



# ROXETH MEAD NEWSLETTER

*In Discendo Gaudium – Joy of Learning*

Academic Year 2022-23

December 2022

## In This Issue:

- From The Headteachers
- News from the Classes
- Parent's Information
- Dates for Your Diary

## From The Co-Headteachers

Another amazing half term at Roxeth Mead, with so much laughter, fun and great learning. Your children never cease to amaze us with their curiosity, engagement and humour!

In recent months, it has been pleasing to have a flurry of applicants for our Nursery. Our prospective parents always comment on the lovely, nurturing atmosphere, the family feel, but also the very generous staff to pupil ratios that enable our pupils to make accelerated progress. We endeavour to prioritise siblings where we can, but that is becoming more and more difficult as the applications are rushing in. If you have a sibling that you would like to start here, please let us know as soon as possible and complete the application forms, otherwise we may not have space. Similarly, after school club is becoming more and more popular, please book in advance to avoid disappointment.

As we write, the school is in full Christmas preparation mode, covered in tinsel and glitter as the children make festive cards and pictures for you. On Tuesday 6<sup>th</sup> December we welcomed "Panto in a Day" who performed Aladdin, "Oh no we didn't, oh yes we did". The children loved the interactive nature of the performance, as seen here.



On the 9<sup>th</sup> we had a visit from Santa who dropped in for some tea and cake at our Christmas party. See over for photos. As I write, rehearsals for the Nativity are also in full swing. Look at the babies here in their cow costumes – Ahhhhhhh!



Thank you so much to those parents who donated money or items for our new sensory room – your generosity is very much appreciated. It is slowly coming together and we will send photos in the new year when it is completed.

We wish you all a very Merry Christmas. See you again on Thursday 5<sup>th</sup> January.  
Mrs Goodwin & Mrs Mackintosh

Buckholt House  
25 Middle Road  
Harrow on the Hill  
HA2 0HW  
0208 422 2092  
info@roxethmead.com  
www.roxethmead.com



## Santa Visits Roxeth Mead

On Friday 9th December, we held our annual Christmas Party. Great fun was had by all, with dancing and games galore! We were particularly honoured to have a visit from a very special visitor with a big belly and long white beard – yes, Santa came to see us and gave a present of a book to every child.





## New Class Names and Logos...

Given the number of pupils we now have in the younger year groups, in January the babies and toddlers group will be split and the Hall converted into a classroom. Staff have also decided to have class names that are more relatable to the children, and will enable them to feel a sense of belonging to their class more easily. We have decided upon new names and logos for each class, seen here...



Ladybirds for the Babies



Butterflies for the Toddlers



Parrots for the Lower Pre-School



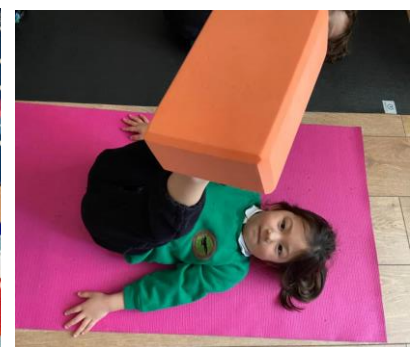
Squirrels for the Upper Pre-School



and Tigers for Nursery and Reception

## Yoga

We were lucky to have Aga teaching some yoga for us this term. The children learnt some basic poses, some breathing techniques and made some sensory toys, as seen here. We hope to have Aga back again in the summer term.



## News from Baby (Ladybird) & Toddler (Butterfly) Classes

Well, what an enjoyable term we have had. Time surely flies by when we are having fun. Firstly, we like to welcome Elizabeth who has joined our lovely room this term, she has settled in really well.



This term the babies have been learning about autumn. We have enjoyed many different activities including leaf prints, creating a hedgehog and making an autumn wreath. We have also enjoyed many different sensory activities such as exploring sensory bottles and balls and the chiffon scarves.

As well as all the lovely activities we have created for the babies, we also enjoyed looking at books, playing with musical instruments and interacting with one another during free play. We are currently enjoying our lovely Christmas activities, creating some masterpieces for our loved ones! In January we will be splitting the baby and toddler classes, toddlers will be going into a new classroom that we have created in the hall space.

We wish you all a merry Christmas and a happy new year. Mrs Sheikh, Mrs Christine and Miss Gohil





## News From The Lower Pre-School (Parrot Class)



This has been a most enjoyable term where we have continued to have fun, learn and enjoy playing with our friends. We have welcomed Aveer to our group and we have enjoyed our topic work about autumn, transport and Christmas. It is always easy to explain the subject of Autumn to our children as we have a garden with many trees right outside the windows! We enjoyed a nature walk and looked at the trees and the beautiful colours of the changing leaves and crunched our way through the playground having fun kicking the leaves. The children always like to look at the many squirrels outside and, even though they are just two years old, they all seemed to understand the squirrels were collecting nuts, with a couple of the children even knowing the nuts were acorns!



