



The Byword



11th November 2022

www.bygrove.org.uk

@bygrove_primary

Key Dates

- Monday 14th November - Friday 18th November: Friendship & Anti-Bullying Week. Parents are invited to the sharing assembly on Friday 18th November at 9.15am.
- Tuesday 6th December: TBC Uniform Swap Day
- Thursday 8th December: Christmas Jumper Day
- Monday 12th December & Tuesday 13th December: The Nativity & Christmas Performance - tickets TBC. Parents/carers welcome
- Wednesday 14th December: Christmas Lunch
- Thursday 15th December: Christmas Parties
- Friday 16th December: Last day of school & Autumn Term - Children to be collected at 1.30pm**
- Monday 19th December-Monday 2nd January 2023: School closed for Christmas holiday**
- Tuesday 3rd January: All pupils return to school

Dear Parents & Carers,

We hope you are all well & have had a good week.

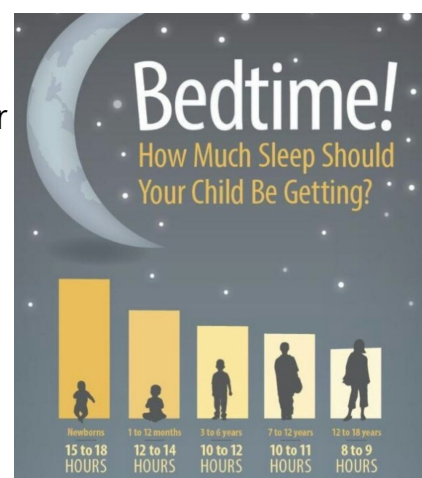
As you will be aware from our recent emails, there are a few infections circulating in the school & local area. This is not uncommon at this time of year, particularly following the pandemic when children were not as exposed to childhood illnesses. Please read the guidance from public health regarding how to minimise the spread of infection at home. It is important that children who are well continue coming to school.

A good night's sleep is key in building children's immune system as well as enabling them to learn in school. We have noticed that some children, particularly in Year 5 & Year 6, are coming to school tired & not ready to learn. We have included some NHS information about good sleep hygiene to support parents in having these conversations with children. Please speak to Sharon or child's class teacher if you have any questions or need any support.

We are looking forward to Friendship & Anti-Bullying week which starts on Monday. Please ask your child about their learning from the week & what makes a good friend.

Best wishes for the weekend,

Fiona





Stars of the week



Y1: Aahil

Y2: Tanisha

Y3: Zahid

Y4: Ariana + Alarah

Y5: Omar

Y6: Evie

Attendance

Year 6: 97.14%

Well done Year 6!

Breakfast Club

Come and enjoy our daily breakfast club which starts from 7.45am. No need to book in advance!

Sleep hygiene in children and young people: information for families

This information sheet from Great Ormond Street Hospital (GOSH) explains about sleep hygiene. The lead-up and routine around your child's bedtime is referred to as 'sleep hygiene'. Having good sleep hygiene can help your child both to settle to sleep and to stay asleep. There are several things that parents can do to help – here are some ideas of areas to consider. An Easy Read information sheet is included for your child.

Children of different ages require different amounts of sleep. The American Academy of Sleep Medicine (AASM) produced a 'Consensus Statement' in 2016 regarding recommended amount of sleep for children and young people. The table below gives an indication of the amount of sleep your child needs on a regular basis to keep them healthy.

| Your child's age | Recommended sleep time in 24 hours |
|--------------------------|------------------------------------|
| Infants 4 to 12 months | 12 to 16 hours including naps |
| Children 1 to 2 years | 11 to 14 hours including naps |
| Children 3 to 5 years | 10 to 13 hours including naps |
| Children 6 to 12 years | 9 to 12 hours |
| Teenagers 13 to 18 years | 8 to 10 hours |

Exercise

Children may have difficulty in falling asleep if they have been inactive throughout the day. Encouraging your child, where possible, to undertake sports and to play outside can help to burn off energy and enable your child to feel tired at the end of the day. Even if your child is not very 'sporty', just going for a walk in the fresh air can be helpful. However, exercise should be avoided directly before bedtime, as the heat created by the muscles by exercise can prevent your child falling asleep.

Environment

Your child's sleeping environment should be a place where they feel safe and secure, but should also be a place to sleep and not play. There are several ways in which the sleeping environment can be adjusted, but it will depend on the needs of your child (and any other children sharing the room).

