



**Dear Parents and Carers,**

We had an exciting Topic Launch day last week. There were some wonderful costumes and teachers had prepared a wide variety of activities. What impressed me was the level of the children's learning and their recollection of the key vocabulary for their topics – Monarchs in Skylark Class and the Minoan Civilisation in Owl Class. These launch days certainly create a buzz for the children's learning!

Our school council met last week to decide on our next focus area. They worked with their classes to decide on how to use the £100 Easy Fundraising donation and have chosen more outdoor equipment. Because of a kind donation from a parent, we have now reached the next £100 so at our next meeting, we will talk about how to use this. The children decided we needed to focus on healthy eating for the remainder of this year and came up with some good ideas to help everyone with this. These will be shared with you soon.

Mr Longville, who has been taking the children for their weekly P.E. lessons, is relocating down south so will no longer be with us at Lower Heath. Chris, a sports coach from Jaden Bevan Coaching, will be leading our P.E. lessons while George Hounsell recruits a long-term replacement.

Children in Owl and Kingfisher Classes have the opportunity to attend a Celebration Singing Day at Whitchurch Civic Centre on 25<sup>th</sup> May. For further details and to register your child's interest for this event, please follow this [link](#). It is for 30 children (I've only had 4 responses so far).

Next week, 14 children from Kingfisher will be attending a Varsity Dodgeball and Swimming event at Shrewsbury School. We are very lucky to be able to offer these events to our children. I am sure they will have an amazing experience.

Reminder: class photos next Friday.

Don't forget we have a Bank Holiday Monday next week! Enjoy your long weekend!

*Helen Reynolds*  
**Headteacher**



**CELEBRATION**

**Happy Birthday to:**

Robyn who had her birthday this week!



**AWARD WINNERS**



Congratulations to this week's **Headteacher Award winners**, who are:

- Robin Class:** Finley
- Skylark Class:** Stanley and Enid
- Kingfisher Class:** Tilly and Oliver M
- Owl Class:** Blake and Ava TB

**UPCOMING EVENTS**



[Click here](#) to view our upcoming events. Events at a glance:

- **Class photos:** 5<sup>th</sup> May
- **Year 6 SATs:** 9-12<sup>th</sup> May
- **Coronation Tea Party:** 12<sup>th</sup> May
- **Cultural Diversity Day:** 25<sup>th</sup> May
- **KS2 Marches Celebration Singing Day:** 25<sup>th</sup> May
- **Half term:** 29<sup>th</sup> May
- **New Starters Robin Class Drop in:** 12<sup>th</sup> June
- **New Starters informal drop in:** 20<sup>th</sup> June
- **RSE informal drop in:** 20<sup>th</sup> June
- **Lower Heath Athletics Competition:** 23<sup>rd</sup> June
- **New Starters Family Lunch:** 29<sup>th</sup> June
- **Year 6 Transition Days:** 3<sup>rd</sup>-5<sup>th</sup> July
- **Lower Heath transition Day:** 7<sup>th</sup> July
- **School Sports Afternoon:** 10<sup>th</sup> July
- **New Starters Afternoon Tea:** 12<sup>th</sup> July
- **Summer Fair:** 14<sup>th</sup> July
- **Annual Reports to Parents:** 14<sup>th</sup> July
- **Reserve Sports Afternoon:** 17<sup>th</sup> July
- **Drama Club Performances:** 18<sup>th</sup> and 19<sup>th</sup> July
- **Year 6 Leavers Assembly:** 25<sup>th</sup> July
- **Break up:** 26<sup>th</sup> July

**CORONATION TEA PARTY**



**CROWN PARADE AT 3PM**

Join us on the school field to celebrate the King's coronation  
**Friday 12th May 2023**  
 2:30pm onwards

Marches Academy Trust 

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**Breaking the myth...**

**Caffeine & Sleep**

Caffeine is no doubt, for some the way to start the day. However, the NHS recommend no more than 300 mg of caffeine a day or no more than 4 -5 cups of coffee or tea a day. The level of caffeine in your blood peaks within an hour. Up to 50% of your caffeine will still be in your system, 6 hours after your first sip, and take up to 10 hours for your body to clear caffeine

**What can I do to limit the negative aspects?**

Delay caffeine up to 60 -120 minutes after waking up, this will create a natural pattern for your body to wind down, and can avoid the 'afternoon crash'.

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**Why?**

Too much caffeine can produce and increase anxiety, sleeplessness, palpitations, and agitation and/or restlessness. This also includes energy drinks

**Links for support**

[How caffeine and alcohol affect your sleep](#)  
[Sleeping with Science a TED series](#) - YouTube

[YoungMinds | Mental Health Charity For Children And Young People](#) YoungMinds

- Awareness
- > End of Ramadan
- > National Stephen Lawrence day

**WORSHIP**



This half term's Christian Value is Love. Last week, we had an update on our School Council meeting so next week, we will share the bible story 'Jesus Heals a Paralysed Man' and talk about love being an 'action'.

LOWER HEATH CE PRIMARY SCHOOL – CHRISTIAN VALUES

**Love**

