

Headlands Primary School: Friday 31st March 2023



Congratulations to the Year 3/4 dodgeball team who were in the finals this morning at York University, and to our Headlands School choir 'Take Note' for their fabulous performance on Tuesday evening at Joseph Rowntree.

We hope you have a lovely Easter break and enjoy spending time with family and friends. We look forward to seeing the children back in school on Monday 17th April.

PTA Feedback 2023

We are keen to hear your views on our Parent and Teacher Association (PTA)

The PTA work as a team to fundraise for additional items for school which directly benefit the children. Items purchased in the past have included music resources, art equipment and chrome books. With increasing costs to schools, these additional resources greatly enrich the educational provision for the children. The PTA aim to ensure there is a balance of this additional equipment across the school.

Alongside the drive of fundraising, the PTA also organise events for the children to enjoy such as school discos, summer fair, competitions and the occasional 'treats'.

Using the link below, please may you provide feedback to help the PTA develop further. Thank you. <https://forms.gle/nnLjgXwWxujjb2Qc9>

PTA Easter rocks competition

EASTER ROCKS
COMPETITION

CLOSING DATE
TUESDAY 18 APRIL

Decorate a rock, take a photo and email it to the PTA. Display the rock at school and be in with a chance to win!

The PTA are supplying rocks - pick one up in the scooter area

Entries cost £1. For full details on how to enter see information sheet or check the PTA social accounts

ALL THE INFO

- Paint a rock and take a photo of it.
- Please don't stick stuff to the rock as wildlife could eat it.
- Email the photo to the PTA: headlandsprimarypta@gmail.com
- Transfer £1 entry fee to the PTA bank account or bring £1 into the school office in an envelope with your name as a reference.
- Bring your rock to school to decorate the flower beds by the path into school.
- A prize will be awarded to the best rock per year group (EYFS, Y1/2, Y3/4 and Y5/6)
- Closing date 18 April.
- Pick up a rock supplied by the PTA from the scooter area.

PTA Bag2School



Time for an clear out?



Please support our fundraising efforts through donating any unwanted clothing in our Bag2school collection. Leaflets and bags have been sent home this week. The scheduled collection is Wednesday 10th May 8.30-9.00am.

Updates from the Director of Public Health for Primary Schools

What's the harm?

Energy drinks, including sugar-free types, can cause health problems and side effects including:

- Headaches
- Tummy pains and nausea
- Dizziness and fainting
- High blood pressure
- Increased palpitations and heart rate
- Sleep problems
- Hyperactivity and behavioural problems
- Tooth decay
- Weight gain
- Anxiety



Make a swap!
Swap your energy drink for water to keep your body and teeth healthy. It's also free!

Find out more at:
www.york.gov.uk/EnergyDrinks

Energy Drinks

Energy drinks are not recommended for children under the age of 16. They contain high levels of sugar, caffeine and stimulants which may cause serious health problems including: **headaches, tummy pains and nausea, dizziness, high blood pressure, increased palpitations and heart rate, sleep problems, hyperactivity and behavioural problems, tooth decay, weight gain and anxiety.**

We strongly advise that children **drink water** to keep themselves hydrated.

Further Information and advice may be found on the following web page:

<https://www.york.gov.uk/EnergyDrinks>

Bedtime routine

Sleep lets your brain and body rest, helps you to grow and feel happy and healthy. Try to do the same things every night before you go to bed to help you sleep well.



★ Have a bath or shower

★ Go to the toilet

★ Put on your Pjs

★ Story time

★ Brush your teeth

★ Bedtime

Find out more at:
www.york.gov.uk/SleepAdvice

Sleep Resources and Training

Many primary school children are not getting the recommended amount of sleep they need each night.

