

Somerville News

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CORONA VIRUS UPDATE

If your child has a persistent cough and or fever please remember that they will need to self isolate for 7 days. For further guidance see the NHS website. Please inform the school of all cases of self isolation in order for your child's absence to be recorded appropriately.

SWIMMING



We are achieving excellent results in Year 3 with our new swimming programme, introduced this year. More children are able to swim without an aid than in previous years and water confidence is much improved. Having a lesson every week is something, as a school, we are proud to offer.

SUPPORT

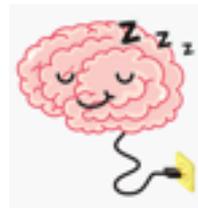
The Hygiene Bank Wirral has kindly been supporting school since December. This is a charity that is run by a volunteer on the Wirral.

If you are currently having issues with financial hardship school is able to offer you a bag of products that will save you money on your weekly shop. Some of the items that are available are shampoo, conditioner, toothpaste, toilet rolls, washing up liquid, softener, shower gel, wipes and sanitary products. If you need a helping hand one week please contact Miss Crampton or Mrs Parry who will be happy to help.



THE LINK BETWEEN SLEEP AND BEHAVIOUR

A recent study of 10 000 children in the UK aged between 3 and 7 has found that children with non regular bedtimes have more behavioural difficulties than those with a good routine. Researchers found that children who did not have a set bedtime scored higher when it came to things like unhappiness, being inconsiderate and fighting. The study found that children who went to bed at 8.00pm one night and 10pm the next results in a kind of 'social jet lag' even if they are getting the same amount of sleep. Children's circadian rhythms and hormonal systems take a hit as a result. The good news is negative effects on behaviour become reversible with a good nighttime routine.



Dates for you Diary

MARCH

Tuesday 17th

Cherry Class - Port Sunlight Trip

Thursday 19th

Year 1 trip to Chirk castle

Wednesday 25th

Parents evening

Thursday 26th

Parents evening

Friday 27th

Elm Class - Port Sunlight Trip

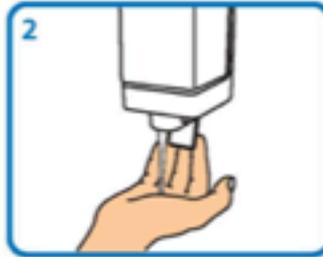
Tuesday 31st

Year 2 trip to Ness Gardens

Hand-washing technique with soap and water



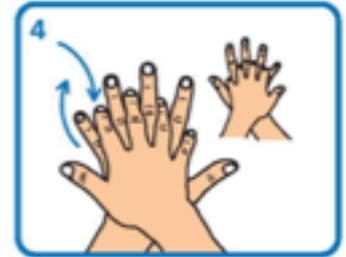
1 Wet hands with water



2 Apply enough soap to cover all hand surfaces



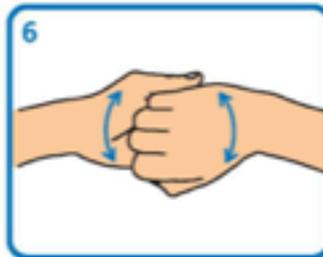
3 Rub hands palm to palm



4 Rub back of each hand with palm of other hand with fingers interlaced



5 Rub palm to palm with fingers interlaced



6 Rub with back of fingers to opposing palms with fingers interlocked



7 Rub each thumb clasped in opposite hand using a rotational movement



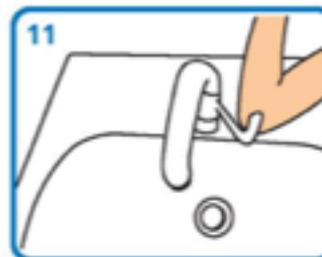
8 Rub tips of fingers in opposite palm in a circular motion



9 Rub each wrist with opposite hand



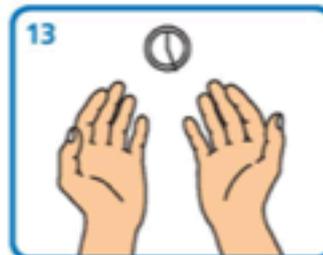
10 Rinse hands with water



11 Use elbow to turn off tap



12 Dry thoroughly with a single-use towel



13 Hand washing should take 15-30 seconds