For instance, some children may find the use of a nightlight can make them feel safe – others may sleep better in total darkness. Room temperature and noise level should be adjusted, where possible, to ensure your child is comfortable to fall asleep.

Your child's bedroom should not contain things that distract them from sleeping – if you find that your child is being stimulated by toys, it may be best to remove these from the room before bedtime, or to keep toys in a different area of the house.

Routine

Having a bedtime routine and a set bedtime can help your child to understand what to expect and how they should behave. A routine can start 30 minutes to two hours before bedtime, and can include activities to help wind down, such as a warm bath/shower or reading a story.

Sticking to a set pattern each night will help your child to settle before bed and give them the time

Things to think about

Caffeine

Good sleep hygiene begins in the day, with the consideration of your child's food and drink intake. Caffeine is a stimulant that prevents sleep, and can cause your child to stay awake for longer and to settle to sleep less easily. Caffeine is present in drinks such as tea, coffee, cola, energy drinks and fizzy pop. If your child drinks these, try to limit their intake and avoid them altogether after lunchtime.

Food

Eating a large meal before bedtime can prevent sleep. Consider the best time to eat your dinner meal – if your child has an early bedtime, ensure that a large meal is not being eaten directly beforehand. On school nights, it might be preferable for your child to eat earlier but you can still all have family meals at weekends and during holiday periods. However, some foods can be helpful in helping your child settle to sleep – for example, a drink of warm milk.

to calm down before sleeping. Going to the toilet as the last task before getting into bed can also help prevent your child from needing to get up in the night time.

Technology

The use of electronic devices (such as televisions, mobile phones and tablet computers) close to bedtime can prevent your child from settling to sleep. This is because they produce light that is good at suppressing natural hormones in the brain that cause sleepiness.

Ideally, these devices should not be used in the hours before bed, and should be removed from your child's bedroom in order to create an environment that your child associates with sleep.

If your child uses these devices to help them fall asleep, consider replacing this routine with a bedtime story or playing soothing music.

Self-settling

If your child is routinely waking in the night, it is important that they learn to self-settle rather than seeking a parent or joining a parent's bed. This can be difficult to enforce, and may be emotionally challenging – both for child and parent – but parents should remain firm and assertive.

If your child leaves their bed and seeks you out at night-time, you should try not to engage them in conversation, but lead them quietly and immediately back to bed. This may need to be repeated several times each night, but it is important that your child learns that they will receive the same response from you each time.








If your child is anxious, the use of a night light, cuddly toy or baby monitor may help them to feel safe and to learn to self-settle.



Praising your child in the morning for staying in bed at night can help reinforce good behaviour – this can be aided by the use of a reward chart or stickers, with a small token prize when a certain number of stickers/rewards have been won.

NHS Sleep Advice

A good night's sleep is vital for your child's health, wellbeing & learning.

Getting a good night's sleep

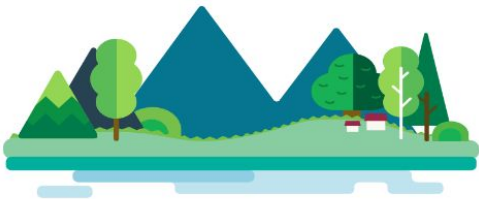
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|--|--|
|  | Sleep is very important. It lets your body and mind rest after a busy day. |
|  | Everyone has trouble sleeping sometimes. There are things you can do to help you sleep better. |
|  | Think about what you eat and drink in the afternoons and evenings. Cola drinks have something in them to keep you awake. |
|  | Try not to eat too much before bedtime. Have a least an hour after dinner to let your food go down. |
|  | Try to get some fresh air each day. You don't have to do a sport every day. Just going outside is good. |
|  | Try not to have where you sleep too hot or too cold. |
|  | Put a nightlight on if you like to have some light or dark curtains if you don't. |
|  | Try to go to bed at the same time each day. This should be the same at weekends as well as on school nights. |

| | |
|--|---|
|  | Have a warm bath or shower before bed to relax you. You could also have a milky drink as this could help you sleep. |
|  | Don't watch the television or use your phone or tablet before bed. The light they give off can wake up your brain. |
|  | Remember to go to the toilet before you go to bed. |

NHS Sleep Resource
For Children

A good night's sleep is vital for your child's health, wellbeing & learning.

