

Dear Parents and Carers,

This week has seen our Year 6 children sit the Key Stage 2 national curriculum assessments, often referred to as SATs tests. I would like to congratulate Year 6 on their attitude in the run up to and throughout this week. They have been really positive and supportive of one another and have generally had a wonderful attitude and we are really proud of them all. I would also like to thank the staff, Miss Collins, Mr Thomas and Mr Fisher, who have worked closely with the children and have looked after and prepared the children so well before the tests, including making bacon and sausage baps each morning this week!

Year 3 and Year 4 have been taking part in the pedestrian training, Stepping Out, which is part of our safety education. The children take part in classroom activities and practical sessions at the roadside and helps prepare them to keep themselves safe near traffic. The children have been absolutely brilliant whilst out on these sessions and have shown that they can be safe pedestrians whilst out and about.

The circus also came to Longlands this week and it was wonderful to see so many of the school community, wider community of Market Drayton and beyond visiting us and enjoying the event. There was lots of fun and laughter and a few of us got a little bit wet when the clowns shared their 'special effects!'

Finally, I would like to thank you all for the excellent support that you have given in ensuring that children are in school on any day where they are well enough to be. Our attendance data shows that there has been a fantastic improvement across the year and this is absolutely crucial to avoid having gaps in the children's learning.

As we head into the warmer weather, I would like to remind you that headteachers are now only allowed to authorise any leave of absence when an application has been made in advance, and it is felt to be for an exceptional circumstance. The annual family holiday is not deemed an exceptional circumstance and will be class as an unauthorised absence.

Lisa Millington
Headteacher



This week at Longlands



Breaking the myth – Week 3



Breaking the myth... Sunlight & Mental Health

Morning sunlight is your bodies biological timer (circadian rhythm), and will prompt your body to naturally feel sleepy 14-16 hours later. How much sunlight do I need to get the benefits?.

- On clear days 5-10 minutes
- 10-20 minutes on an overcast day
- If you miss a day, try and double up on the next day
- Increase exposure to sunlight releases a hormone called Serotonin. Serotonin is closely linked to boosting mood and helping a person feel calm and focused.
- Within the winter months a lack of serotonin can increase Seasonal Affective Disorder (SAD)

Marches Academy Trust

What should I know

There is some research that exposure to light can also increase the thinking part of your brain.

[5 Tips For Falling Asleep Quicker, According To A Sleep Expert - YouTube](#)

[How to manage your mental health | Leon Taylor | TEDxClapham - YouTube](#)

International day against Homophobia and Transphobia

A Greek physician 2000 years ago knew then 'Disease exists if either sleep or watchfulness be excessive'

CELEBRATION

Happy Birthday to:

- | | | | |
|--------|----------|---------|-------|
| Bree | Oak | Adriana | Elm |
| Finley | Saplings | Sophia | Maple |

UPCOMING EVENTS

May	
15 th – 26 th	Year 2 SATs tests
15 th	Year 3 Swimming
16 th	Cricket – Years 3/4/5/6
16 th	Year 4 Swimming
22 nd	Year 3 Swimming
23 rd	Year 2 visit to Park Hill Farm
23 rd	Year 4 Swimming
26 th	Break up for half term holiday
June	
5 th	Children return to school
5 th	Class photos
5 th	Year 3 Swimming
6 th	Year 4 Swimming
6 th	Year 4 Read The Game session
7 th	New Reception Parents' Meeting - 6:00pm

AWARD WINNERS



Star of the Week

- | | |
|----------|---------------|
| Acorns | Elliot P |
| Saplings | Eden |
| Fir | Kai |
| Willow | Taya |
| Maple | Hannah |
| Rowan | Mia |
| Elm | Alfie |
| Beech | Jake |
| Oak | All of Year 6 |