



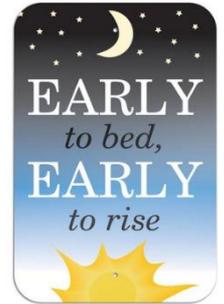
Message from the Principal

Dear parents and carers,

Early to bed, early to rise

This week, many children have been celebrating achievements in attendance and punctuality. During my lunch and classroom visits, children proudly told me about:

- their 100% attendance postcards
- the number of attendance certificates
- how they still have the attendance bear, for the highest class attendance – well done Pelican's
- how they go to bed early and get up early – reading for the day ahead



We started to talk about our bedtime routines and discussed how we snuggle down and the importance and value given to 'rest'.

Children considered the question,

"What is the last thing you do, say or see before you go to sleep?"

Some children said that they settle down quietly to bed by;

Saying a prayer, watching some TV, reading a book, singing a song, playing or talking to their teddies, playing on their phone or device or reading laying there quietly.

'I say goodnight to teddies and read books, like my older brother'

'I read my phonics book in my bedroom'

'I enjoy my comics in bed which helps me sleep'

'I watch TV and then go to sleep'

'I turn on my lamp, get into bed and lay and try to sleep'

'I read fairytale stories'

'I say a prayer before bed to my god'

'I play on my phone'

'I go straight into bed and sleep'

'I go on my ipad and then read a book'

'I play on my phone or PlayStation'

'I read a book and sing'



Some children said that they settle down with their brothers, sisters or cousins by;

Talking to each other, talking for a while before they all settle and calm down or listening to stories being read by their older siblings.

'My sister reads to us. It is always a 'Roald Dahl book'. We watch TV at the weekend'

'I share a room with my brothers and sisters. My brother is younger than me, sometimes I read to him.'

'I share with my brother and sister, they have bunk beds and I have a bed. I listen to lullabies'

'We play together and if I have bad dreams we talk about how to make it good'



Some children said that they settle down and spend time with their parents by;

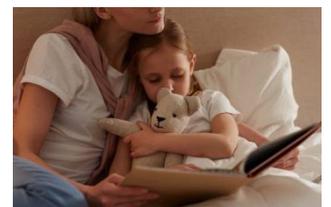
Giving goodnight kisses and wishes, setting alarms and talking about the next day ahead, talking about their days, reading stories together, hearing a bedtime story, saying prayers together, reminiscing over things they did when they were little or simply getting tucked in.

'My teddy gives me a cuddle'

'I read a book to Mummy'

'My mummy reads to my brother and me'

'I watch TV before my mum tucks me in and kisses me 'love you'. That makes it special for me'





- 'I read silently before mum reads the 'Famous Five'
- 'I enjoy colouring before my dad sets the alarm and we talk'
- 'I enjoy my story being read to me by mum or dad'
- 'I like it when mum comes up and tucks me in and we sit and talk about our memories'
- 'I read a book and have 5 minutes on you tube before I talk with mum about the day'

Some children and staff shared their bedtime sayings and rhymes. I still remember the rhyme I said with my parents every night;

'God bless you, **God bless you too**
Love you, **love you too**
Have a good night sleep, **and you too**
Night, **night**
Night, **night**
See you in the morning, **yes**
Night, **night**
Night, **night**'

Since watching the film Tangled, my daughter and I say, 'Love you, **love you more**, love you most'. Occasionally, the other film quote, 'Mother know best, listen to your Mumsie' pops out too. My son's bedtime phrase is a funny one. My son and his dad, both say their favourite animals at the same time. 'Donkey, hamster, love you. I win. See you in the morning.'

Other staff have shared their family sayings;

Mrs Farrer – 'I love you more than you can say'

Mrs Scott – 'Hope your ouchies get better'

Miss Wise – 'Love you loads like jelly toads'

Mrs Grant – 'Night night, sleep tight, see you in the morning, **yes you will**, love you, **love you too** *blows kisses*

Our children shared

'Don't let the bed bugs bite. If they bit squeeze them tight. They wont come back tomorrow night'

'I read for half an hour, before getting tucked in and Mum says 'I love you, **I love you too**, only two? **yeah**'



In assembly, we continued the theme of sleep. We considered the importance of a good bedtime routine, stories, talk and sleep. The children shared how they like breaking open a favourite book and reading a story or two, before getting tucked in. We explored the idea of how the story of your day, could in fact be the story. Why not try and say it using story book language. We practiced the following questions and the importance of always solving problems for a good night sleep.