Enjoying life



Healthy growth



Healthy weight



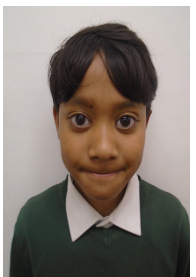
Improved immunity





Explorers

Mount Everest Explorers are completing the Good Neighbour Destination this term. They have welcomed new members to the Mount Everest Family. The children will be writing letters to school children in Abu Dhabi so this week they learnt about their similarities & differences.



School Council

We are really pleased to announce, after whole class discussion and voting, the children who have been selected to be class representatives for school council.

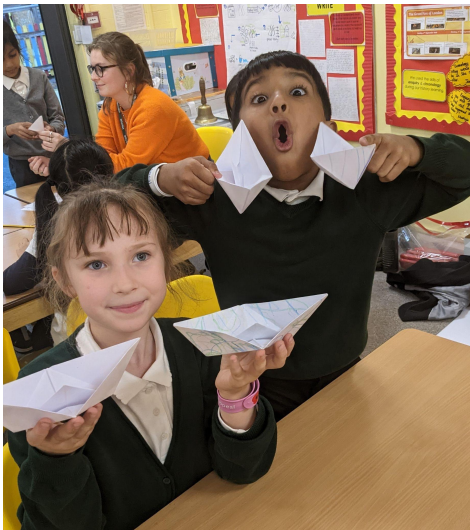
They are:

Year 1: Mira & Hermes
Year 2: Azam & Jamelia
Year 3: Noah & Alyssa
Year 4: Amanah & Mahdi
Year 5: Dawud & Nuha
Year 6: Ismail & Maryam A

We can not wait to have our first meeting and share whole school ideas for discussion.

Year 1

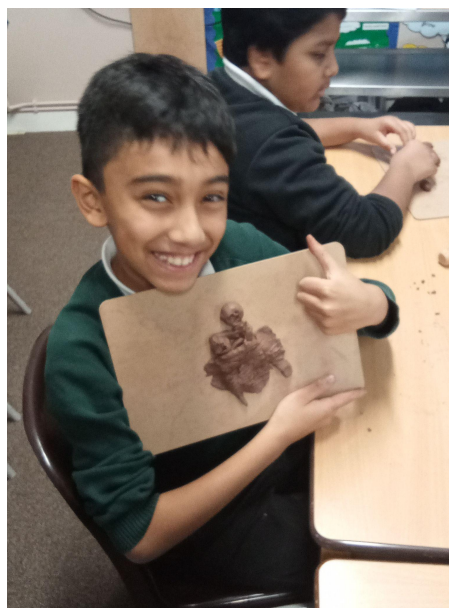
Year 1 having been learning all about structures in D&T. They have been learning about different mechanisms and how they work. They were then able to use a variety of materials and equipment to design and build two castles as class. They came up with some great innovative ways to represent the different parts of a castle.



Year 2

Our Year 2 artists used origami to create the boats that some people used to escape the Great Fire of London. We used careful folding and creasing to transform 2D paper into 3D form. We helped each other through the tricky bits & were delighted with the results!





Year 6

Our Year 6 artists worked as sculptors this week. Inspired by Henry Moore's Shelter drawings, they imagined figures sleeping in the underground. Some really touching results!



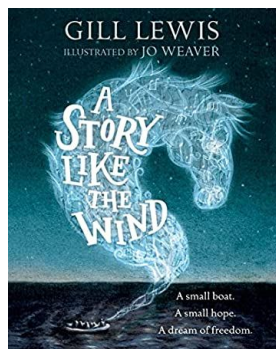
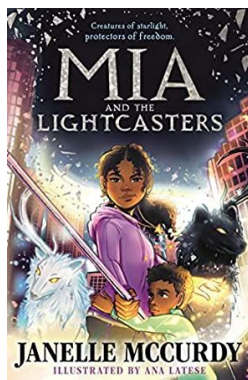
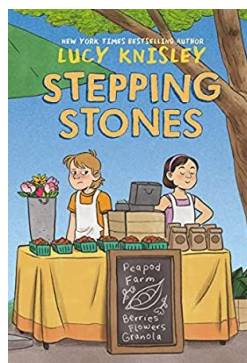
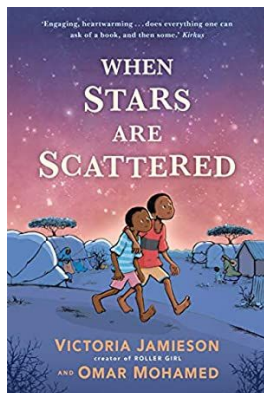
Please make sure that your emergency contact numbers are up to date.