Having a good night's sleep is just as important as having a healthy diet and being physical active. Please visit CYC Sleep advice for more information on sleep and download the KS2 Sleep lesson plan: <https://www.york.gov.uk/public-health-campaigns/sleep-advice-young-people>

Support can be offered to children with persistent sleep problems from the CYC School Nursing team via referral. Telephone 01904 555475 or email HCSecure@york.gov.uk.

Measles, Mumps and Rubella (MMR)

MMR are all highly infectious conditions which spread very easily between unvaccinated people and can have devastating and life changing consequences for those to become infected and are not vaccinated.

The MMR vaccination is a 2 dose vaccination one is give at 1 year of age and the other at 3 years 4 months – all children and adults require two does to ensure full protection. However if anyone has not had two doses there is an open offer from the NHS to provide these regardless of age, you can do this by contacting your GP practice and ask for a vaccination appointment. **It is important to catch up on any missed vaccinations.** The vaccination is free and can be given at any age to those who have missed either or both of the two doses. For more information about the vaccine and the illnesses it prevents go to: [MMR \(measles, mumps and rubella\) vaccine - NHS \(www.nhs.uk\)](http://www.nhs.uk)



Free events in Haxby over the Easter Holidays

1. Board Games Evening Friday 21st April 6.30-9pm.



There will be drinks and snacks available .

2. Whole Life Community Garden Scarecrow Event Saturday 22nd April 10-2pm.

To celebrate Earth Day the new Community Garden next to the GP surgery is having an open event, with mini tours and chats about plans for the garden, plus we'll be making scarecrows, painting rocks and tyres (to make planters) and having a picnic. Flyer attached. We will also be at the Scarecrow Festival a week later. Please note there is no parking as the Surgery is having a vaccination clinic that day.

3. Clothing and toiletries collection for Operation Orphan Saturday 22nd April 10-12am.

Yep, it's on the same day as the Garden Event. Coffee and Cake will be available so folk can have a bit of cake then come along to the garden!

We are collecting the following:

Coats, jumpers, socks, hats, scarves and gloves in good condition suitable for 3–16 year olds. Also toiletries, shower gels, shampoo, toothpaste/brushes and feminine hygiene products.

We'll also take adult clothing if it's no bigger than a medium for men, or a size 14 for women. Nappies are not being collected this time.

Thank you for your generosity and kindness.



Come along to our very first event and help make our scarecrow for the festival, have a look around the space, see our designs and ideas, and much more!

Make sure to wear clothes for messy activities, and weather appropriate! We'll be outside come rain or shine!

Bring a picnic, or find some food at one of the many local cafe's, restaurants and shops



When: 10am-2pm,
Saturday 22nd April
Where: Whole Life Community Garden (find us behind the Haxby Group Surgery!)
ALL ARE WELCOME!

Find us online at:
www.wholelifecommunitygarden.org

Come and see what's living in Wigginton Pond!



This much loved local pond will soon be getting a spruce-up to keep it going and safe to visit for many years to come.

Before that happens we need to see what's already living there – will you find leeches, dragonfly larvae or something that surprises us all?

Saturday 1st April 10am – 12 noon

Contact Andy Mulholland: a.mulholland@headlands.york.sch.uk

Celebrating Easter at lunchtime

The kitchen team wish everyone a very Happy Easter. The children have enjoyed all the additional treats this week including a visit from the Easter bunny!



Dates for your diary

17.04.2023: School re-opens

18.04.2023: Year 1 Phonics parents meeting in Mr Park's classroom 3.45pm

20.04.2023: Year 4 Multiplication Check parent meeting in Mrs Fowler's classroom 3.45

26.04.2023: Year 5 residential to Marrick Priory

05.05.2023: School celebrating the Kings Coronation

08.05.2023: Bank holiday

10.05.2023: Bag2School collection

16.05.2023: Year 6 residential to Northumberland

25.05.2023: Award and trophy assembly

25.05.2023: School breaks up for half term

26.05.2023: School closed: Training day

05.06.2023: School opens



Best wishes,
Headlands Primary School

