



Crawford Village
Primary School & Nursery

THE CRAWFORD CHRONICLE

Friday 15th March 2024

Class Attendances

8 th March 2024			15 th March 2024		
C1	C2	C3	C1	C2	C3
94.3%	92.4%	98.1%	100%	95.9%	97.4%

School
Target
96%

A note from Class 2...

Class 2 have been extremely busy this half term so far!

Years 1 and 2 have been reading and learning about different fairy tales before creating their own versions based on Cinderella while Year 3 have thoroughly enjoyed learning about biographies. We have also been expanding our storytelling skills in Computing by making Purple Mash e-books.

We have been delving into our own histories and thinking about childhood in History whilst in Science, we have been learning about skeletons and how animals and humans move. The children really enjoyed seeing the puddle we would look like if we didn't have bones to support our bodies! We have also taken part in lots of activities for British Science Week.

We have also looked spectacular wearing our own clothes for Comic Relief and costumes for World Book Day - well done to everyone for your amazing creations!

Have a lovely weekend everyone.



Coming up @ Crawford...

Diary Dates

Mon	
Tues	Lunchtime - Self-love Club
Wed	Lunchtime - Spanish / School Council After School - Craft Club
Thurs	Lunchtime - Brass
Fri	Lunchtime - Micro:bit Club / Chicken Club
Mon	
Tues	Lunchtime - Self-love Club After School - Eco Club
Wed	Lunchtime - Spanish / School Council After School - Craft Club
Thurs	Lunchtime - Brass School Closes 1.30pm
Fri	

Next week:

From 18th March 2024
Decorated eggs into school

18th March 2024
Parents' Evening

19th March 2024
Parents' Evening

22nd March 2024
Posh Nosh

Later in the half-term:

25th March 2024
Best Class Afternoon Tea

27th March 2024
Easter Egg Hunt (am)
Easter Hat Parade (pm)

28th March 2024
School closes for Easter
Holidays 1.30pm



Dear Parents, Carers and Children

What a brilliant, fun-filled time we've had over the past couple of weeks! World Book Day was a resounding success – the children's costumes were astounding and it was fabulous to round the day off with our PTA Cinema Night! The PTA also organised the most lovely Mothers' Day Afternoon Tea and it was fantastic to welcome so many special ladies into school for a welcome treat. This week, the children have been involved in lots of exciting Science week activities – I loved watching our Reception children investigate which animal made the messiest poo on Mr Mole's head (yuk – but they loved it!!).

How amazing were our swimming team earlier this week, securing first place amongst many other (and much bigger) schools! We'd have been proud wherever they were placed but I know they were absolutely thrilled to be overall winners.

Thank you for all your support with all our activities – the countdown to Easter is on and we're really looking forward to all the exciting events we have planned for the next two weeks.

Have a wonderful weekend.

Mrs Eaton

Mrs Eaton's Column

Award Winners



Star of the Week

C1 Beatrix
C2 Eva
C3 Charlie E

C1 James
C2 Oliver L
C3 Holly



Pride Award

C2 Lilian C2 Martha
C3 Charlie-Rai C3 Mack



Super Writers

C2 Finley C2 Sam
C3 Jack C3 Finley C
Y3/4 Bethany Y3/4 Catherine

Housepoints

OWLS



1st

RAVENS



2nd

PHOENIX



3rd

EAGLES



4th

Find us on social media...



Crawford Village Primary School



@crawford_school

Don't forget to log on to your child's Seesaw account. You will find work that they do in school, photographs and videos that are not uploaded to social media and you can upload photos from home. Please ask if you are having any problems logging on and we will help if we can.

Do not forget to check out our school website! You will find details of upcoming events, term dates, important key documents and policies plus lots of information and photographs showcasing what we have been doing in school.





Inconsiderate and dangerous parking around our schools has become a big problem, putting the safety of children and others at risk. We all want to keep our children safe around schools, so here are some top tips on how you can make a difference.

How can you help?

- ✓ Keep your speed down
- ✓ Turn your engine off - do not idle
- ✓ Leave the middle of the road free, with enough room for other road users to easily pass through
- ✓ Make sure your child leaves and enters your vehicle safely onto the pavement
- ✓ Check for pedestrians and cyclists before opening a car door
- ✓ Leave enough room on pavements for pedestrians, pushchairs & wheelchairs to get past
- ✓ Take care when reversing and do not use the school car park as a turning point
- ✓ DO NOT PARK ON ZIG ZAG LINES

Meet the Staff



Mrs J Birchall
Catering Assistant

Hello, I am Mrs Birchall and I have been serving lunches to our children at Crawford since June 2012, so nearly 12 years now. Besides being Crawford's dinner lady, I also work as a General Assistant in the clothing department at Tesco.

My husband's name is David and we have been married for 29 years this coming April. We have one beautiful 24-year old daughter called Megan who also attended our lovely, little school when, if memory serves me correctly, there were 5 pupils in her year group and approximately 36 pupils in the whole school... my, how Crawford has grown!

In my spare time, besides spending time with my family, I do like a good shopping trip with my friends which, 9 times out of 10, ends with coffee and cake. My hobbies are painting stones and plant pots and making candles. I absolutely love rollerskating but I am not allowed to go anymore after breaking myself in 2022, resulting in a broken wrist and ankle... oops! My relaxing time comes from listening to music. I like all kinds of genres but mainly love Northern Soul and can be accused of loving cheesy 80's tunes - guilty as charged! All in all, I am happy with my lot, as the saying goes. 😊

We are absolutely delighted that Crawford Village Primary School has received national accreditation for the tremendous work that has gone into promoting emotional wellbeing and positive mental health across our school community. Consequently, we have been awarded the Wellbeing Award for Schools, in partnership with the National Children's Bureau.