The school telephone number is:
020 7538 4925

Pupil absences

If your child is absent, please call the school office by 9:00am.

If your child attends our Nursery afternoon session please call the school office by 12:30pm.



Amazon Wishlist

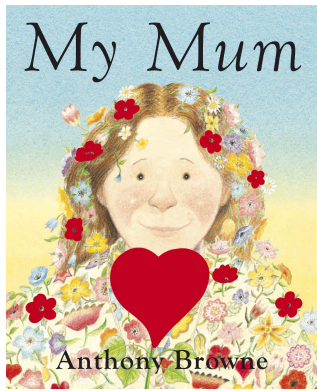
Now that we have our beautiful, new library, we want to fill it with wonderful books for our children & families to enjoy. We have set an Amazon Wishlist of books that our children would love to read.

Please share this list with any companies or individuals who you think would be happy to support it. Every book donated will contain a thank you message to the purchaser.

Thank you in advance for your support:
<https://amzn.eu/b9EIUbh>

There are more books on our list to choose from! we need help to fill our library and promote reading. Check out <https://amzn.eu/b9EIUbh> and feel free to share the link.

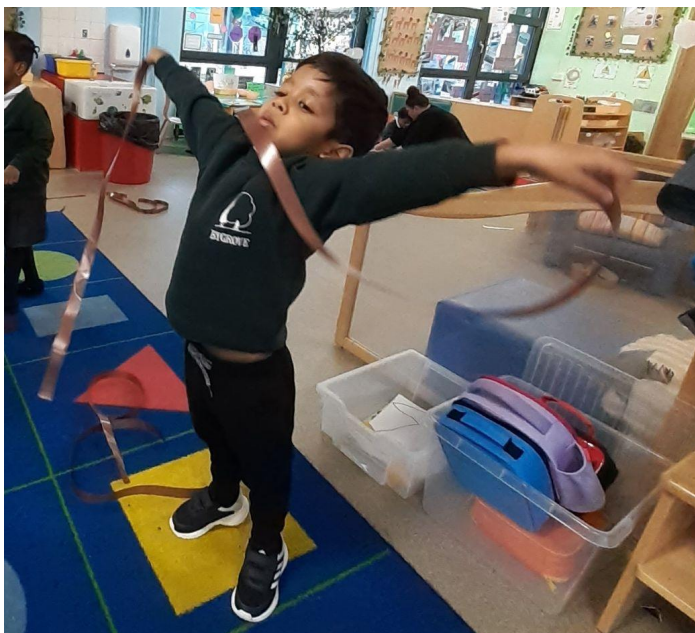




Reception

This week Reception were learning to story tell their version of 'My Mum'.

Have a look on our Twitter page to see Daris in action!



Nursery

This week in Nursery we have officially launched Write Dance! We have been working on our big movements and our finger muscles to become confident writers.



Explorers

Explorers is back! The children have had a chance to get to know their new families and will start their autumn term destinations.

Here is a reminder of the Bygrove Families:

Pacific Explorers

Mount Everest Explorers

Milky Way Explorers

Volcanic Explorers

Inca Explorers &

Antarctica Explorers

Ask your child which Family they belong to!

Each **Family** will begin a new **Destination** which they will complete over the next four weeks.

Each Destination has a focus on chosen **Behaviours**.

Please ask your children which Destination they are completing and how they can get better at these Behaviours this half term.

Which Destination are you completing this half term?

Star Spotter - Focus Behaviours: Teamwork & Curiosity

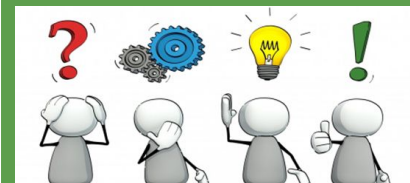
Good Neighbour - Focus Behaviours: Kindness, Citizenship & Teamwork

