



The John Moore Primary School



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SPARKLE

SPARKLE NEWS

Spring Term 2: 2024

Friday 15th March 2024

Dear Parents/Carers,

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Coming Up: Parent's evenings—next week. Bookings are still open—see letter posted previously on dojo or contact the office to arrange an appointment

Please see dates for Summer term on page 7

What a busy couple of weeks we have had! We have held an incredibly successful STEM week this week, with a mixture of visitor talks, hands on sessions, science activities and experiments, computing workshops, DT projects and maths investigations. Thank you to Mrs Parker and Miss Perkins for organising the week and to all of the school staff, volunteer visitors and parents who have all contributed to making it such an enjoyable week for the children.

We have had a great day raising money for comic relief with our Red Nose day activities. We have already raised over £250. We will give you an up-date next week when all of the cake sale money has been counted. Thank you to Miss Perkins and the School Council for organising and running the day and to all of you for your donations of money and cakes.



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.

1 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.

2 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.

3 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 firing them back up.

4 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.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal 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.

6 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.

7 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.

8 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.

9 PARENTAL SUPPORT

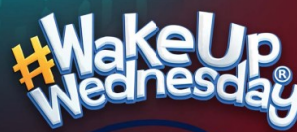
Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 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 organisations 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.



A celebration of some of the 'sparkling' moments from this term

In partnership with Gloucestershire Parent Carer Forum (GPCF), Gloucestershire County Council and the Gloucestershire Clinical Commissioning Group, Gloucestershire Local Authority coproduce a newsletter for parents and carers every two months. Please follow the link to take a look.

[Families in partnership newsletter February 2024 | Gloucestershire County Council](#)

Staffing up-dates

Mrs Singer will be leaving our school on 19th March to take up a new position teaching English to refugees. Her new post will be building on the training she undertook prior to starting with us at John Moore and we are very proud and excited for her to be undertaking such a role. However, we are also incredibly sad to be saying goodbye to a member of our team and I know that Miss Man and the children in Dove class will miss her hugely.

STEM WEEK—highlights

Finch

We have completed lots of investigations. Gummy bear challenge, making a skittles rainbow, making giant bubbles, investigating how to make a car travel the furthest down a ramp and changing the colour of petals on a flower. What a great week!



Hummingbirds

We have been super scientists...



Robins

- We helped rocket mouse reach the moon, designed and made cars and made parachutes to help Night monkey reach the ground safely!



Nightingales



Swallows

We helped Rocket Mouse reach the moon!

We created habitats for Night Monkey & Day Monkey and had some amazing visitors!



We designed and made cars!

Doves



Digibus



Carousel

Engineering
with K'NEX

We built a
marble run

Rocket Mouse



Kingfishers

We used photo editing skills to create book covers

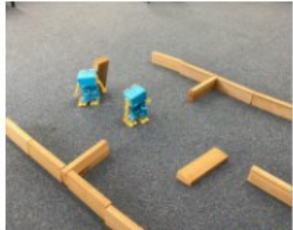
Rocket Mouse was one of the highlights of the week



Our DT food tasting for our cooking project was great fun!

We have enjoyed listening to a variety of visitors

Kestrels



Owls

This week, we have helped Rocket Mouse, explored electricity and even thought about changing our diets to eat more insects!



Some sporting highlights....

Our football league for Year 3-4 has concluded, and what a couple of events it's been! Every player soared with brilliance, striving for success while embodying the values of sharing and sparkling.

From The Titans to The Giants and The Mavericks, each team showcased sparkling performances on the field, making every match a thrilling spectacle. Despite the intense competition, our players upheld the highest standards of sportsmanship, demonstrating respect and solidarity at every turn.

A special congratulations to The Mavericks for finishing at the top of the league, but let's not forget the contributions of every team and player. Your dedication and teamwork have truly made this season unforgettable.





Congratulations to Pippy, Sophie and Rhys for their fantastic efforts at the area Cross Country Event in Newent. You perfectly demonstrated the strive value—well done all.



Congratulations to Jack Griffiths who climbed Pen-y-fan mountain in Wales to raise money for the school.

Thank you Jack and well done.

Sparkle News

Friday 22 nd March	End of term. School finishes at normal time.
Monday 8th April	Start of the summer 1
Monday 8th April	Author visit (Luke Temple)
Thursday 11th April	Year 6 trip to WWII experience—Winchcombe
Tuesday 9th April	Author visit (Luke Temple) and book signing
Thursday 25th April	Swallow's class assembly
Friday 26th April	School discos organised by JMPS Friend's association
Thursday 2nd May—9am	Kingfishers class assembly
Monday 6th May	Bank Holiday Monday—school closed
Thursday 9th May - 9am	Nightingales class assembly
Friday 10th May	Whole School Sparkle Spot 8.30am –8.55am
w/c 13th May	SATs week for Year 6
Wednesday 22nd May—2pm	Years 3,4,5 Summer Performance
Thursday 23rd May—6pm	Years 3,4,5 Summer Performance
Friday 24th May 8.30– 4.30 (timings to be confirmed)	KS1 trip to The Black Country Living Museum
Monday 27th May to Friday May 31st	Half term—school closed
Monday 3rd June	Start of Summer 2
Friday 7th June –9am	Dove's class assembly
Friday 14th June—9am	Woodpecker's Class assembly
Wednesday 19th June—9am	Kestrel's class assembly
Friday 21st June	World Music Day—Samba workshops throughout the day
Saturday 22nd June	JMPS Summer Fayre
Wednesday 26th June –2pm	Year 6 Play
Thursday 27th June—9am	Robin's class assembly
Tuesday 2nd July	Whole School Sparkle Spot 8.30—8.55am
Wednesday 3rd to Friday 5th July	Year 6 Residential
Thursday 4th July—9am	Finch and Hummingbird class assembly
w/c 8th July	Olympic Themed Week
Thursday 11/07/24	Reports to be sent home
Friday 12th July	Sport's Day
w/c 15th July (date and time TBC)	Year 6 Leaver's Service at Tewkesbury Abbey
Friday 19th July 9am	Year 6 Leaver's Celebration Assembly