



HEALTHY SCHOOLS  
LONDON

We, the family of St Peter's, united in faith by God, strive to learn and grow together to be the best we possibly can everyday.

Newsletter Number 02  
2017

September 15<sup>th</sup>

Dear Parents and Friends,



As we settle into the new term I've noticed a number of children looking really tired at the start of the day. Some children tell me that they are at a church till 11pm during the week, why is this the case? Which church does not appreciate the rest children need?

### Bed Times

Experts acknowledge that sleep plays a significant role in brain development, and it is therefore important for children to get enough sleep as their bodies grow and mature. As well as the role it plays in brain development, sleep also plays an important role in our brain's day-to-day ability to function. Lack of sleep makes it much harder for us to concentrate, and we become forgetful, irritable and prone to being clumsy and making mistakes. Sleep requirements differ from individual to individual, but in general a younger child needs more sleep than an older one. Between the ages of five and 11, your child will need 10-12 hours of sleep a night.

### **Children Learn What They Live By Dorothy Law Nolte, Ph.D.**

If children live with criticism, they learn to condemn.  
If children live with hostility, they learn to fight.  
If children live with fear, they learn to be apprehensive.  
If children live with pity, they learn to feel sorry for themselves.  
If children live with ridicule, they learn to feel shy.

If children live with jealousy, they learn to feel envy.  
If children live with shame, they learn to feel guilty.  
If children live with encouragement, they learn confidence.  
If children live with tolerance, they learn patience.  
If children live with praise, they learn appreciation.  
If children live with acceptance, they learn to love.  
If children live with approval, they learn to like themselves.  
If children live with recognition, they learn it is good to have a goal.  
If children live with sharing, they learn generosity.  
If children live with honesty, they learn truthfulness.  
If children live with fairness, they learn justice.  
If children live with kindness and consideration, they learn respect.  
If children live with security, they learn to have faith in themselves and in those about them.  
If children live with friendliness, they learn the world is a nice place in which to live.

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### **Clubs**

This year a one off fee of £5 will be charged for all clubs. In the first instance our school is trying to manage the budget cuts imposed by government in the second we will put the money towards equipment, trophies and transport for those clubs.

### **Children travelling home alone.**

Ideally these will only be Y6 children. In every case parents must speak to me and put in writing their reasons. We want to develop the independence of our children but every case is different.

### **Breakfast Club**

**Breakfast club will now open at 7.30am.**

**As from Monday 18th September 2017 we will not be taking any cash for Breakfast club payments.**

**All Payments are to be made in advance via Parentpay. (please see website for more information)**



7.30am - 8.45am (last entrance at 8.30am) £2.00 per session

Please make sure a responsible adult drops your children off at breakfast club and not an older sibling from the school who will then either go home or out to an adult waiting in the car. Once your child is on school premises they are expected to stay. Food is provided please do not send children in with food from shops or home.

### **Midday Assistants**

If you are interested in this position please contact the school office for an application form.

### **Newsletter/website.**

Firstly thank you to those of you who read this every week. We put it on the website and email it out to the emails we have for you.

The website can also be seen through a free app -Schudio School App then put in the postcode and all of it is on your phone for free.

### **Blog**

A new addition to our website under the parents section informing you of what your child/children have been learning this week. Please take a look.

Please see some photos of school life on our twitter link:

**@stpetersdagenham**

### **Chaplaincy Newsletter**

This is a new monthly newsletter that can be found on our website. Please take a look at this month's edition

### **Attendance**

If your child is not coming into school, please call the school office by 10am on the first day they are absent and let us know the reason.

### **Contact Information**

Please make sure you keep us updated in any changes to addresses, emails and telephone numbers.

### **Parent Pay**

Your child will no longer receive a hot dinner if their account is not at least **£2.10 in credit**. An emergency meal could be given at Mr Craft's

discretion if you contact the Office before 9.30am. It is your responsibility to make sure your child's parent pay is in credit at all times.

### PE Kits

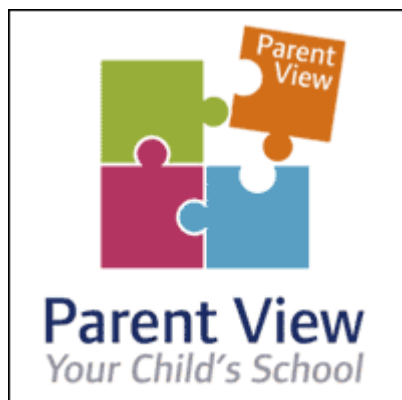
Please make sure all PE Kits are in school. Navy blue shorts, a plain white T shirt and black plimsolls. No loopy earrings are allowed only small studs which must come out for PE.

### Family Learning Projects

All children are invited to create posters and booklets about Roald Dahl and create book reviews about the books they have read. Please ensure that all projects are handed in to Miss Anthony by **Friday 29th September**. Prizes will be awarded for the best entries.



Please read the information on this website. (Y)Our children need to be safe and protected online. This will help you.



### Parentview.

<https://parentview.ofsted.gov.uk/login?destination=give-your-views>

This link should take you to the OFSTED parents questionnaire. Please complete it when you get a moment. All the evidence helps us.

### Mobile Phone Safety Advice

Please speak to your children about the following:

- Think about who you give your number to - you don't know where it might end up.
- If you receive a nasty text save it for evidence but don't reply to it, if you reply you are likely to get yourself in trouble too.
- Remember to be a good digizen (digital citizen) try to talk quietly on mobiles in public places and keep your music quiet.
- A growing number of viruses are attacking mobile phones, be careful what you download onto your mobile.
- If you often receive spam (junk mail) texts from random numbers report it to your mobile phone operator

### Happy Birthday 11th September - 17th September

Fadekemi Adebayo 10, Benjamin Agyapong 5, Anthony Mudad 7, Damilola Balogun 11, Mojinyin Sutton 11, Chidi Lebechi 9, Elijah Murray 7, Marilyn Osei-Agyeman 7, Caelyn Jimenez 4, Luana Pereira 5, Elvis Anyanwu 10, Polly Acott 4, Tochukwu Okerago 9.

### Party Bags

We love to celebrate a birthday at St Peter's. We just ask that any birthday cake is pre-cut and wrapped individually and party bags are not too heavy as they must be brought in with the child first thing in the morning. **THEY WILL NOT BE ACCEPTED IN THE OFFICE.**

Mon 11 <sup>th</sup> Sept	3.15pm - 4.30pm	Yr 5	Multisports
Tues 12 <sup>th</sup> Sept	8am	Yr 2	Judo
	8am	Yr 3	Multisports
	3.15pm - 4.25pm	Yr 3/4	Football
	3.15pm - 4.30pm	Yr 4	Multisports
Wed 13 <sup>th</sup> Sept	8am	Yr 5/6	Girls Gymnastics
Thurs 14 <sup>th</sup> Sept	8am	Yr 5/6	Boys Gymnastics

Fri 15 <sup>th</sup> Sept	8am	Yr 3	Judo
	8am	Yr 5/6	Boys Football
	8am	Yr 5/6	Girls Football

Yours sincerely,

Mr D Craft Headteacher