The transport topic saw us participating in many arts and crafts, from making stop and go signs and using them to instruct our friends on the tricycles and cars, to using toy cars to make tyre tracks and constructing a train from various shapes. There are many rhymes and songs relating to this theme and we particularly enjoyed sitting on our pretend bus whilst singing 'The Wheels on the Bus'.



We are currently in the midst of glitter and tinsel! Lots of lovely Christmas crafts will come home at the end of term for you to decorate your homes! The children have been absolutely fantastic learning the songs ready for our nativity and I hope they will perform for you at the church as well as they have during rehearsals. Beware - cuteness overload! Their costumes are amazing and we thank you for providing them.

It has been a most enjoyable time being involved in our new toddler room where we are converting the hall into a new play area and the conservatory into a new construction and art area. Although not currently finished it will be ready for our new term.

It only remains for us to say thank you for your continued support, positive comments and we all wish you a very merry Christmas and a happy new year!

Mrs L O'Neill, Mrs K Azar, Mrs Pallavi and Miss Hayes





## News From The Upper Pre-School Room (Squirrels)

It's the most wonderful time of the year! The children have progressed in so many ways this term and we could not be prouder.



This half term we have been very busy engaging with our topics on Autumn, Transport and Christmas. The children developed an understanding of the changes that take place in autumn such as the leaves falling down from the trees and changing colours. During our topic on Transport, the children were able to name the different forms of transportation and categorise them under air, water and road.

Our Christmas topic included lots of Christmas arts and crafts and learning the story of the nativity. We also sang lots and lots of Christmas songs.

In literacy, the children have started working on their pencil grip and partake in a pencil control activity everyday. In numeracy, the children have been engaging in sorting objects by colour. They have also been participating in counting activities, including counting by rote and counting objects. In January, I will start introducing the children to phonics following the Read Write Inc. scheme.

We wish you a very happy Christmas and a prosperous new year. Mrs Afsari and Ms Turei





## News From The Nursery and Reception Room



As we come to the end of the Autumn term, the children are getting into the festive spirit. They have all worked hard and made good progress in all the areas of the curriculum. In our class assembly on 'Diwali' they showed great interest and talked about the different festivals they celebrate. They made cards and learnt how the festival of Diwali is celebrated. For 'Remembrance Day' the children made a poppy and remembered the soldiers and their sacrifice.



Our first topic was 'Autumn' and the children went on a leaf hunt in the playground and gathered leaves of different colours. They enacted out the story 'We're Going on a Leaf Hunt' with great enthusiasm. They painted Autumn leaves, hedgehogs, squirrels and learnt about 'Hibernation'. They listened to Autumn songs, counted acorns, conkers and pine cones.

Our next topic was 'Transport' and the children helped to create a long list of different types of transport. They talked about their experiences of travelling on various modes of transport and worked hard to complete various transport puzzles. As part of 'Road Safety Week' they learnt how

to be safe on the roads as pedestrians. They used shapes to create various modes of transport, listened to stories and songs.

Our last topic this term was 'Christmas' and the children were buzzing with excitement. The festive decorations around the school, the Christmas tree and lights created quite a stir. The children in their art lessons painted Angels, candles, Father Christmas, wreaths, reindeers and made cards and paper chains. The children have enjoyed their cookery lessons and their concentration and interest has been incredible. They have continued to consolidate their understanding of all the topics covered in Maths, made good progress in Literacy and are developing their fine and gross motor skills. It has been an absolute pleasure teaching these lovely children and their enthusiasm is a joy to watch.

Wishing you all a wonderful, relaxing festive break and a happy new year. Mrs Kalsi & Mrs Ghatora



# Parents' Information



## Topics for Next Half Term:

<b>Amazing World</b>	5 <sup>th</sup> January 9 <sup>th</sup> January 16 <sup>th</sup> January	Winter
	23 <sup>rd</sup> January 30 <sup>th</sup> January 6 <sup>th</sup> February	Goldilocks and the Three Bears Incl. Chinese New Year

## Nursery Uniform

We have a uniform for all pupils except babies. Please ensure the children wear plain black jogging bottoms, a white polo shirt and a green school sweatshirt with white or black trainers with Velcro fitting. Thank you!

## Childcare offers for Parents

The Childcare Choices campaign aims to raise awareness and understanding of the support available from the government with the costs of childcare. To ensure you are not missing out, please check this website....<https://www.childcarechoices.gov.uk/>

## The Book Trust

The Book Trust provides monthly reading tips, and more to keep the whole family reading together! Visit <https://www.booktrust.org.uk/families> to check them out.

