



A Few Words from Mr Hancox

Welcome back to our final half term, first of all I would like to thank all the Year 4 children who took part in the Multiplication Checks this week, they all approached it with a positive and sensible attitude – Well done Year 4! I am sure our Year 1 children will try just as hard in their Phonics Screening Checks over the next two weeks! We have lots to look forward to this term, including, School Discos, Summer Fair, Fierte Festival, Reports, Sports Day, Athletics, Transition Days and Year 6 Leavers' activities! On Tuesday 18th/Wednesday 19th June we are very privileged to have a film crew to make a film celebrating all of our wonderful provision, learning and achievements. You should have received consent letters to give permission for your child to be allowed on film. Please ensure that on the days of filming children come to school in neat school uniform. PE kits require to be brought in a bag please.

School Office

As you know Mrs Hand moved to the Garden Village Academy at half term. We are now in the fortunate position to share the Office Staff from Dosthill. We greatly appreciate their expertise and support during this period.

Office Staff for the Summer Term – Monday/Wednesday – Mrs Vicki Dobson, Tuesday/Thursday – Mrs Catherine Mortimer, Friday - Mrs Vikki Groves. To contact the office – office@ankermoor.org

10 tips for developing healthy sleep patterns

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Parking on the pavement

Please be mindful when *picking up/dropping off* your children off at school, there are a number of cars that are parking completely on the pavements. This is a potential risk to anybody using the pavement and has been reported to the Police. If you are arriving by car, please adhere to the Highway Code to ensure safety for all.

Attendance Matters

We are proud that our attendance is improving, and our persistent absenteeism has started to reduce, thank you for your support with this.

Please can we remind you that children should be in school by 8.50am and should be collected from school at 3.20pm.

We are getting an increased number of children who are being collected late.

Summer Fair - Friday 21st June (3.30pm – 5pm)

Please come and support the school at the Summer Fair and help to raise funds for the School PTA.

- Book lucky dip
- Ice cream van
- Hot dogs and burgers
- Rented stalls
- Raffle
- Tombola – Chocolate/Alcohol/Toys
- Face painting
- Beat the goalie
- Soak the teacher
- Children's crafts
- Plus many more

Volunteers

If you have a spare hour every week and would like to listen to readers or help prepare resources for school, accompany the children on school trips etc, please ask at the school office for a volunteer application pack. To work alongside our children, whether it's supporting in school or helping on our school visits, you will need to complete an application form, a DBS and attend safeguarding training. We always welcome parents, carers and the wider family members to support learning. Thank you to the generosity of the adults who have already completed this process. We need your support for school events to continue in the future.

Value Champions

24th May

Reception/Year 1- Carson JH/Ava D
Year 1/2 – Logan F/Joy C
Year 3 – Florence W
Year 4 – Alana RC
Year 5/6 – Molly W/Josh W

7th June

Reception/Year 1- Presley S/Zara S
Year 1/2 – Rebecca M/Finley A
Year 3 – Cain O
Year 4 – Daniel B
Year 6 – Tommy C



Attendance this week

94.41%

Reception/Year 1 – 91.54%

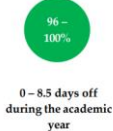
Year 1/Year 2 - 89.29%

Year 3 – 95%

Year 4 – 98.12%

Year 5/Year 6 – 92.07%

Well done to Year 4!



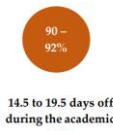
Attendance is good to excellent.

0 – 8.5 days off during the academic year

No/few lessons are being missed. Impact upon learning is minimal.

Class Teacher to celebrate attendance

Warm welcome, praise and encouragement. Rewards e.g., certificates.

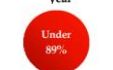


Attendance levels are causing significant concern.

14.5 to 19.5 days off during the academic year

High/severe risk of underachievement.

Senior Leader to contact family to offer an improvement plan Consider legal action (risk of fine being issued)



Attendance decreased to an unacceptable level – despite intervention and support.

20+ days off during the academic year

Extreme risk of underachievement.

Senior Leader/Trust Wellbeing Lead/EWO Legal action (fine)

Rec	Y1	Y2	Y3	Y4	Y5	Y6
Harper	Mia T	AJ	Charlotte E	Alfie B	Mariah B	Oliver B
Robyn F	Zara S	Harley S	Ava F	Daniel B	Logan F	Lisa C
Jessie H	Ava D	Katya M	Lola L	Camden B	Oliveris P	Tommy C
Safiya K	Ellie F	Terry H	Ila M	Chad C	Amelia R	Vinnie H
Markus M	Ella R	Oliver A	Katherine W	Alana C	Harry S	Joey M
Realle M	Eden D	Evie D		Giulia D	Isabella S	Charlotte V
	Logan F	Amelia K		Mia S	Molly W	Joshua W
	Harvey G			Mya S	Emily Y	Lilah W
	Hollie G			Delilah S		
	Charlie L			Tyler S		
				Tori S		

25 Reads



Well done to all the children who have read 25 times this half term, they all had a chance to win an amazing book. The children who have read 25 times each term for the entire year have received a £5 book token.

Children who have completed all Reading Challenges so far...

Rec	Y2	Y3	Y4	Y5	Y6
Harper C	Harley S	Charlotte E	Daniel B	Mariah B	Oliver B
Jessie H			Mia S	Isabella S	Lisa C
Safiya K			Tyler S		Vinnie H
Markus M					Joey M

What is happening in school!

