



Dates for Your
Diary

Wednesday 6th and 7th March

West End in Schools
workshop for pupils

Thursday 7th March

World Book day—bring
a white T shirt to school

Friday 8th March

Farm on Wheels in EYFS

2.15 p.m Reception

Mother's day afternoon
tea —parents welcome

Friday 15th March

Comic Relief—Wear red
Year 4 trip to Beaudesert

Monday 18th March

Year 1 trip to St
Matthew's church

Tuesday 19th March

Hip Hop Dance work-
shop for Y5

NEWSLETTER

A message from the

PRINCIPAL



Dear Parents,

*Thank you to all the par-
ents who joined us earli-
er in the week for our
Healthy Lunchbox work-
shop. It was wonderful
to see such a great turn
out. And thank you also
as I can see that lunch-
boxes are getting much
healthier.*

*Don't forget that it's
Parents' Evenings next
week so if you haven't
already booked a time
then please see your
child's class teacher to
see if they can squeeze
you in. It really does
mean a lot to the chil-
dren when you meet
their teacher and hear
about all the wonderful*

*progress they have
made. If you need an in-
terpreter then please
bring someone with
you. We also encourage
you to get a babysitter
for younger children if
possible.*

Have a lovely weekend!

Mrs H Mitchell

Principal

**Friday 22nd
March**

Break up!

Monday 8th April

Return to school

HEALTHY LUNCHBOXES



A great turn out for our Healthy Lunch workshop! Please remember that only one small treat such as a small bag of crisps or a small biscuit is allowed in lunchboxes. The children are definitely eating healthier now so thank you everyone for your continued support!



Good sleep hygiene is important to ensure that all children are Here Everyday, Ready and On time. Not only does it help them to concentrate better while at school, it also helps children to feel refreshed in the morning to get to school on time. The below poster shows what you can do to create a good sleep routine.

Sleep Well

Sleep is important for our body and our mind. It provides time for our body to restore itself, build our immunity and rest. It also helps our brain to process all we have learnt each day. This helps us to feel refreshed and alert when we wake up.

Getting the right amount of good quality sleep helps us to:

- have more energy to do things we enjoy;
- concentrate better;
- enjoy our relationships with those around us;
- process what we have learnt;
- feel refreshed, healthy and well.



We all feel better after a good night's sleep but how can we help ourselves to sleep well?

Top Tips:

Enjoy a regular bedtime and wake-up time routine.

Try to go to bed and wake up at a similar time most nights/mornings.

Try to create a calming bedtime routine.

It can be helpful to enjoy relaxing activities before bedtime to help your body to feel sleepy. This might include a warm bath, reading a book or listening to relaxing music.

Get active in the daytime.

Fresh air and activity in the daytime can help our bodies to feel tired and in need of rest afterwards. Exposure to daylight also helps us to feel energised in the daytime and sleepy at night time.

Create an environment that will promote sleep.

It can help to make sure bedrooms are quiet, darkened rooms that are a cool temperature.



twinkl

Safeguarding



This Month's Focus—Online Safety

ALL NEWS ISN'T ALWAYS GOOD NEWS.

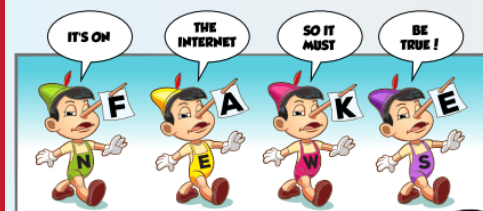
We need to be mindful that as young people spend much more time online, they will come across many types of news to include, fake, real, biased, exaggerated and AI generated impersonation. They are then only a few clicks away to exploring more and vulnerable to being dragged into things. Factors such as being easily impressionable can make young people especially at risk.

This poster reinforces online safety practices and encourages open conversations among young people and their parents or caregivers.

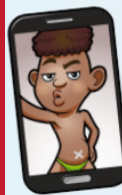
Skips Safety Net

Keeping children safe online

A Parent's Guide to Fake News



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online



Don't believe everything you see online!

Young people can very easily be dragged into things without parental guidance and support.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941

Developed in partnership with

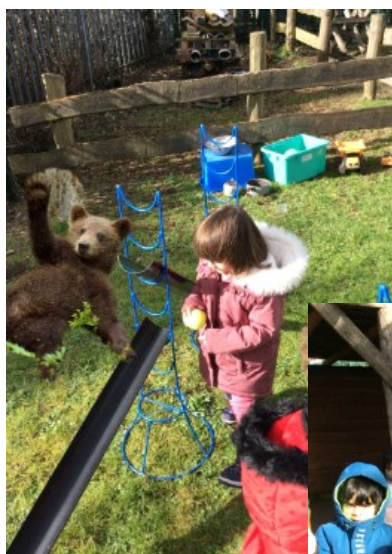


Skips

www.skipssafetynet.org

We're Going On a Bear Hunt!

It was Muddy Monday in Nursery and this week they went on a bear hunt. They couldn't believe it when they saw the photographs of the bear sleeping, eating and playing in our forest area! They worked together to try to find signs of the bear and managed to find lots of paw prints.



HOME LEARNING!

Again our link corridor continues to look fabulous, thanks to all the amazing work that the children have created over the holidays linked to their new topics. Many thanks parents and carers for your wonderful support with this.



CPA-postbox@attrust.org.uk



01922 721359



caldmore.attrust.org.uk



@CaldmoreAcademy

Caldmore Newsletter

March 2024 | 4



Carless Street, Walsall, WS1 3RH