



Dear Parents and Carers,

Our year 6s did themselves proud this week during their SATs. We were delighted to celebrate the end of this milestone with them! Well done to them all and to their families for supporting them. We recognise it can be worrying for the children so all your efforts are definitely recognised and appreciated.

We had our special Coronation Worship with Reverend Armstrong this week. She talked about the special symbols and their meanings and how the coronation is an important historical event for our country. Very kindly, she brought a special book for each class and some coronation toys for Hummingbird class. These have been generously donated by Fauls PCC so our thanks go to them. The books will take pride of place in class's new reading areas for all the children to enjoy.

We believe our school is a very special place for our children and families and we would like to spread this message far and wide! One of the best ways to do this is through social media. You may not be aware but lots of our children's experiences and activities are shared on Facebook. I know some of you can't access Dojo, so this would be an alternative way for you to see all of the fun your children get up to whilst in school. If you are active on Facebook, please scan the QR code below, and LIKE and SHARE our posts! Thank you!

We have successfully recruited a teacher for Skylark Class to replace Mrs Ward, while she is on maternity leave, and Mrs Hilditch, who did not wish to work full-time. Jill Leighton, an experienced KS1 teacher, will join us in September. She will introduce herself to our new Skylark Class over the coming weeks and hopes to join us for our transition day on 7th July.

The next item on our school calendar is our Cultural Diversity Day on 25th May, which we are very excited about! Mrs Hilditch is doing a great job organising this and has arranged for a group to teach the children dancing from different cultures. This has been paid for using the funds raised so far this year through our community events so thank you to everyone who has played their part in enabling the children to have this experience. Each class will learn about a different religion or region of the world. They will try different foods, learn about customs and cultures and we will be inviting visitors in to talk to the children. EDIB (Equality, Diversity, Inclusion and Belonging) is at the heart of all we do at Lower Heath. Our children know the importance of respecting everyone, regardless of race or religion this also ties in very well with the British Values of Mutual Respect and Tolerance. It should be a fun day!

Helen Reynolds
Headteacher

No Bank Holiday next week! See you all on Monday!



CELEBRATION

Happy Birthday to:

Archie, Charlie, Eliza, Layla and Antony who had her birthday this week!



AWARD WINNERS



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

- Robin Class:** Robyn
- Skylark Class:** Noah and Neville
- Kingfisher Class:** Matthew and Freddie
- Owl Class:** All our year 6s

UPCOMING EVENTS

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

- **Parent Coffee Afternoon:** 24th May, 2:30pm
- **Cultural Diversity Day:** 25th May
- **KS2 Marches Celebration Singing Day:** 25th May
- **Half term:** 29th May
- **New Starters Robin Class Drop in:** 12th June
- **New Starters informal drop in:** 20th June
- **RSE informal drop in:** 20th June
- **Lower Heath Athletics Competition:** 23rd June
- **New Starters Family Lunch:** 29th June
- **Year 6 Transition Days:** 3rd-5th July
- **Lower Heath transition Day:** 7th July
- **School Sports Afternoon:** 10th July
- **New Starters Afternoon Tea:** 12th July
- **Summer Fair:** 14th July
- **Annual Reports to Parents:** 14th July
- **Reserve Sports Afternoon:** 17th July
- **Drama Club Performances:** 18th and 19th July
- **Year 6 Leavers Assembly:** 25th July
- **Break up:** 26th July



Lower Heath Facebook QR code.

Scan this with your camera on your phone and LIKE and SHARE our page! Thank you!



Breaking the myth... Sunlight & Mental Health

Morning sunlight is your bodies biological timer (circadian rhythm), and will prompt your body to naturally feel sleepy 14 -16 hours later. How much sunlight do I need to get the benefits?

- On clear days 5 -10 minutes
- 10 -20 minutes on an overcast day
- If you miss a day, try and double up on the next day
- Increase exposure to sunlight releases a hormone called Serotonin. Serotonin is closely linked to boosting mood and helping a person feel calm and focused.
- Within the winter months a lack of serotonin can increase Seasonal Affective Disorder (SAD)

Marches Academy Trust

What should I know

There is some research that exposure to light can also increase the thinking part of your brain.

[5 Tips For Falling Asleep Quicker According To A Sleep Expert - YouTube](#)

[How to manage your mental health | Leon Taylor | TEDxClapham - YouTube](#)

International day against Homophobia and Transphobia

A Greek physician 2000 years ago knew then 'Disease exists if either sleep or watchfulness be excessive'

Attendance

We continue to place great importance on attendance. Our aim is for children to have 97% attendance through the year, as this is shown to enable children to have the best success and life outcomes.

I have received several holiday request forms recently. Please remember a family holiday will not be authorized and will usually result in a fine.

I hope we can work together to improve attendance for all of our children.



WORSHIP



This half term's Christian Value is Love. Due to the Bank Holiday, we missed our Values Worship 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

