



# Comber Grove Primary School Weekly Newsletter Spring Term 2

Thursday, 28<sup>th</sup> March 2024



## Key Dates:

Easter Holiday  
(School closed)

Thursday, 29<sup>th</sup> March to  
Friday, 12<sup>th</sup> April 2024

**Monday, 15<sup>th</sup> April 2024:**  
**INSET Day (school closed**  
**to pupils)**

**Tuesday, 16<sup>th</sup> April 2024-**  
**First day of Summer Term**

**24/04/2024**

Progress Review Meeting  
with Local Authority

**26/04/2024**

**Class Photos**  
**(Time Photography)**

**06/05/2024**

Early May Bank Holiday-  
school closed

**07/04/2024**

Education Committee  
Meeting

**13<sup>th</sup> to 16<sup>th</sup> May 2024**  
**KS2 SATS (Year 6)**

**24/05/2024**

End of Summer Term 1

**03/06/2024**

**INSET DAY**  
**(School closed to pupils)**

**04/06/2024**

Beginning of  
Summer Term 2

## A message from our Headteacher

Dear Comber Grove families,

### End of Spring Term

It has been an incredibly busy term with so much to be proud of and celebrate as this newsletter goes on to show! Lots of fantastic learning has taken place both for pupils and staff. As always, please can I thank the entire school community for your continued support. Congratulations to all the children who won Easter Eggs during the Easter raffle today!

### Senior Mental Health Lead

At Comber Grove Primary School we are committed to supporting the emotional health and wellbeing of our children and staff and believe in a whole school approach to achieve this.

We are delighted to be a part of the local NHS led Mental Health Support Team (MHST) and being supported BY Groundwork London.



**CONGRATULATIONS** to Ms Charlene Lindsay on successfully completing her Senior Mental Health Lead Qualification with Place2Be.

A reminder that Monday, 15<sup>th</sup> April 2024 is a staff training day and school is not open to children until **Tuesday, 16<sup>th</sup> April 2024.**

### HAPPY EASTER

For everyone celebrating Easter, I hope you can take the time to reflect on the most important event in the Christian Calendar.



Wishing you all a wonderful Easter Halfterm and we look forward to welcoming you back to school on **Tuesday 16<sup>th</sup> April 2024.**

*Lorram Black and Staff of Comber Grove Primary School*

Community

Pride

Empathy

Happiness

Individuality

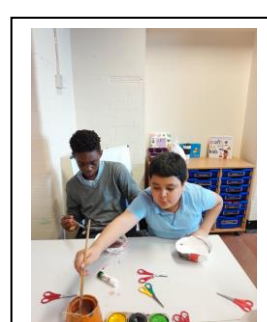
Creativity



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## EASTER at Comber Grove Primary



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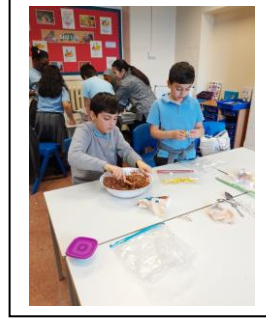
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## EASTER at Comber Grove Primary



Easter was celebrated at Comber Grove Primary School this week with a range of very exciting activities including cooking, painting, basket making and sampling Easter Eggs. Thank you to Miss Debbie Donavan for planning such enriching activities for our children.

**Wishing you all a very HAPPY and BLESSED Easter!!!**



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## ATTENDANCE MATTERS!!!



## ATTENDANCE MATTERS *every student, every day*

### Attendance Winners

School Target: 95.6%

This week's attendance: 91.6%

Group	Present	Comment:
Nursery David Bowie	93.5%	Requires improvement!
Reception Aderin-Pocock	92.1%	Requires improvement!
Year 1 Benjamin Zephaniah	90.5%	Requires improvement!
Year 2 David Attenborough	95.1%	Requires improvement!
Year 3 Mo Farah	88.6%	Cause for concern!
Year 4 Marcus Rashford	94.2%	Requires improvement!
Year 5 Mae Jemison	89.3%	Cause for Concern!
Year 6 Olive Morris	90.9%	Requires improvement!

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## Parent/ Carer Information and Support

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 Gillatt – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



@wake\_up\_weds

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@wake.up.wednesday

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## FREE EASTER

FOOD & FUN  
HOLIDAY ACTIVITIES

WARM HUB PROJECT

### RAIN OR SHINE

For Young People Aged 8-16yrs

### ACTIVITIES

**Creative Writing,  
Money Matters,  
Games & Trip to the  
Young V & A Bethnal  
Green.**

MONDAY 8TH -  
THURSDAY 11TH  
APRIL 2024  
11AM-3PM

The Camberwell Library,  
SE5 7AL

02035369609 | 07394662602

admin@parentskills2go.com | www.parentskills2go.org



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# FREE EASTER

## FOOD & FUN HOLIDAY ACTIVITIES

WARM HUB PROJECT

# RAIN OR SHINE

### For Families with Young Children Aged 0-11yrs

## ACTIVITIES

**Arts & Crafts,  
Fun with Maths,  
Music & Games,  
Food, Trip to the  
V & A Bethnal Green.**

MONDAY 8TH -  
THURSDAY 11TH  
APRIL 2024  
10AM-2PM

The Green Community Centre  
Nunhead, SE15 3QQ

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