Crafter - Focus Behaviours: Creativity & Determination

Night Navigator - Focus Behaviours: Curiosity, Creativity & Confidence

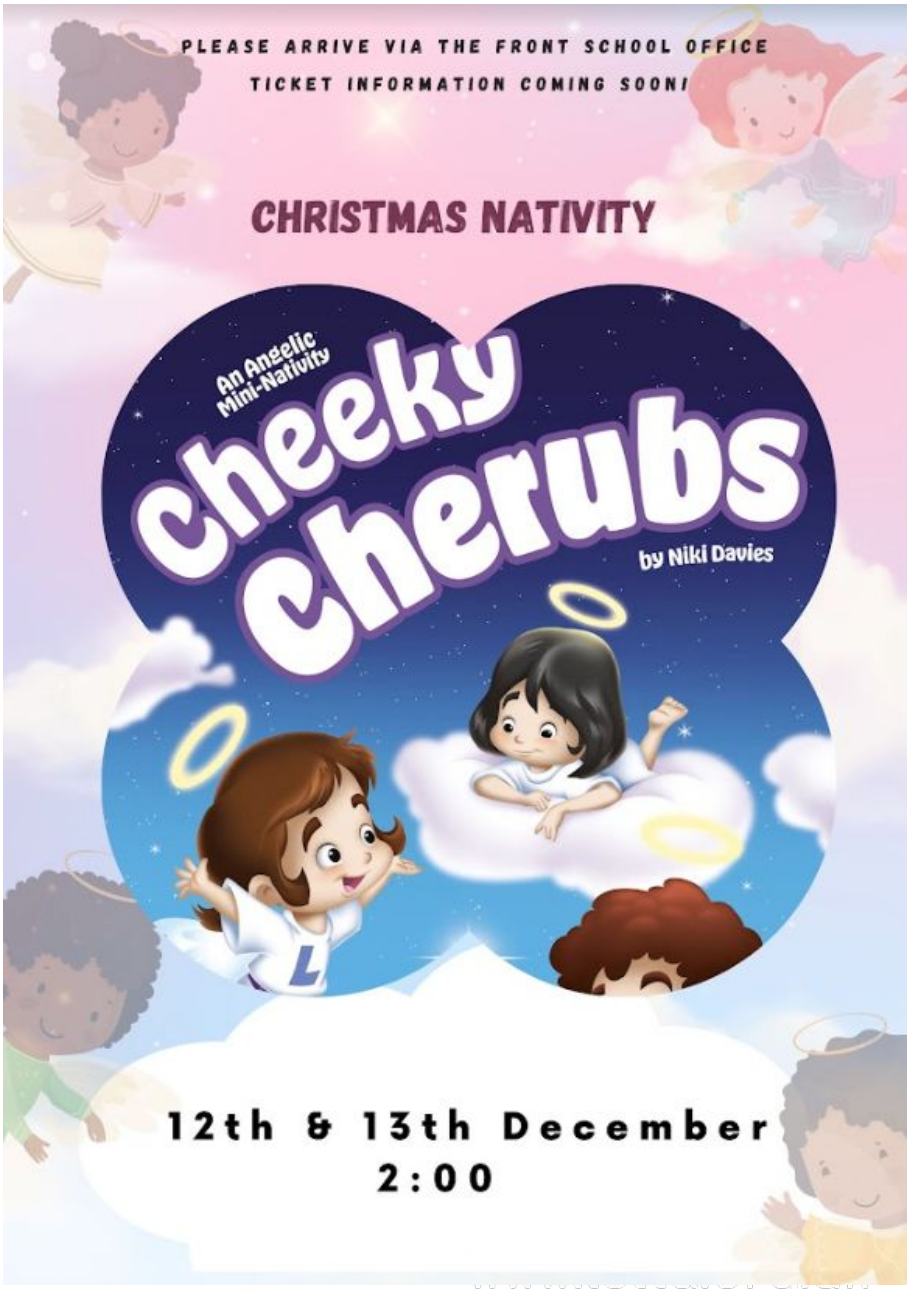
Local Hero - Focus Behaviours: Citizenship & Teamwork

Legacy Makers - Focus Behaviours: Citizenship & Creativity





Explorers



The Nativity & Christmas Performance

Parents/Carers welcome and more information about the tickets will be coming out soon.

SSF DATE 2023

DATE CHANGE!

**Wednesday
29th March
2023**

A date for your diaries Year 4 parents & carers!
Next year's Year 4 Shakespeare Schools Festival
performance date is Wednesday 29th March
2023 at The Greenwich Theatre. More info soon!

Year 4 Shakespeare Schools Festival

Parents/Carers will be able to watch the Year 4 performance at The Greenwich Theatre. More information will be coming up soon!