1. What was great today?
2. What are you looking forward to?
3. Is there anything you want to talk about?

The children said that a goodnight kiss and a hug makes them feel safe and still. What a privilege to be the last face seen by our children, setting the mood for their nights rest. Isn't bedtime a special and personal time? I love the way children get us thinking. They inspire us as much as we inspire them, every day. One child's comment of 'I go to bed early and wake up early, Mrs Nicholls', led to this. Thank you, Oliver Thorn. I have really valued my family bedtime routine this week.

As always, enjoy your family time this weekend and snuggle down.

Mrs Nicholls

Special way to say goodnight



Always there:

I'll always be here to tuck you in tight.
A hug, a kiss, and say goodnight!
And when there comes the morning light,
I'll still be here when you rise and shine!



Achievement - Belonging - Confidence - Determination - Excellence



News

EYFS

This week in **Nursery**, we have been looking at the story of The Little Mermaid. We have had many lovely fish related activities out for the children to play with and even had a colour-changing octopus. In ODL we asked the children to show us creatures that live in the sea, and those that live on land, they were very knowledgeable. We spent a lot of time talking about pollution in our oceans and read a book called Michael Recycle. The children now know to recycle their plastic and to try to use reusable items, like my pink water bottle that I use daily instead of one-use bottles. Please ask them, as they will be able to tell you what they have learnt. **Nursery Team**



This week **Reception** have read 'Peace at Last' by Jill Murphy and used it as a stimulus to discuss and learn more about time, different parts of the day and nocturnal animals. Some mornings this week our outdoor activities were frozen due to the cold weather, which allowed the children to explore how they could access different objects. A few children suggested waiting for the sun to melt the ice but most found firm objects to smash the ice up!

The Reception staff are thoroughly enjoying seeing home entries being entered onto Tapestry, our Darlinghurst online Learning Journal for Reception. Please let us know if you are still not able to access this wonderful information and we will follow this up! **The Reception Team**



In outdoor learning, **Reception** have been trying to catch snowflakes today to study their different shapes. "Snowflakes are different just like us" **Miss Arnold**

KS1

This week, **Year 1** have been looking at nocturnal animals. I sent the children on an adventure to see if they could spot a fox. I was quickly reminded, "Miss Arnold, we won't see any Foxes as they come out at night!" However, the children really enjoyed the experience. **Miss Arnold**

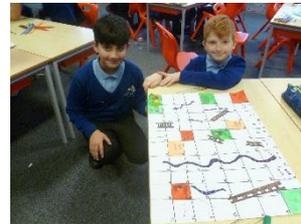


KS2

Over the last few weeks, **Year 4** have been taking a closer look at what's really in the chocolate bars we eat by examining the nutritional values. We were all very surprised to see how much fat and sugar there was in some chocolate bars and how much exercise we would need to do to burn this off! We also learnt that it was in fact the Aztecs that made the first 'hot chocolate' drink which they called chocolatl meaning 'warm liquid'. Keeping in mind how to keep our bodies healthy, Year 4 have taken a closer look at our individual teeth, their various functions and what happens when we don't take care of them. This week we have been scientists and conducted an experiment with egg shells and orange juice, asking the question 'Do sugary foods affect our teeth?' In mathematics we have ploughed on with decimals and fractions and continued to improve on our multiplication and division facts. Writing has led to some hot debating, enabling the children to see how to construct 'for' and 'against' arguments. In our life skills sessions, we have discussed and shared ideas of how to be better learners and when and where we can seek support should we need it. **Mrs Lee, Reef Shark class**



In **Year 4** we have been learning about Fairtrade and deforestation as part of our topic on Should We Eat Chocolate? To demonstrate what we have learnt we have made board games to teach other children about the topic. Here are some pictures of the completed games. The children had to think about the design of the game and some made chance cards that showed the positive and negative effects of deforestation. For example, one of the cards told the player to move back 5 spaces because of flooding in the Amazon due to a loss of tree roots caused by deforestation. **Mr Sykes, White Shark class**



Year 4 are recording a visual diary of what plants and animals habitat Darlinghurst throughout the seasons. We have been concentrating on winter and have found some great examples. **Miss Arnold**



Do you tweet?



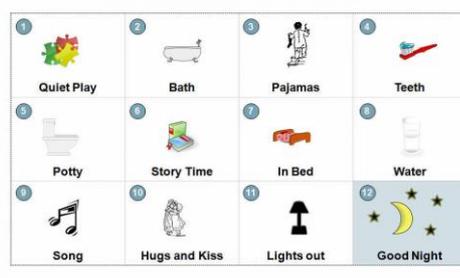
Follow us @DarlinghurstSch

When using our bike sheds please ensure you are leaving your bikes or scooters safely and securely. Should one bike shed be full please move your bike or scooter to the alternative shed.

Please ensure your child has a water bottle in school at all times. In addition, if your child is having a packed lunch please ensure they are provided with a drink.

