



Dear Parents and Carers,

We had a lovely afternoon last Friday, celebrating the coronation and the end of year 6 SATs. The weather was extremely kind to us and it was so good to see so many us together as our Lower Heath family! Well done to those children who won our Crown Parade competition! There were some impressive entries!

Our year 2 children have been beavering away doing their SATs tests this week. For children so young, this can be a challenge but once again, they have taken it in their stride and tried their very best. Well done year 2s!

Next week (**Wednesday, 24th, 2pm**) sees our next parent drop in. I am now teaching most mornings so we have moved it to the afternoon – I hope you will be able to join us. Please bring any questions, suggestions for improvement and ideas for our summer fair and enjoy a coffee and a chat with fellow parents.

We're looking forward to our Cultural Diversity day next week – Thursday, 25th June. Watch out on Facebook and Dojo for some photos of what the children get up to! If you have yet to link up to Facebook, please scan the QR code below so you don't miss out on any of our news!

As screens, online games and computer screens are such a large part of our culture now, it's worth taking stock and thinking about what impact screen time is having on our brains. This week's 'Breaking the Myth' discusses how too much can lead to 'exhausted brains'. Well worth a read – see below.

Next week takes us up to our half term holiday. I wonder if we can reach 100% attendance in our final week. What an achievement that would be!

See you next week!

Helen Reynolds
Headteacher



CELEBRATION

Happy Birthday to:

Eliza P, Anthony, Harper, Oliver S, Georgia and Hattie who had their birthdays this week!

UPCOMING EVENTS



AWARD WINNERS



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

- Robin Class:** George
- Skylark Class:** Eliza P and Kimi
- Kingfisher Class:** Jacob S and Kyle
- Owl Class:** Mia G and Imogen C




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

- **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

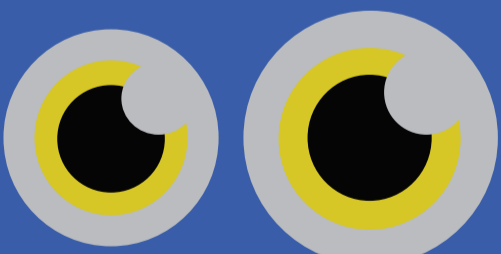
[Click here](#) to view our term dates.


Lower Heath Facebook QR code.
 Scan this with your camera on your phone and **LIKE and SHARE** our page!
 Thank you!



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Breaking the myth...

Exhausted Brains!

"Brain Fatigue" is a real condition and this can impact adults and children especially teens in a multitude of ways. Too much brain activity (social media, screen time) and stimulation can make a person feel mentally exhausted, this has similar symptoms as physical fatigue.

These symptoms are the brain slowing itself down to manage the build -up, leading to the high levels of fatigue. These symptoms can also appear similar to effect on the brain as drinking too much.

[Dreaming big: How your teen can reset their sleep cycle for success \(theparentswebsite.com.au\)](#)

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Did you know?

When the body is exhausted and overloaded it will attempt to put you into microsleep episodes between 1 - 2 seconds!

What can I do?:

- Get regular exercise
- Learn new things
- Physically connect with your peers in get-togethers.
- For little ones...

Turn Down the Pressure Valve: Turn Up the Magic of Childhood
instituteofchildpsychology.com

Awareness
 ➤ Global Day of Parents

WORSHIP



This half term's Christian Value is Love. Next week, we will think about what actions we can take to show love in our class, home or community

LOWER HEATH CE PRIMARY SCHOOL - CHRISTIAN VALUES

Love
 Love is patient, kind and a gift from God.

What does love mean to our children?

- Being loving and sharing
- Being kind and helpful
- Making the good choice

Our chosen Bible stories

- The Golden Rule
- The Good Samaritan
- Adam and Eve

Our chosen songs

- The Golden Rule
- The Good Samaritan
- The Lord's Prayer

Our prayer

Dear God, please help me to love and respect everyone. Help me to be kind and helpful. Help me to be a good Samaritan. Help me to be a good person. Help me to be a good friend. Help me to be a good citizen.

