

# Boorley Park News and Updates

15th March 2024



Boorley Park School

## Year 3 Trip to Staunton Country Park

This week Year 3 went on a trip to Staunton Country Park.

Thankfully the weather held up for us and we had a great time searching the park for different clues using our orienteering skills. The children started at the visitor centre using a guide map to find a series of mini beast clues before proceeding onto an OS style map, learning what each of the symbols meant and how they could use this knowledge to guide themselves around the park.

For the second activity they went off track into the woods. The children were given a brief of how to make an adventure park for a squirrel. They worked in small groups and created some fantastic parks using the natural resources they could find, some of which included a swimming pool ready to be filled up by the rain. You can see this in this picture!



## Our Assembly Theme This Week

This week is British Science Week and every day the children have been doing a different science activity in class linked to this year's theme of time.

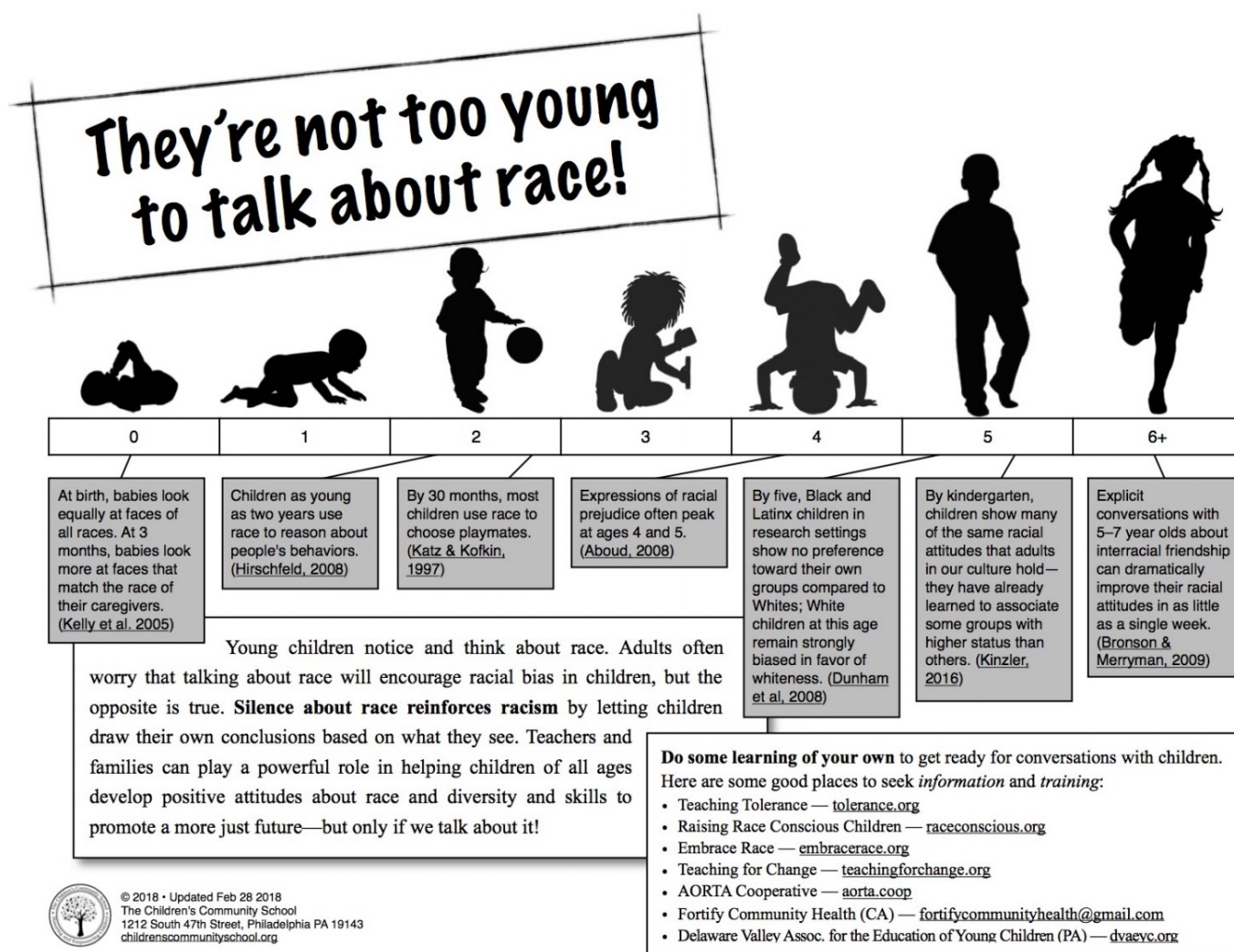
In assembly on Monday we talked about what science is and what scientists do—the children had some great ideas about the kinds of questions that scientists might ask and the different ways they might investigate them.