During Year 3 and 4 Forest Friday, we have worked on team building and working effectively with each other to complete a range of challenges.



Rec/Year 1 have had a very busy week, doing lots of activities linked to the story of the Gingerbread Man.



Well done to the Tag Rugby team who showed incredible determination and resilience, when they competed against other Tamworth schools.

Group Chats – How to help your children!

Children need to understand the concept of an “invisible audience.” The term “invisible audience” refers to all the people out in the world who are not part of your immediate text or social media audience, but who could potentially see whatever you say at some point in the future. The fact is that anything our children post or say can be quietly re-shared to people who aren’t on the original chat causing potential pain and regret.

“If you don’t want your parents, grandparents, teacher and all the kids at your school to see it, then DO NOT hit send.”

There is a kind of false courage that people feel when they don’t need to look someone in the eye or deal with a person’s reaction face to face. But the truth is that words hurt and can sting even more when they are disconnected from an in person connection. Our children should simply follow the rule:

“Do not say anything in a text that you wouldn’t feel comfortable to say to someone face to face.”

Group chats can quickly become overwhelming with hundreds of texts coming through every hour! Many children can’t handle it or feel tremendous stress trying to keep up. If your child is struggling, or the conversation is turning mean or inappropriate, you can encourage them to mute the chat or leave the conversation.

While there is a lot to teach and manage around texting, the good news is that eventually, with some practice, most kids figure out the do’s and don’ts. In addition, by late middle school most kids tune in. In conclusion, most children eventually figure out the do’s and don’ts to group chats and how frustrating large group chats can be and tend to opt out of them.

Learning how to communicate online is an essential skill. If you are not comfortable with them being on group chats yet that is perfectly ok! You can allow for texting with one or two friends as they learn these skills. Texting, when done right, can offer increased closeness and connection, so stick by your child’s side and in time they will find their way to a healthy balance.

What is happening in school in the next two weeks!

Multiplication checks – all week

KS1 Phonics Screening checks – all week.

Monday 10th June

Rounders Club – KS2 (3.20pm – 4.20pm)

Lightening Squad Intervention all week

3rd Space maths intervention

Tuesday 11th June

KS1 Multi Sports Club (3.20pm – 4.20pm)

Wednesday 12th June

Saxophone lessons

Thursday 13th June

Year 5/6 swimming

Friday 14th June

Achievement Assembly

Forest Friday – Year 1/2

Family Lunch – Year 4

KS1 Phonics Screening checks – all week.

Monday 17th June

Rounders Club – KS2 (3.20pm – 4.20pm)

Lightening Squad Intervention all week

3rd Space maths intervention

Tuesday 18th June

Anker Moor Filming (Please dress smartly in uniform – bring PE kit)

KS1 Outdoors Multi Sports Club - (3.20pm – 4.20pm)

Tamworth Athletics Competition – 4pm – 5.30pm (Tamworth Sports Stadium)

Wednesday 19th June

Saxophone lessons

Anker Moor Filming (Please dress smartly in uniform)

Thursday 20th June

Swimming – Year 5/6

Friday 21st June

Achievement Assembly

Forest Friday – Year 5/6

Family Lunch – Year 3

Summer Fair – 3.30pm – 5pm



Newsletter 17 – 7th June, 2024

Fierte Multi-Academy Trust

Anker Moor Primary Academy

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01827 213780. Email: office@ankermoor.org

Headteacher: Mr Gareth Hancox



What is happening during Summer!

Friday 14th June

Forest Friday - Year 1/2

Family Lunch – Year 4

Tuesday 18th June

Film being made about the school (Please dress smartly and bring PE kit to change into)

Tamworth Athletics Competition – (Tamworth Sports Stadium) – 4pm – 5.30pm

Wednesday 19th June

Film being made about the school (Please dress smartly)

Friday 21st June

Forest Friday - year 5/6

Family Lunch – Year 3

Summer Fair – 3.30pm – 5pm

Monday 24th June

Class Photos

Friday 28th June

Forest Friday – Rec/Nursery

Family Lunch – Year 1/2

Tuesday 2nd July

Sports Day/Picnic – 9am – 1pm

Thursday 4th July

School Disco – Nursery, Reception, Year 1/2 - 3.25pm – 4.10pm

Year 3/4/5/6 – 4.20pm – 5.05pm - £2.50 (Drink and crisps)

Friday 5th July

Family Lunch – Year 5/6

Monday 8th July

Year 6 Leavers Beach Part/Awards night (3.30pm – 5pm Beach party/5pm – 5.30pm Awards - Parents welcome)

Fierte Festival (All week)

Sports Day/Picnic – 9am – 1pm (RESERVE) – This has moved from the 9th, due to transition

Tuesday 9th July

Year 6 Transition – Landau Forte QEMS

Wednesday 10th July

Year 6 Transition – Landau Forte Amington

Year 6 Transition – Landau Forte QEMS

Thursday 11th July

Year 6 Transition – Landau Forte Amington/Welcome evening for parents

Year 6 Transition – Landau Forte QEMS

Transition afternoon for all classes plus Nursery children coming into Reception

Friday 12th July

Reports go out

Year 6 Transition – Landau Forte QEMS

Tuesday 16th July

Drop in Parent's Evening – 4pm – 6pm

Friday 19th July

Year 6 Leavers' Assembly/Last Supper