The Wellbeing Award for Schools Award focuses on changing long-term culture of the school by using an evidence-based framework to drive change.

Our website was also recognised as a great resource, with some useful links to external agencies.

<https://www.crawfordvillageprimary.uk/page/wellbeing-at-crawford/114151>

We would like to thank those children and parents who met with our verifier to share their experiences of the support that has been put in place to assist them.

If you would like support regarding your son/daughter please do not hesitate to contact Miss Davies, our Mental Health and Well-being Lead.



Where?

This week's story looks at events in...



Why?

The mission will look to demonstrate India's capabilities and contribution to space exploration.

If they are successful, India will be the fourth country to send humans to space, following the Soviet Union, the USA and China.

The men, who have been selected, have undergone physical and psychological tests to prepare for their mission.



What?

India has announced its crew of astronauts, who will take part in the country's first ever flight to space with people.

The mission has been named Gaganyaan, which translates to 'sky craft' in Hindi.

The named crew members are group captain Prashant Balakrishnan Nair, group captain Ajit Krishnan, wing commander Subhanshu Shukla, and group captain Angad Pratap.

India's three chosen astronauts will be sent to an orbit of 400km in space, and will return after three days.



Easter 2024 Sports Camps



Soccer School:
Tues 2nd to Thurs 4th April
Football fun with FA Qualified Coaches
£36.00 for three days



Girls Soccer School:
Wed 10th & Thurs 11th April
£25.00 for two days

New Optional Packed Lunch - £4.50 per day
Hot Dog/Burger + Fruit Shoot
+ Crisps + Chocolate Bar



Certificates and medals for Everyone
Qualified & Experienced CRB Coaches
Suitable for All Levels of Ability
Boys and Girls aged 5-12 Most Welcome
Children's University Registered - 6 credits per course

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JMO-Sports-Park



We are delighted that one of our amazing children had the opportunity to attend a wheelchair sports event this week.

As part of the event, she had the opportunity to try out badminton, boccia, table tennis, power chair football and para laser run. She also got to meet two Paralympians and look at a real-life Olympic medal.



Two fabulous results for Crawford this week in swimming and dance!

On Monday, our children attended a swimming gala at Edge Hill University with great success. We came first in the girls front crawl, girls back stroke and the mixed relay. We finished 2nd in the girls and boys breaststroke and third in the boys front crawl. Overall, because of such amazing individual success, we finished 1st and won the team competition.

On Thursday, our KS2 dance group took part in a competition at Up Holland High School. All their hard work and practice came to fruition as they came in third place.

Well done, everyone!

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.

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 are 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 swallow 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 eat and 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 British 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 also Associate Vice-Principal for Personal Development at a large secondary school.



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10 Top Tips for Parents and Educators PROMOTING STORYTIME

Being read to regularly can help the under-fives in acquiring literacy; teaches them the value of books and stories; and sparks their imagination and curiosity. Reading to babies, meanwhile, provides the building blocks of language development and the beginnings of social and emotional skills. Here are our top tips for helping children discover the wonder of stories.

1 BE A READING ROLE MODEL

Children thrive on copying the behaviours of adults around them, so it's vital to model regular reading habits. If your child sees you reading on a screen, they may be misinterpreted by a child as a different activity, so a printed book is preferable.

2 JOIN A LIBRARY

Local libraries are a cost-effective way of introducing your child to new books. Libraries often host free events based on age, interests, genre or author. Having their own library card and choosing their next read can be exciting for little ones.

3 TAKE IT IN TURNS

Taking turns to read and turn the pages can build your child's confidence and lets you model what's expected. For younger ones, reading doesn't have to mean they prefer their own version. Reading to different audiences is useful: toddlers are excellent listeners!

4 CATER TO THEIR INTERESTS

Like adults, children tend to favour books with themes they're interested in. If they've been keen to move away from their preferred subject matter, read by swapping between fiction and non-fiction. There'll be plenty of scope to diversify as they grow up.

5 BUILD READING INTO YOUR DAILY ROUTINE

Building reading into your daily routine will have a positive impact. Just before bedtime is ideal for many families, helping settle the child to sleep. The adult usually reads the interactive ones they get over. It can be handy to have books with you when out and about.

6 USE PICTURES AND PROPS

Most children's books contain beautiful illustrations which enrich the text. Spend time discussing these out. As well as doing voices for relevant noises, you could also enhance story time with props such as toys or puppets.

7 RELISH THE LANGUAGE

The language in children's books is varied and rich. Sometimes they might include words children are less familiar with, so you can take the opportunity to explain what they mean. With younger children, you could try paraphrasing certain sentences afterwards to help with understanding.

8 A COMFORTABLE ENVIRONMENT

Where possible, read to your child in an environment that's free from distractions. This helps children to support their concentration and engagement. Doing this often can help to build up the child's ability to focus for greater lengths of time.

9 TAKE REGULAR BREAKS

Although reading can be hugely enjoyable, children can sometimes struggle to sit for long periods or to engage with texts fully. Have regular breaks. You could also have some movement breaks – there's no particular 'right' or 'wrong' way to enjoy a story.

10 RE-READ FAVOURITES

Most children have certain stories that they love hearing again and become familiar with language patterns and more engaged by books by their child's preferred author can help them to discover new favourites.

Meet Our Expert

Mara Merrett has worked in senior leadership positions (both in the UK and internationally) for 10 years, supported by an MEd in Educational Leadership, as an educational consultant, and now delivers training for a range of organisations – nationally on EYF practice and child development. Previously, she was head of a primary school in the UK and has also been a director of early years.



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