We then explored the idea of time. We looked at pictures of the different seasons and used our observation skills to work out which picture each season was and explain our answers. We then ordered events of different durations—blinking 20 times, flying from London to New York, a hedgehog hibernating for the winter and walking around the world. The most challenging part was estimating how long each one would take (we worked out that if you walked for 12 hours a day, it would take nearly 2 years to walk around the world!) We finished by talking about how we are all scientists and the kinds of questions we can investigate.



# Spotlight on..... Racism

It's never too early to start talking about race as the research below shows.



We have collated some resources for children and parents to watch, read and discuss to support the work we are doing in school.

We take care of everybody at our school and community and racism is never tolerated. We often talk about how uniqueness should be celebrated and the importance of being kind and respectful. It would be great if at home this week children could listen to a story or have a discussion at home with you about any of these resources.

<https://www.dcareeducators4socialjustice.org/black-lives-matter/resources/young-children#videos> Sesame Street videos (good for KS1)

[https://www.youtube.com/watch?v=kNw8V\\_Fkw28](https://www.youtube.com/watch?v=kNw8V_Fkw28) lovely video called 'Hair Love'

<https://www.youtube.com/watch?v=679Sw4IACAk> Colours of us (A lovely book read aloud)

<https://www.youtube.com/watch?v=mwS3FOn4-Ow> The book 'All are welcome here'

<https://www.youtube.com/watch?v=MWhSlX66fSw&safe=true> The Ghanaian Goldilocks



Thank you to everyone who supported Red Nose Day today.  
We raised a total of £219.90 which we have donated to the charity.

Boorley Park School

**SPRING**

**THURSDAY 21ST MARCH**

*Disco*

**YEAR R & 1: 4.15PM-5PM**

**YEAR 2, 3 & 4: 5.15PM-6.15PM**

YEAR R, 1 & 2 DROP OFF AND PICK UP FROM THE CLASSROOMS  
YEAR 3 & 4 TO BE DROPPED OFF AND COLLECTED FROM THE HALL.

**PLEASE PAY VIA PARENT PAY  
£3.00 PER CHILD SNACK INCLUDED**

**ALL CHILDREN REQUIRE A WATER BOTTLE**



# Dates for Your Diaries—2023-2024

## Whole School

### Spring Term 2024

- Thursday 21st March—PTA Easter Disco—Year R and 1—4:15pm—5pm; Years 2—4—5:15pm—6:15pm
- Thursday 28th March—Last Day of Spring 2 Term
- Friday 29th March—Friday 12th April—Easter Holidays



### Summer Term 2024

- Monday 15th April—First Day of Summer 1 Half Term
- Friday 19th April—PTA Bag 2 School Day (Non Uniform Day)
- Monday 6th May—Bank Holiday (School Closed to Pupils)
- Friday 17th May—Pyjamarama (come to school in your pyjamas)
- Friday 24th May—Last Day of Summer 2 Half Term
- Monday 27th—Friday 31st May—Half Term

## Year R

- Thursday 28th March—2:30pm—Year R Community Rocks!
- Wednesday 17th April—Visit from the PDSA
- Tuesday 7th May—2:45pm—Planting Workshop with parents
- Friday 21st June—9am-12pm-Mill Cottage Farm Experience in school

## Year 1

- Tuesday 19th March—Trip to Marwell Zoo
- Wednesday 15th May—Royal Festival and Dress Up Day (inc parent event at 2:45pm)
- Thursday 6th June—Trip to Portchester Castle - more details to follow
- W.c. 10th June—Statutory Year 1 Phonics Screening (more details and parent information event to follow)
- **Rabbit Class** Monday 15th July—9:15am—Celebration Assembly for Parents
- **Otter Class** Tuesday 16th July—9:15am—Celebration Assembly for Parents

# Upcoming Events and Reminders

## Year 2

- **Hedgehog Class**—Monday 18th March—2:30pm—Making a Life Cycle Workshop with parents
- **Fox Class**—Tuesday 19th March—2:30pm—Making a Life Cycle Workshop with parents
- Wednesday 24th April—Trip to Sea City Museum -more details to follow
- **Hedgehog Class**—Thursday 23rd May—2:45pm—Art Gallery for parents
- **Fox Class**—Friday 24th May—2:45pm—Art Gallery for parents
- Thursday 6th June—Habitat Hunt in school (for children only)
- **Hedgehog Class** Wednesday 17th July—9:15am—Celebration Assembly for Parents
- **Fox Class** Thursday 18th July—9:15am—Celebration Assembly for Parents

