Show and Share</b>
Tuesday 15 <sup>th</sup> December	<b>Local Governing Board Meeting: 5.00</b>
Wednesday 16 <sup>th</sup> December	<b>9.00: Virtual Starfish Christmas Cracker Show and Share</b> <b>9.30: Virtual Seahorse Christmas Cracker Show and Share</b>
Thursday 17 <sup>th</sup> December	<b>McMillan Theatre Aladdin Panto: 11.00</b> <b>In house Christmas Service: 2.00</b>
Friday 18 <sup>th</sup> December	<b>Christmas Party/Crackers/Jumper Day</b> <b>2.45: Outdoor Carol Singing Around the Playground</b> <b>End of term</b>
Monday 21 <sup>st</sup> December – Friday 1 <sup>st</sup> January	<b>Christmas Holidays</b>
Monday 4 <sup>th</sup> January	<b>INSET Day: Emergency First Aid</b>
Tuesday 5 <sup>th</sup> January	<b>Back to School</b>