**MILE END
STADIUM**

**ADDRESS: BURDETT ROAD, E3 4HL,
TOWER HAMLETS**

S.E.N.D
DATE: SATURDAY
1:00PM-2:00PM (8-18 YEARS)

PLEASE ENSURE YOU MAKE CONTACT PRIOR TO ATTENDING BY
EMAILING COMMUNITYSPORT@WESTHAMUNITED.CO.UK

Sessions take place at **Mile End Stadium** on **Saturdays** from
1pm-2pm, 8-18-year-olds.

Email the organiser directly before attending:
communitysport@westhamunited.co.uk

Free Premier League Kicks Sessions for SEND pupils in Tower Hamlets

There is an opportunity for young residents with SEND to access free physical activity sessions with Premier League Kicks sessions at Mile End Stadium. These sessions are delivered in partnership with West Ham United Foundation and their skilled specialist coaches offer a great way for young people to get exercise, let off steam and meet friends in a safe environment.



Bygrove
School

Nursery places available for September 2023

Would you like your child to
attend an outstanding Nursery?

Open days

Every morning from Mon 31st October 2022 to Friday 4th
November 2022, (pre booked appointments only)

Wednesday 2nd November 2022 4—5:30PM

Monday 9th January 2023 4—5:30 PM

Please contact the school office to arrange a visit to the school

call us on [02075384925](tel:02075384925) or email us at
admin@bygrove.org.uk

If your child was born between 1st September 2019
& 31st August 2020 you can apply for a Nursery
place at Bygrove Primary School online at
www.eadmissions.org.uk

Nursery open days:

Monday 9th January
2023: 4PM-5:30PM

Please contact the
school office to arrange
a visit to the school

Call us on 02075384925

or

Email us at
admin@bygrove.org.uk

If your child was born
between 1st September
2019 & 31st August 2020,
you can apply for a
Nursery place at
Bygrove Primary School
online at
www.eadmissions.org.uk

School applications are now open



| | |
|--|-------------------------|
| Primary admissions For children born between 1 September 2018 and 31 August 2019 | 15 January 2023 |
| Nursery admissions For children born between 1 September 2019 and 31 August 2020 | 16 February 2023 |

Nursery Admissions sessions Date & Time:

Friday 18th November 2022 1pm

Monday 5th December 2022 6pm

Thursday 12th January 2023 10am

Tuesday 7th February 2023 10am

Session link: <https://GR2023.eventbrite.co.uk>

Reception Admissions sessions Date & Time:

Tuesday 15th November 2022 1pm

Wednesday 7th December 2022 6pm

Friday 13th January 2023 10am

Wednesday 1st February 2023 10am

Session link: <https://GS2023.eventbrite.co.uk>

Check out information regarding Reception admissions via

<https://www.towerhamlets.gov.uk/Documents/Education-and-skills/Admissions-and-exclusions/Admissions-2022/Primary-School-prospectus.pdf>

Check out information regarding Nursery admissions via

<https://www.towerhamlets.gov.uk/Documents/Education-and-skills/Admissions-and-exclusions/Admissions-2022/Nursery-prospectus.pdf>

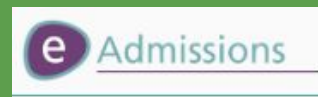
Nursery & Reception Admissions sessions & Application Deadlines

The Admissions Service LBTH team are holding virtual information sessions for parents/carers with the Transition Support Service on Reception and Nursery admissions as it is time to apply.

Nursery parents/carers must apply for a Reception place by Sunday 15th January 2023.

If you have or know someone with a child born between 1st September 2019 and 31st August 2020, you must apply for a Nursery place by Thursday 16th February 2023.

All applications must be completed via the [e-admissions portal](#).



How will I be notified about the outcome of my application?

You will receive an email and a letter on National Offer Day.



SCAN ME

Hall Hire

Price: £45 per hour
£50 deposit required at booking and only refundable after the event.

Availability: Most weekends and weekdays in the school holidays up until 10pm.

Car Park Space: 6 cars maximum.

8 double tables with benches attached and 40 chairs.
Playground use up until 8pm.

No alcohol allowed.

Please let us know if you would like to hire out the hall for birthdays, Mehndi parties, family gatherings, Eid parties and other events.

Contact Christina Maynard to arrange a viewing via admin@bygrove.org.uk or call 0207 538 4925



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