

Dear Parents and Carers,

This week, Longlands was visited by the CEO and one of the Directors of Education from another academy trust from Bristol that we have been working with. They spent time looking around the school and it was wonderful to hear his feedback about our wonderful school. They were very impressed by the school, the manners and behaviour of the children as well as our wonderful outdoor learning facilities. It is always great to receive this kind of positive feedback about our school and our young people.

I would also like to thank parents for their wonderful feedback in the school vision questionnaire that you completed before the Easter holidays. We have been working through this and are almost ready to share the updated vision for the school and curriculum. Before we do this, I wanted to share some of the amazing comments about school which, again, were overwhelmingly positive.

List three things that make our school special.	List the top three things about your child(ren)'s time at school so far.	Any other comments
Friendly atmosphere, the beautiful eco farm and the school principles.	After school clubs Support from teachers Good time in a classroom	The school is a wonderful place for my children they are happy
Homely, family orientated and supportive.	The after school clubs, rewards/incentives to do well, school playground and the animals	Amazing school, proud to be a part of something special
Environment, after school clubs, how well teachers know pupils.	Activities, friendship, learning	My children have been to many different schools and this is the best school they have attended.
They have the children's best interests. Fantastic food Fantastic teaching	Good education, good sports programme and a great reward programme that encourages children to do well and praises them for their individual achievements.	You go above and beyond for everything.



Lisa Millington
Headteacher

This week at Longlands

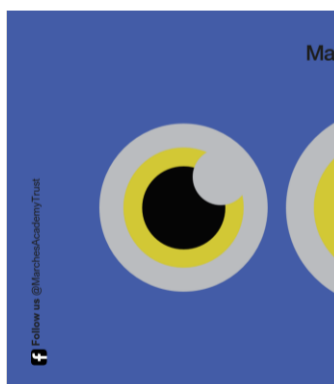


Bee Day

Today has been a sea of black and yellow as the school has enjoyed Bee Day. Our logo 'Buzz' is very important to us and it has been great to feel the buzz around school.




Breaking the myth – Week 3



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

UPCOMING EVENTS

CELEBRATION

Happy Birthday to:

- | | |
|-----------|-------|
| Alfie | Maple |
| Holly-Mai | Oak |
| Mason | Beech |

May	
15 th – 26 th	Year 2 SATs tests
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
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

AWARD WINNERS



Star of the Week

- | | |
|----------|----------|
| Acorns | Harlow |
| Saplings | Finley |
| Fir | Evelyn |
| Willow | Freya |
| Maple | Davis |
| Rowan | Ivory |
| Elm | Molly |
| Beech | Lily-May |
| Oak | Dean |