

Dear Parents/Carers,

Welcome to our weekly newsletter.

Pupil achievements

This week we celebrate and congratulate the following children and their achievements;



Green Cards – Francesca Noakes (6K), Jaiden Harvey, James Howe, Jessica Purkess, Erin Wells, Oscar Finch, Evie Trowbridge, Dietrich de Villiers, Noah Wellings, Lowden Gill, Evie Read (5N)

Bronze Merit - Ben Callaghan (6H)

Karate Spelling – Champion Belts: Sam Dales, Eva Galani, Evie Brown (6H)

House Stars

This week's House Stars chosen by the House Captains are;

Centaurs	Dragons	Phoenix	Unicorns
Emily Pembroke – 4F	Ella Shepherd – 4F	Ruhika Kottapalli – 6K	Thomas Hockings - Foxes



Anti-Bullying Week 15th - 19th November

We have enjoyed many different activities for Anti-Bullying Week, especially Odd Socks Day and thinking of One Kind Word. Here are the words chosen by each class;



Badgers – *love*

Foxes - **Share**

3B - *Kindness*

4F – **Respect**

5N - **Compassionate**

6H - **BENEVOLENT**

Rabbits – **Friendly**

Squirrels – **TOGETHER**

3R – **Caring**

4N – *Unite*

5V – **Sympathetic**

6K - **Empathy**



Christmas events

Based on our current situation and risk assessment, we hope to invite parents of EYFS, Year 1 and Year 2 into school to watch our nativity productions. To enable these to go ahead safely and ensure that risks are mitigated as far as possible, we will have strict covid-secure measures in place. Each year will perform as a separate group to parents of each class and tickets will be strictly limited to two per family (no siblings or buggies please). Other safety measures will include, social distancing, face coverings (unless exempt) and a well-ventilated space. We hope to record the performance for those unable to attend.

A final decision will be made nearer the time but the dates are as follows;

Reception: Wednesday 15th & Thursday 16th December

Year 1: Tuesday 7th December

Year 2: Wednesday 8th December

Further information including details of times for each class will be sent separately.

On Monday 13th and Tuesday 14th December, Friends of Holbrook have arranged for the each year group to have a Dance party provided by a local company, Dance Kicks.

Wednesday 15th December is Christmas Lunch day and our Christmas non-uniform day. Children can wear Christmas jumpers or other festive clothing in return for a small donation. Thank you to Friends of Holbrook for providing Christmas crackers for every child to go with the lunch.

Safeguarding – online safety

A frequently asked question is, 'At what age can my child start social networking?'

Most of the popular social media services are aimed at secondary aged pupils and require users to be at least 13 years of age (TikTok, Instagram, Facebook, YouTube and Snapchat), whilst others require users to be at least 16 years old (What's App) before they can register.

The age requirements are there because of data protection laws. Online services are not allowed to collect or store children's personal information if they are under the age of 13. Data protection laws also say that only children aged 13 and over can sign up to online services without parental permission. Useful parental guides can be found at www.internetmatters.org and www.thinkuknow.co.uk, as well as the school website under the Parents tab.

National Sleep Helpline

Recent research shows that one in four children in the UK are not getting enough sleep, this has an impact on their behaviour and ability to learn, as well as their physical health. The National Sleep helpline is run by trained sleep advisors who can talk to young people directly, or their parents. The helpline is open 5 nights a week, Sunday to Thursday, 7-9pm and the number is Freephone 03303 530 541.

You can read more

here: <https://thesleepcharity.org.uk/national-sleep-helpline/>



the national sleep helpline

Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

WE CAN HELP

03303 530 541
Available Sunday - Thursday 7pm - 9pm



the national sleep helpline

50% Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?
In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541
Available Sunday - Thursday 7pm - 9pm

powered by the sleep charity

in partnership with Furniture Village

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Diary Dates

Autumn 2021	
Monday 22 nd November	Year 5 trip to Newhaven Fort
Tuesday 23 rd November	Year 1 trip to Lewes castle
Monday 29 th November	Flu vaccinations
Tuesday 7 th December	Y1 Nativity a.m. times tbc
Wednesday 8 th December	Y2 Nativity a.m. times tbc
Friday 10 th December	Christmas assemblies at St. Marks church tbc
Monday 13 th & Tuesday 14 th December	Christmas Dance parties times tbc
Wednesday 15 th December	EYFS Nativity Otters a.m. time tbc Christmas Lunch & non-uniform day
Thursday 16 th December	EYFS Nativity Hedgehogs a.m. time tbc
Friday 17 th December	Last day of the Autumn term
Spring 2022	
Tuesday 4 th January	First day of the Spring term
Friday 21 st January	Year 3 trip to Butser Farm
21 st – 25 th February	HALF TERM
Monday 28 th February	School closed for INSET day
Friday 8 th April	Last day of the Spring term

Have a lovely weekend.

Kind regards,



Ian Holmes