## Digital Magazines for Families

Read the North West London Families Magazine Autumn Issue here...  
[https://issuu.com/familiesonline/docs/fnwl-nov-dec22\\_issuu](https://issuu.com/familiesonline/docs/fnwl-nov-dec22_issuu)



## Important School Admissions Information

Whilst we would love your child to stay at Roxeth and complete their Reception year with us, we realise that many of you choose to go to other schools, so you can secure their places for their whole Primary education. Please note, that if you are wishing to apply for a **Harrow State School**, you must complete the online application by 15th January. See details below from Harrow Council.

### PRIMARY SCHOOL CHILDREN BORN BETWEEN 1 SEPTEMBER 2018 AND 31 AUGUST 2019

You need to apply for a reception place. Please apply: Online at [www.eadmissions.org.uk](http://www.eadmissions.org.uk)

**CLOSING DATE FOR APPLICATIONS IS 15 JANUARY 2023**

**APPLYING ONLINE. IS EASY AND YOU GET AN INSTANT ACKNOWLEDGEMENT THAT YOUR APPLICATION HAS BEEN RECEIVED. YOU WILL ALSO RECEIVE AN EMAIL WITH THE OUTCOME OF YOUR APPLICATION ON OFFER DAY**

For details go to [www.harrow.gov.uk/schooladmissions](http://www.harrow.gov.uk/schooladmissions)

For help and advice on how to complete your application please email [schooladmissions@harrow.gov.uk](mailto:schooladmissions@harrow.gov.uk)



# Parent's Guide to Children's Bedtime

Annette Rawstrone

Getting a good night's sleep for your child, and ultimately yourself, is often something that parents dream of. But by settling your child into a consistent bedtime routine it can become a reality and you can even have some time to yourself to recharge.



## IMPORTANCE OF SLEEP

Sleep is essential for our survival:

Inadequate sleep can impair brain function, but good sleep supports cognition, concentration, productivity and performance. It can help improve problem-solving skills and aid memory.

Some physiological processes occur primarily while we're asleep, such as muscle growth, release of growth hormone and tissue repair.

Poor sleep can lead to poor behaviour and hyperactivity.

## SLEEPING HOURS

The amount of sleep that your child needs will change as they get older. The NHS recommends that babies and children have the following approximate hours of sleep:

3 months Daytime: four to five hours/Night time: 10 to 11 hours

6 months Daytime: three hours/Night time: 11 hours

9 months Daytime: two hours, 30 mins/Night time: 11 hours

12 months Daytime: two hours, 30 mins/Night time: 11 hours

3 years Daytime: none to 45 mins/Night time: 11 hours, 30 mins to 12 hours

4 years Night time: 11 hours, 30 mins

5 years Night time: 11 hours



## SETTING A BEDTIME

Having a set bedtime helps your child to get a good night's sleep and enables them to function. Establishing a bedtime routine for your child has many benefits:

It will signal to your child that it's time to rest and help them to fall asleep, stay asleep and wake up rested.

The familiarity is comforting and can help your child relax and ease separation anxiety.

It helps your child to learn how to transition from the busy day, soothe themselves and settle for sleep.

It can help prevent children from developing sleep problems in the future.

According to a study by University College London, children with irregular bedtimes were found to experience behavioural problems, such as emotional difficulties and hyperactivity. This was attributed to natural body rhythms being disrupted, which can cause sleep deprivation.

It can actually take the stress out of putting your child to bed and help it to become a special time for you both.



## ROUTINE TIPS

Every family is unique and has different needs, but doing the same relaxing things in the same order and at the same time each night can help to promote a good night's sleep:

When it's approaching bedtime, an hour before if possible, make the home environment as calm as possible. So turn off loud music, any TVs or other screens and avoid rough and tumble games.

Try to keep bedrooms screen-free zones. The backlighting on screens awakens the brain and can confuse the circadian rhythms, which are responsible for telling us when we need to go to sleep.

Avoid giving your child large amounts of food before bed which can disrupt their sleep.

If there is time, a warm bath – not hot – can help soothe a child and signal it's time to rest, followed by cleaning their teeth and putting on nightwear.

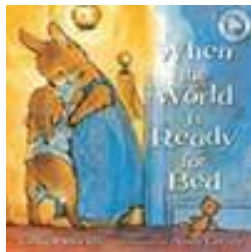
Ensure your child's bedroom is conducive to sleep by having it dark – which encourages your child's body to produce the sleep hormone melatonin – and at a comfortable temperature, around 18 to 24°C. Consider investing in blackout blinds or a nightlight, depending on your child's preference.



## STORY TIME

Introduce a lovely snuggly bedtime story to help your child to relax before bed. Sharing a book together promotes a bond between you and your child by giving you relaxed one-to-one time in a calm environment. It can also help your child to develop a love of books as they associate reading with a pleasant, positive experience.

