



**SUTTON ROAD PRIMARY
SCHOOL AND NURSERY**

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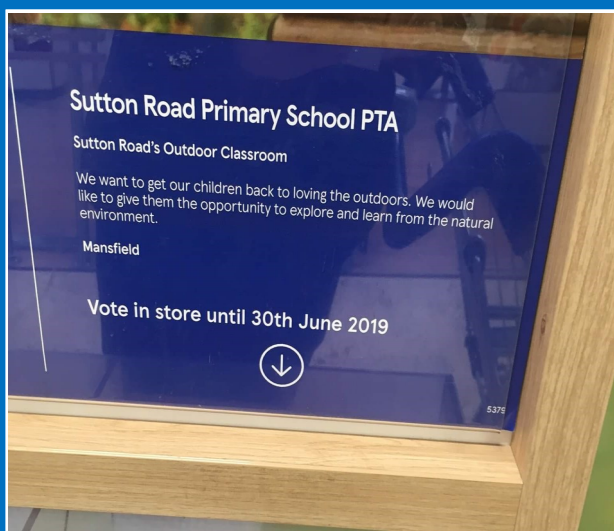
Newsletter

Week commencing 13th May 2019

School Closure

The European Parliamentary elections — Thursday 23rd May

Apologies for any inconvenience caused—the local authority have selected us as a polling station and legally, we are unable to refuse this.



TESCO

It's finally our turn !!! After waiting 13 months, our outdoor classroom/allotment project has been chosen to go up for the vote.

Unfortunately we have been put up against two other schools so it will be a tough competition.

If you do shop at Tesco please vote for us - every token will count and make a massive difference to us.

Your help with this would be greatly appreciated by the PTA.

Mr Dugdale's Sports Fact of the Week

Playing sports builds mutual respect for others as it includes playing opposite people but at the same time respecting them even if they have a negative attitude towards you.

Football News

On Wednesday, seven children from Year 2 went to Manor to learn some skills and play in a tournament. They all

did exceptionally well and made us very proud. We also brought Finlay Mackie along as a very passionate and committed assistant manager.



Year 5 Poetry Afternoon

On Friday 26th April, Year 5 were fortunate enough to go to Mansfield Library for a talk by Valerie Bloom, a Jamaican poet/novelist.

Before she began, she taught some of the children 'Jamaican', such as 'nose-hole' for 'nostrils' and 'eye-water' for 'tears'.

She shared with us lots of different poems - some about her life in Jamaica - getting the children to play tunes or make noises to some of them.

Afterwards, some bought her books and got them signed by Valerie.

Overall, the children in Year 5 really enjoyed their unique experience of listening to a poet from a different part of the world.



Counting Collections Session

Thank you to all the parents who came to our counting collections session!

We had lots of fun exploring our counting collections and hope you have lots of fun making your own counting collections at home.

Don't forget to send in your counting collection photos from home!



Golden Table Treat

Golden Table is a treat for children who are always well behaved. They are invited to have their lunch at the table with a member of staff in the Retrace Centre. Crockery, table cloths and treats ensure that the children enjoy their reward. The treat alternates every Friday lunchtime between F2/KS1 and KS2. This week it was the turn of F2/KS1 to have the treat.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Cheesy pasta bake & garlic bread</p> <p>Soya Milk Gluten</p>	 <p>BBQ pulled pork pitta & diced potatoes</p> <p>Gluten</p>	 <p>Chicken & broccoli bake, crusty bread</p> <p>Mustard Milk Gluten Sesame</p>	 <p>Roast pork, stuffing, gravy, mashed potato & Yorkshire pudding</p> <p>Milk Egg Gluten</p>	 <p>Fish finger wrap & Noisette potatoes</p> <p>Milk Fish Gluten</p>
OR	OR	OR	OR	OR
 <p>Margherita pizza & new potatoes</p> <p>Milk Gluten</p>	 <p>Hot dog & diced potatoes</p> <p>Soya Milk Egg Gluten Sulphur Dioxide</p>	 <p>Jacket potatoes with cheese, beans or tuna & mixed salad</p> <p>Milk Egg Fish</p>	 <p>Quorn roast, stuffing, gravy, mashed potato & Yorkshire pudding</p> <p>Milk Egg Gluten</p>	 <p>Jacket potatoes with cheese, beans or tuna & mixed salad</p> <p>Milk Egg Fish</p>
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
 <p>Strawberry mousse & shortbread</p> <p>Milk Gluten</p>	 <p>Peaches in jelly & cream swirl</p> <p>Milk</p>	 <p>Cornflake tart & custard</p> <p>Milk Gluten Sulphur Dioxide</p>	 <p>Magic lemon pudding & custard</p> <p>Milk Egg Gluten Sulphur Dioxide</p>	 <p>Marble sponge & custard</p> <p>Milk Egg Gluten</p>



Quidditch

On Friday 3rd May, years 4, 5, and 6 were lucky enough to experience Kidditch. This is a muggles version of Quidditch. Our children were just as good as the witches and wizards from Hogwarts! We had lots of fun trying on different wigs and taking on the roles of characters from Harry Potter. Everyone experienced each role including the golden snitch!



Important dates for your diary

w/c 13th May 2019	- Year 6 SATS week
Tuesday 14th May 2019	- 2NG/2MB Library Visits
Wednesday 22nd May 2019	- Walesby Residential Meeting
Thursday 23rd May 2019	- European Elections - School closed
Monday 27th May 2019	- First Day of May Half Term Holidays
Monday 3rd June 2019	- First Day back at school
Monday 10th June 2019	- Autism Awareness Day
Monday 17th June to Thursday 20th June 2019	Bamburgh Residential
Friday 28th June 2019	- Non Uniform Day to raise funds for the Summer Fayre
Saturday 29th June 2019	- Summer Fayre
Monday 8th July	- Year 6 NTU visit
Thursday 11th July 2019	- KS1 End of year trip—Yorkshire Wildlife Park
Monday 22nd July 2019	- School Closed - INSET
Tuesday 23rd July 2019	- School Closed - INSET
Wednesday 24th July 2019	- School Closed - INSET
Thursday 25th July 2019	- First Day of Summer break
Friday 30th August 2019	- INSET Day - School closed
Monday 2nd September 2019	- First Day back at school
Monday 21st October 2019	- First Day of October Half Term Holidays

Mr. Wakeland's Computing/App Tip of the Week

Top Tips for Parents

LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focused the next day at school. 50% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

ENCOURAGE ALTERNATIVE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

STATISTICS

- 53% of children aged 3-4 go online for nearly 8hrs a week
- 79% of children aged 5-7 go online for nearly 9hrs a week
- 94% of children aged 8-11 go online for nearly 13.5hrs a week
- 99% of children aged 12-15 go online for nearly 21hrs a week

NOS National Online Safety

A whole school community approach to online safety
www.nationalonlinesafety.com
 Email us at hello@nationalonlinesafety.com or call us on 0800 368 8067