

Bluebell Primary School



News

ISSUE 12
05 December 2017



We show good manners at all times. We follow instructions. We are kind and caring to everyone and everything.

Dear Parents

Christmas Performances

Wednesday 6th EYFS Dress Rehearsal Thursday 7th—EYFS Christmas Performance - 9am
Friday 8th - EYFS Christmas Performance - 2pm

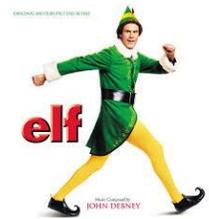
Monday 11th Y1 & 2 Dress Rehearsal Tuesday 12th —Y1 & 2 Christmas Performance—9am
Wednesday 13th —Y1 & 2 Christmas Performance—2pm

Thursday 14th Y3, 4, 5 & 6 Christmas Performance from 2 - 3pm at St Anne's Church (all welcome)

Film Club

The next film showing will be ELF (PG) on Monday 11th December. Starting at 3.30pm (children will go straight from their class to the Hall)

Entry fee is £1, **payable in advance only by Friday 8th** to the Office, and includes a drink and popcorn. (NO tickets available on the door) Please collect at 5.15pm prompt.



Christmas Fayre

Monday 18th December, 3.15pm – 5.30pm. The Friends of Bluebell look forward to seeing you all. **Donations for the Tombola are much needed**, so if you can help, please pass items to the Office asap (but please NO books). There are also sign-up sheets in each Class if you can offer a little time to help at the Fayre.

School Choir

Those children going to the train station to sing on Friday 8th December, must return their forms by Thursday 9am indicating if you need to order a school packed lunch.

After School Clubs

The new list for Clubs running after Christmas will be displayed on Wednesday 6th Dec.

Dodgeball - Cancelled for this half term.

Reading Cafés

Year 5 Monday 11th 1.30pm – 3pm
Reception Wednesday 13th 9am – 10am
Year 2 Tuesday 19th 9am – 10.30am.

Flu Immunisation for Rec – Y4

Please return reply slips to the office ASAP, indicating if you would or would not like your child to have the nasal vaccine. This will take place on Wednesday 13th Dec.

Christmas Lunch

Please make sure you have returned your child's lunch form whether they wish to have a lunch or not. Please be aware that on Friday 15th there will only be the Christmas Lunch Option available.



School Crossing Lady

We are pleased to see Mrs Dann back and recovered from her recent illness.

Christmas Jumper Day

Friday 15th Dec, wear your Christmas woolies and donate £1 to Save the Children.



Christmas Crafts & Activities for Children

Free drop in event at St Martin at Palace NR3 1RW 16th & 17th December 11am – 3pm.

E-Safety Part 4

Think U Know

Visit the **Think U Know** website for more information on internet safety:

<https://www.thinkuknow.co.uk/>

There are pages for children and parents. We recommend that you and your children spend some time looking at the resources.

Sleep tips for kids Part 3

1. **Set an individualised bedtime** - If you have more than one child personalise it
2. **Set a wake-up time** - Depending on the amount of sleep they need.
3. **Create a consistent bedtime routine** - Bath, stories, bed etc. Whatever works for your family.
4. **Turn off the TV at least two hours before bedtime** - Some people say 1 hour but two is better.
5. **Reduce stress before bedtime** - Do calm activities before bed
6. **Create a sleep-inducing environment** - Make the bedroom dark with few distractions
7. **Keep it cool** - 18°C is recommended (which is cooler than you might think).
8. **Provide protection from fears** - Don't dismiss fears, use a magic monster spray or leave a teddy 'on guard'.
9. **Reduce the focus on sleep** - Don't mention going to sleep, just gradually calm down towards bedtime.

For more information go to www.healthline.com

Sleep Advice

Trudi Shamed

Thank you for finding the time to read this newsletter