



# The Anchor News

**COURAGE IS NOT HAVING THE STRENGTH TO GO ON. IT IS GOING ON WHEN YOU DON'T HAVE THE STRENGTH.**

Serving the local community in the name of Christ since 1859

13<sup>th</sup> March 2020

**# Learning for Life, Anchored in**

Our values focus this half term is **Courage** 

Hi Everyone,

My name is Mrs Bi and I am a SEN teaching assistant at St Clements. I started my role in March 2016 working in reception and now I support children under SEN.

It is a great privilege to work with some fantastic children but most of all working along-side Miss Tsang, Ms Turek and Mrs Sidhu. I enjoy coming to St Clements and knowing that I have made a positive contribution towards the end of the day.

**Mrs Bi  
SEN Teaching Assistant**



## Year 3 Trip to Cadbury World

On Wednesday 11th March Year 3 went on an exciting trip to Cadbury World as a part of our exciting Scrumdiddlyumptious topic where we are investigating the journey of a cocoa bean.

We loved the 4D cinema, it felt like we were on a roller-coaster! We also learned so much at the educational talk all about the journey of a cocoa bean, all the way from Ghana to our shop shelves.

However, one of the best parts had to be the chocolate tasting! We each had a small pot of melted chocolate topped with Oreo or biscuit pieces! Delicious!

**Miss Chidler & Miss A. Khatun  
Year 3 Class Teachers**



## Keeping you informed

All schools receive daily updates from the Department For Education and Public Health England to keep us informed with the latest thinking and advice. The advice is acted on and shared with the children and staff.

The latest guidance is still around the importance of hygiene. KS1 children have all had a visit from the school nurse to demonstrated how to wash hands properly and KS2 have all been spoken to by class teachers. The children have access to soap, water and paper towels as well as tissues.

If you could remind children about the importance of hygiene at home too this would support what we are trying to do in school. Please make an effort to wash hands before coming to school and when arriving home.

If anything changes, we will keep you updated.

### CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



### BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



### KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



## UNICEF Rights of the Child



**Article 17:** Children have the right to get information from the Internet, radio, television, newspapers, books and other sources. Adults should make sure the information they are getting is not harmful. Governments should encourage the media to share information from lots of different sources, in languages that all children can understand.

**Head Teacher:** Miss Shryane  
**Acting Deputy Head Teacher:** Mrs. Nizamis  
**Assistant Head Teacher:** Mrs. Fox



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Twitter and Instagram:

@StClem\_Nechells



# Star Pupils

Kayson & Aaban

Ibrahim & Harjar

Eesa & Anulla-Blu

Amelia L. & Kayla

M. Rahat & Mahmood

Idil & Kaeb

Eghlls & Ria

Salma & Arinze

## Lunchtime Star Pupil

Ismaeel

## Important Upcoming Dates

Please make sure to regularly check the newsletter, website and our social media accounts (Instagram/Twitter) as **these dates are all subject to change or cancellation**

|       |                                 |                                       |
|-------|---------------------------------|---------------------------------------|
| March | Fri 20th                        | Mother's Day Assembly (EYFS + KS1) AM |
|       | Mon 23rd - Fri 27th Book Week   |                                       |
|       | Mon 23rd                        | Book Day Dress Up                     |
|       | Mon 30th                        | End of Term Celebration Assembly (AM) |
|       | Tues 31st                       | Easter Church Service (PM)            |
| April | Wed 1st                         | Spring Concert (PM)                   |
|       | Thurs 2nd                       | Spring Concert (AM)                   |
|       | Fri 3rd                         | Last Day of Term                      |
|       | Easter Mon 6th - Fri 17th April |                                       |
|       | Mon 20th April First Day Back   |                                       |

## Safeguarding: World Sleep Day



2020 will mark the 13th annual **World Sleep Day** on March 13, 2020 and incorporate the slogan: **Better Sleep, Better Life, Better Planet** (sleep related picture)

Three elements of good quality sleep are:

- **Duration:** The length of sleep should be sufficient for the sleeper to be rested and alert the following day.
- **Continuity:** Sleep periods should be seamless without fragmentation.
- **Depth:** Sleep should be deep enough to be restorative.

The amount of sleep a person needs depends a lot on his or her age. Babies sleep a lot — about 14 to 15 hours a day! But many older people only need about 7 or 8 hours of sleep each night. Most children between the ages of 4 and 12 years old are somewhere in between, **needing 10 to 11 hours of sleep.**

### Relaxation tips to help sleep

Doing the same relaxing things in the same order and at the same time each night helps promote good sleep:

- A warm (not hot) bath will help your child relax and get ready for sleep.
- Keeping lights dim encourages your child's body to produce the sleep hormone, melatonin.
- Once they're in bed, encourage your child to read quietly or listen to some relaxing music, or read a story together.

### Avoid screens in the bedroom

- Tablets, smartphones, TVs and other electronic gadgets can affect how easily children get to sleep.
- Older children may also stay up late or even wake in the middle of the night to use social media.
- Try to keep your child's bedroom a screen-free zone, and get them to charge their phones in another room.
- Encourage your child to stop using screens an hour before bedtime

Better Sleep



Better Life



Better Planet



## Well Done to our Girls Football Team

Big congratulations to the girl's football team for winning the PACT Aston League!

The girls have been playing on Friday evenings for 10 fixtures against other schools in Aston losing only 1 game and conceding only 5 goals in all fixtures finishing top on 20 points.

Mr Burton - Sports Coordinator

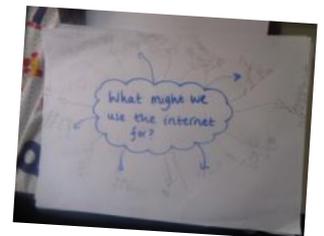


**Online Safety Day** - Yesterday we celebrated Online Safety day and the children explored the theme of online identity as well as how the internet shapes how they think of themselves and others.

All classes engaged in a range of activities; from making online safety posters in Year 1 to designing and creating their own avatars in Year 5.

Using the internet safely and positively is a key message that we promote in school and yesterday was a great opportunity to emphasise to the children the importance of how to stay safe online.

Mrs Rodgers - ICT Lead/Year 1 Teacher



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