Dim the lights and chat to your child about their day or what the plans are for tomorrow to help put any worries to rest and help them prepare for sleep before kissing them 'night night'.



### **When the World is Ready for Bed by Gillian Shields**

As the whole world gets ready for bed, so does a family of bunnies – brushing teeth, closing curtains and sharing a story.



### **Kiss Good Night by Amy Hest and Anita Jeram**

On a rainy, windy night, Mummy Bear tucks in Baby Bear, reads a story and brings hot milk. Only one thing is missing.



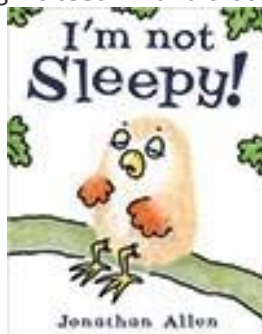
### **Goodnight Moon by Margaret Wise Brown and Clement Hurd**

Bunny says goodnight to familiar things, one by one – a bedtime classic that has lulled generations of children to sleep.



### **Bedtime with Ted by Sophy Henn**

Ted is too busy for bed – he's cleaning his teeth with a crocodile and bathing with some penguins.



### **I'm not Sleepy! by Jonathan Allen**

Baby Owl insists he's not tired. He's not yawning; he's just bored.





## DATES FOR YOUR DIARY



### DECEMBER

Tuesday 13 <sup>th</sup>	Noon	Break up for Christmas following The Nativity
Wednesday 14 <sup>th</sup> - Friday 16 <sup>th</sup>	8 – 4pm.	Holiday Club available

### JANUARY 2023

Tuesday 3 <sup>rd</sup>		Staff training
Wednesday 4 <sup>th</sup>		Staff training / settling in for new pupils
Thursday 5 <sup>th</sup>		Children back for new term

### FEBRUARY

Mon 13 <sup>th</sup> - Friday 17 <sup>th</sup>		Half Term - Holiday Club available
--	--	------------------------------------

### MARCH

Friday 24 <sup>th</sup>	12 noon	Break up for Easter - Holiday Club available
-------------------------	---------	--

### APRIL

Tuesday 18 <sup>th</sup>		Deadline for giving written notice if your child is leaving in July
Tuesday 18 <sup>th</sup>		Staff Training Day
Wednesday 19 <sup>th</sup>		Children back for new term

### MAY

Mon 29 <sup>th</sup> – Friday 2 <sup>nd</sup> June		Half Term - Holiday Club available
---	--	------------------------------------

### JUNE

Monday 5 <sup>th</sup>		Children back following half term
		Sports day tbc

### JULY

Wednesday 12 <sup>th</sup>	12 noon	Break up for Summer Holiday – Holiday Club available

## Term Dates 2022-23

### Spring Term 2023

*Inset for Staff : Tuesday 3<sup>rd</sup> & Wednesday 4<sup>th</sup> January*

#### Term Begins:

Thursday 5<sup>th</sup> January

#### Half Term:

Monday 13<sup>th</sup> – Friday 17<sup>th</sup> February

#### Term Ends:

Friday 24<sup>th</sup> March at midday

### Summer Term 2023

*Inset for Staff : Tuesday 18<sup>th</sup> April*

#### Term Begins:

Wednesday 19<sup>th</sup> April

Bank Holiday: Monday 1<sup>st</sup> May

#### Half Term:

Monday 29<sup>th</sup> May – Friday 2<sup>nd</sup> June

#### Term Ends:

Wednesday 12<sup>th</sup> July at midday

*N.B. Holiday Club is available at additional cost for childcare during the school holidays, ensuring childcare for 48 weeks a year. We are fully closed for 2 weeks at Christmas and 2 weeks at the end of the Summer break for deep cleaning.*



## Play Worker Required

We are looking for:

- 1) a play worker for our after school club 3 to 5pm Monday to Friday term time only.
- 2) a play worker for our holiday club. 8am to 4pm Monday to Friday in the school holidays.

Do you know someone who ...

- Has a warm smiling face that makes every child feel special.
- Is able to laugh at jokes they don't understand, or don't find funny!
- If a child requests that they be a captain of a pirate ship, they will be the best pirate captain they can be!
- Is able to distribute warm hugs, as and when required.
- Possess the skills required to rapidly count the heads of numerous moving small people.
- Has the ability to pretend to eat playdough creations realistically, along with drinking numerous cups of pretend tea.
- Has the ability to read a ten page story, upside down, with at least 4 interruptions per page.

If so, they will be the kind of person we are looking for.

Email Sarah at **[info@roxethmead.com](mailto:info@roxethmead.com)** for more information.