



SOMERVILLE FEDERATION

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Somerville Nursery and Somerville Primary Schools  
"Aiming high together"



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NEWSLETTER TO PARENTS 9<sup>th</sup> June 2017

## DATES FOR THE DIARY

- **Friday 9<sup>th</sup> June:** Deadline for Y5 PGL residential instalment 2 of £25.
- **Friday 9<sup>th</sup> June:** Year 6 visit to Liverpool University for Science Workshops.
- **Monday 12<sup>th</sup> June:** Girls football tournament at Ladymount Primary School.
- **Tuesday 13<sup>th</sup> June:** Year 6 prayer day at Church.
- **Tuesday 13<sup>th</sup> June:** Year 5 Art day.
- **Wednesday 14<sup>th</sup> June:** First Stay and play morning for new foundation 2 intake.
- **Thursday 15<sup>th</sup> June:** Netball match at Overchurch Juniors.
- **Friday 16<sup>th</sup> June:** Oak class assembly at 9.10am for parents and carers.
- **Friday 21<sup>st</sup> July:** Last day of school for Nursery and Primary School children.

**Please check the website for the updated calendar of events.**

**Be on time, be in line for 5 to 9!**

## Welcome back after the half term break!

Welcome back everyone. We now have 6 full weeks of the Summer term left before the Summer holiday break. However the next 6 weeks are some of our busiest weeks in the school year. We will be welcoming our new children for stay and play sessions to Foundation 2 classes. All year groups will be assessed to realise how much progress they have made this year. Reports are currently being written by class teachers for the end of the school year. Children and staff are being allocated to classes for next year and several new staff are being appointed to the school to start in September. Builders and painters have been organised to paint, carpet and refurbish a number of classrooms over the Summer break. Year 6 children are busy practising for their end of year performance 'Pirates of the Curry Bean'. Along with so many other activities which have been planned.

### Packed lunches.

When packing your child's packed lunch please be mindful of any food items which may contain nuts or whole fruit berries which some children and adults may be allergic to. Where possible please avoid berries as whole fruits and nuts to help us to keep everyone safe.

### Well done and thank you to Cherry class.

Cherry class gave a well-rehearsed performance in their assembly for parents and carers this morning. Well done to all of the children involved!

### Having trouble sleeping!

For many parents and carers, ensuring our children get the right amount of sleep can be stressful. Here are some facts on why it's so important they get the sleep they need, and how you can help them get into good habits.

- Be aware of the signs of tiredness in our children and speak to them if you're worried they are sleep deprived.
- Be clear about how much time our children can spend on their computers and phones - a limit of no more than one to two hours a day is ideal.
- The light from LED screens delays the release of the sleep hormone and makes it difficult for the brain to wind down. Enforce a no screen policy one hour before bedtime if your children are fighting sleep.
- Take their phones out of their rooms when it comes to bedtime, or turn the setting to 'Airplane Mode' to disconnect it for the night.
- Limit soft drinks, fried food, sweets and caffeine (even tea) before bed.
- Regular exercise will help tire their bodies and get them ready for sleep.

[www.somerville.wirral.sch.uk](http://www.somerville.wirral.sch.uk)