## Year 3

- Year 3/4 Easter Show—Tuesday 26th March—9:15am—tickets on sale now!
- Year 3/4 Easter Show—Wednesday 27th March—2:15pm—tickets on sale now!
- **Deer Class** Tuesday 21st May—2:30pm—Magnets Workshop with parents
- **Mouse Class** Wednesday 22nd May—2:30pm—Magnets Workshop with parents
- Friday 14th June—2:30pm—Family Picnic

## Year 4

- Wednesday 20th March—2:45pm—Volcano Workshop for Parents
- Year 3/4 Easter Show—Tuesday 26th March—9:15am—tickets on sale now!
- Year 3/4 Easter Show—Wednesday 27th March—2:15pm—tickets on sale now!
- Monday 20th May- 2:45pm—Parent Event (TBC)
- W.c. 3rd June—Statutory Year 4 Multiplication Tables Check (more details and parent information event to follow)
- Tuesday 9th July- 2:45pm—Parent Event (TBC)

# Boorley Park Term Dates 2024/25



September 2024							
Wk	Mb	Tu	We	Th	Fr	Sa	Su
35							1
36	2	3	4	5	6	7	8
37	9	10	11	12	13	14	15
38	16	17	18	19	20	21	22
39	23	24	25	26	27	28	29
	30						

October 2024							
Wk	Mb	Tu	We	Th	Fr	Sa	Su
39		1	2	3	4	5	6
40	7	8	9	10	11	12	13
41	14	15	16	17	18	19	20
42	21	22	23	24	25	26	27
43	28	29	30	31			
44							

November 2024							
Wk	Mb	Tu	We	Th	Fr	Sa	Su
44					1	2	3
45	4	5	6	7	8	9	10
46	11	12	13	14	15	16	17
47	18	19	20	21	22	23	24
48	25	26	27	28	29	30	

December 2024							
Wk	Mb	Tu	We	Th	Fr	Sa	Su
48							1
49	2	3	4	5	6	7	8
50	9	10	11	12	13	14	15
51	16	17	18	19	20	21	22
52	23	24	25	26	27	28	29
	30	31					

January 2025							
Wk	Mb	Tu	We	Th	Fr	Sa	Su
1			1	2	3	4	5
2	6	7	8	9	10	11	12
3	13	14	15	16	17	18	19
4	20	21	22	23	24	25	26
5	27	28	29	30	31		

February 2025							
Wk	Mb	Tu	We	Th	Fr	Sa	Su
5						1	2
6	3	4	5	6	7	8	9
7	10	11	12	13	14	15	16
8	17	18	19	20	21	22	23
9	24	25	26	27	28		

March 2025							
Wk	Mb	Tu	We	Th	Fr	Sa	Su
9						1	2
10	3	4	5	6	7	8	9
11	10	11	12	13	14	15	16
12	17	18	19	20	21	22	23
13	24	25	26	27	28	29	30
	31						

April 2025							
Wk	Mb	Tu	We	Th	Fr	Sa	Su
14		1	2	3	4	5	6
15	7	8	9	10	11	12	13
16	14	15	16	17	18	19	20
17	21	22	23	24	25	26	27
18	28	29	30				

May 2025							
Wk	Mb	Tu	We	Th	Fr	Sa	Su
18				1	2	3	4
19	5	6	7	8	9	10	11
20	12	13	14	15	16	17	18
21	19	20	21	22	23	24	25
22	26	27	28	29	30	31	

June 2025							
Wk	Mb	Tu	We	Th	Fr	Sa	Su
22							1
23	2	3	4	5	6	7	8
24	9	10	11	12	13	14	15
25	16	17	18	19	20	21	22
26	23	24	25	26	27	28	29
	30						

July 2025							
Wk	Mb	Tu	We	Th	Fr	Sa	Su
27		1	2	3	4	5	6
28	7	8	9	10	11	12	13
29	14	15	16	17	18	19	20
30	21	22	23	24	25	26	27
31	28	29	30	31			

August 2025							
Wk	Mb	Tu	We	Th	Fr	Sa	Su
31					1	2	3
32	4	5	6	7	8	9	10
33	11	12	13	14	15	16	17
34	18	19	20	21	22	23	24
35	25	26	27	28	29	30	31

Bank Holiday  
 School Holiday

INSET Day (school closed to children)



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE



Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES



Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS



Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE



Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT



Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES



Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP



Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE



Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT



Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD



Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

