



**Dear Parents and Carers,**

We had a very productive parent drop in meeting this week. From this, we have set several dates for our next round of fund raisers. These will be put on dojo and added to the dates below and on our website when the dates are confirmed. Thank you to everyone was able to join us. If you are available to help at the summer fair, we would be delighted to hear from you! It promises to be a great event!

Cultural diversity day was a great success! Thank you to everyone involved! We had some very talented dancers strutting their stuff so keep your eye on dojo for photos and videos! Children learned about Sikhism, Kenya, Judaism and India with a view to appreciating the diversity of our world and the importance of tolerance and respect for everyone.

Year 4 Multiplication Tables Check starts after half term. The results will be shared with you in due course. A reminder of what this entails can be found here. [MTC](#) Please keep supporting your children with learning their tables via TTRS practice.

Teachers will be sending home some holiday learning projects for you to do with your children over half term. We have a reading activity, the garden design and the Poetry by Heart competition. We can't wait to see your entries! We have had some very creative garden designs already which would be a great addition to Lower Heath – the treehouse is my favourite so far!

*Helen Reynolds*  
**Headteacher**



Have a wonderful half term holiday everyone! See you back in school on the 5<sup>th</sup> June.

**CELEBRATION**

**Happy Birthday to:**

Mrs Jenkins, Ava T-B who had their birthdays this week or will have them over half term!

**UPCOMING EVENTS**

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

- **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>
- **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>
- **Year 6 Leavers Assembly:** 25<sup>th</sup> July
- **Break up:** 26<sup>th</sup> July

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

**AWARD WINNERS**



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

- Robin Class:** Grace
- Skylark Class:** Elliot and Reggie
- Kingfisher Class:** Ava S and Chloe
- Owl Class:** Harley and Jessie



**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 \(theparentswebsite.com.au\)](#)

**Marches Academy Trust** 

**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 together.
- For little ones...

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

**Awareness**  
 > Global Day of Parents

FRIDAY 14TH JULY  
 3.30PM - 5PM

**FREE ENTRY**

LOWER HEATH CE PRIMARY SCHOOL

**SUMMER FAIR**

- REFRESHMENTS • GAMES
- RAFFLE • ICE CREAM
- STALLS • TOMBOLA
- UNIFORM SALE • STOCKS
- FACE PAINTING
- GLITTER TATTOOS • SWEETS

EVERYONE WELCOME!



Lower Heath CE Primary presents

*Summer*

**FILM NIGHT**

Thursday, 15th June

**3:15 - 5pm**

Tickets £3.50

Call 01948 840524 to book a place

Drink and snack included



**Lower Heath Facebook QR code.**

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



**WORSHIP**



Next half term's Christian Value is Fellowship. We will investigate its meaning and how we can show this value in school and in our wider community.