Mon 28 Jan
Year 2 Big Garden Birdwatch
Wed 30 Jan
Young Voices (O2)
Tue 05 Feb
Years 5/6 Hockey (Warners Bridge)
Tue 05 Feb
Safer Internet Day
Wed 13 Feb
Year 5 Parents fairground experience 3:15pm
Fri 15 Feb
ACADEMY Closes for Half Term Holidays
Mon 25 Feb
Academy opens for Spring 2 Term
Mon 25 Feb
Celebrating World Thinking Day
 Please visit www.darlinghurst.uk/calendar/ for future dates

Bedtime Routine



Why do we need sleep?

- Sleep is essential to good health.
- Sleep determines how well your body and mind will work while you are awake.
- During sleep, the **body** and **brain** have time to work on things that need to be repaired and organized.

What is your bedtime routine? What is your favorite bedtime story? We would love to hear from you about your bedtime talk. Or why not send in a picture of sharing a book to mrsmith@darlinghurst.co.uk

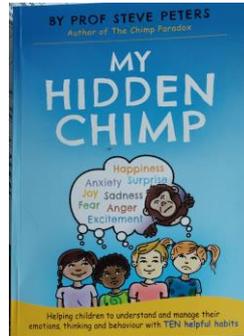


Group	% Attend
JELLYFISH	95.9
STARFISH	96.2
PELICAN	96.3
PUFFIN	95
SEAGULL	94.1
LOBSTER	96
OYSTER	95
SHRIMP	97.2
DUNE	96.8
PEBBLE	96.1
ROCK POOL	95.9
SEASHELL	97.8
PORT JACKSON	97.2
REEF SHARK	97.1
SAND TIGER	96.4
WHITE SHARK	96.1
NEPTUNE	95
POSEIDON	96.9
TRITON	95.4
BEMBRIDGE	94.7
WILTON	97.4
MAYFLOWER	92.7
ENDEAVOUR	95.1
Totals	95.9

Well done to the winners this week. Keep up the good attendance aiming to keep hold of the title, looking forward to the results next week.

Come in to win

This week's book review is by a Darlinghurst parent.



My Hidden Chimp by Prof Steve Peters (Author of the Chimp Paradox)

This book tackles fears and anxieties and explains the way our mind works in such a wonderful comprehensive way that kids can understand. I would say it's especially good for year 1 through to year 6. I would really recommend this book as a way to help our children tackle any unwanted feelings of anxiety and even unhelpful behaviour that they want to change.

If you would like to share a book review, please send in a brief review of what you have read and tell us why you enjoyed it and why you think other children at Darlinghurst will love your book. As well as having your review published, Mr Sykes will be offering 10 house points for every review submitted.

Please email your comments to mrssmith@darlinghurst.co.uk or hand your paper copies to Mr Sykes in White Shark class.

Mr Sykes, Reading Lead

*Whether a story is funny, sad, scary or strange, they give children food for thought. When we do it at bedtime, we also give our children the strong message that we care for them. At the moment of 'detachment' (saying 'goodnight') we are saying that we are 'attached' (we're there for them). Of course, another way of thinking about all this is that it's all darned good fun. Some of the best times you'll ever have – whether that's as a parent, grandparent, older sibling or parent – is sharing a story at bedtime. And, from the child's point of view, as that child grows up, it'll be one of the most beautiful memories you'll ever have of those people who took the time to share stories with you. **Michael Rosen***

PTA News

Win a fantastic prize in a sealed bid auction!

Westwood Karate Academy run an after school club here at Darlinghurst Academy.

You can win a term of lessons plus a free suit worth £45 to new members (as a free suit is usually included when joining up) and at least £73 to existing members.

See the attached flyer for details of how to enter.

Good Luck!



DARLINGHURST PARENT TEACHER ASSOCIATION

Sealed Bid Auction! Win Karate Lessons & Karate Suit

This is an amazing prize worth £45 (new members) & £75 (existing members)

The Prize

1 term (10 weeks) of Karate lessons at Darlinghurst Academy
1 Karate Suit
Offered by

Westwood Karate Academy

who run termly after school classes at Darlinghurst Academy

How to Enter

Write your bid and place it in a sealed envelope.
Include your name, telephone number, child's name & class.
Place your entry in the PTA box in the reception.
Closing date is 14th February, 2019
The highest bid will win the prize.

Terms and conditions

In the event of more than one winning bid, these will be placed into a draw and the winning entry selected at random.
The prize must be paid in full by 7.3.19 after which time, it will be offered to the entry in second place.
Late entries cannot be accepted.
Regretfully, the PTA will not be able to take responsibility for entries that did not make it into the PTA box in the school reception.