

Dear Parents and Carers,

We have reached the end of another great half term that has been filled with wonderful learning opportunities both inside and outside the classroom. We are very thankful to Market Drayton Methodist Church for their support through the use of their minibus as this has meant that we are able to take our smaller groups of children and staff to some of our sporting events in an affordable way. We are also very thankful to Shore Solutions who have sponsored our new KS2 football kit as well as I N Fabrications Ltd who donated two very special bees for our school garden.

After the beautiful weather that we have had this week, we look ahead to the half term break with the hope that the good weather continues. The children receive education around keeping safe throughout the year but this is especially important during school holidays as the children are likely to have more free time. Some of the year groups have been spoken to recently about water safety, especially near the canal as concerns were raised about some children and young people getting in the water. Please remind your children about this very important message.

Sadly, I also have to share that we have had reports of older children and young people accessing the school site and throwing stones. As a result, Vince, one of the goats, was injured and is now recovering from a related infection and on another occasion he was released from his pen. We take the welfare of the animals extremely seriously and the School Farm is incredibly important to the staff and the children in school as well as our wider school community. If you are aware of anyone who has been involved in this incident, please contact school as we do not want any further harm to come to the animals or to the school site.

In better news, we have received some welcome news from RAF Shawbury. Just over a year ago, we sent our old sports competition kits to Kenya with support from RAF Shawbury. This week we received the photos (below) of the kit being presented to Sr Emmah at the Kibagare Good News Centre and St Martins School. The school is in Kibagare Slum and educates and feeds thousands of children from the slum.

Finally we wish you all a happy and safe half term break.

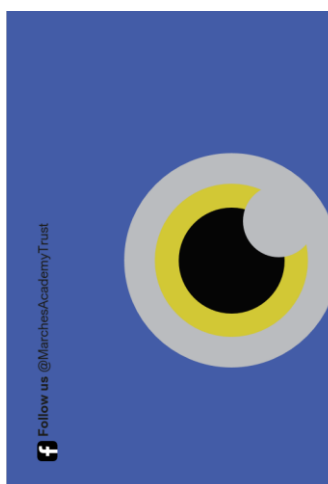
Lisa Millington
Headteacher



This week at Longlands



Breaking the myth – Week 5



Breaking the myth...

Exhausted Brains!

“ Brain Fatigue” is a real condition and this can impact adults and children especially teens in a multitude of ways. Too much brain activity (social media, screen time) and stimulation can make a person feel mentally exhausted, this has similar symptoms as physical fatigue.

These symptoms are the brain slowing itself down to manage the build-up, leading to the high levels of fatigue. These symptoms can also appear similar to effect on the brain as drinking too much.

Dreaming big: How your teen can reset their sleep cycle for success
theparentswebsite.com.au

Marches Academy Trust

Did you know?

When the body is exhausted and overloaded it will attempt to put you into microsleep episodes between 1-2 seconds!

What can I do?:

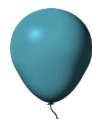
- Get regular exercise
- Learn new things
- Physically connect with your peers in get together.
- For little ones...

Turn Down the Pressure Valve: Turn Up the Magic of Childhood
instituteofchildpsychology.com

Awareness

- Global Day of Parents

CELEBRATION



Happy Birthday to:

Sam Beech Eden Saplings Leo Acorns Rogue Maple
Lily Beech Evelyn Fir Beau Elm

UPCOMING EVENTS

June	
5 th	Children return to school
5 th	Class photos
5 th	Year 3 Swimming
6 th	Year 4 Swimming
7 th	Year 4 Read The Game session
7 th	New Reception Parents' Meeting - 6:00pm
7 th	Nursery activity drop-in for parents
12 th	Year 3 Swimming
13 th	Year 4 Swimming
14 th	Year 4 Read the Game
14 th	Year 5 and 6 Safety talk with police
15 th	Year 2 Bikeability
15 th	Year 5/6 Girls' Football Festival
19 th	Silent Disco
19 th	Year 3 Swimming

AWARD WINNERS



Star of the Week

Acorns Aya
Saplings Everleigh
Fir Marshall
Willow Nandi
Maple Leo YC
Rowan Jack
Elm Lexi
Beech Mia W
Oak Holly

