



# News from Cumnor School

*Spring Term Number 3*

*24<sup>th</sup> January 2020*

Dear Parents,

It's quite unusual for children to be tired at the start of terms; this usually kicks in towards the end of our long terms, but we have noticed more and more of our children, particularly the older ones, with bags under their eyes, not being able to focus as well and yawning through even the most exciting of lessons. Some of them haven't been sleeping well because of the sick bugs that are still doing the rounds, but many are explaining how they go to bed late and play computer games on tablets or phones until late into the night.

If your child is quite grumpy or tired in the mornings, it may be worth checking what time they are actually going to sleep.

It is recommended that all children get ready for bed at least half an hour before their 'sleeping time' and then have a little down time with a bedtime story, or read themselves before switching the lights off. Phones and tablets are the worst thing to be looking at before bed.

Below you'll find a handy rough guide to how much sleep your child should be getting each night. Thank you for your support with this.

		Wake-up Time						
		6:00AM	6:15AM	6:30AM	6:45AM	7:00AM	7:15AM	7:30AM
Age	Sleeping Time							
5	6:45PM	7:00PM	7:15PM	7:30PM	7:30PM	8:00PM	8:15PM	
6	7:00PM	7:15PM	7:30PM	7:30PM	8:00PM	8:15PM	8:30PM	
7	7:15PM	7:15PM	7:30PM	8:00PM	8:15PM	8:30PM	8:45PM	
8	7:30PM	7:30PM	8:00PM	8:15PM	8:30PM	8:45PM	9:00PM	
9	7:30PM	8:00PM	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM	
10	8:00PM	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM	9:30PM	
11	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM	9:30PM	9:45PM	
12	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM	9:30PM	9:45PM	

## Maths Day

We will be having a maths day on Friday next week. The theme will be Maths through stories and so we'll be combining books and maths to make for a lively interactive day. The children will have the opportunity to work with other classes over the course of the day. There's no dressing up for this one but if you want some ideas to add to the day or follow up with your child, please visit the Maths Through Stories website at

<http://www.mathsthroughstories.org>.



## Year 6 Boys Football Friendlies

Congratulations to our Year 6 boys' football team of Will, Ruben, Jamie, Zac, Toby, Ashwin, Josh, Diarmuid and Willem. They played some excellent games against West Oxford and North Hinksey schools on Monday and demonstrated our sports values of respect and teamwork brilliantly.

## PTA Committee News:

Our school **Quiz Night is now only 2 weeks away!** Join us in the school hall on **Friday February 7th from 7pm** for a 7:30pm start. The fab bar will be open for business, the complimentary snacks will be delicious and there'll be a variety of trivia questions to suit everyone! It's just £6 per person with a maximum of six people per team. Come as a full team / trio / pair or solo and join up with others on the night! Everyone is welcome including friends, family, work colleagues, etc. **Tables are booking up now so please contact Tom [tcc21uk@yahoo.co.uk](mailto:tcc21uk@yahoo.co.uk) OR sign-up by the school office at drop-off next week.** We hope to see you there!

## WEEK 1 menus:

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken and Sweetcorn Pasta Bake Or Cheese and Tomato Pizza	Toad-in-the-Hole with Gravy Or Vegetarian Meatballs with Rice and Gravy	Roast Chicken with Stuffing Or Roast Quorn Fillet with Stuffing	Savoury Minced Beef with Creamed Potatoes Or Vegetable Lasagne with Garlic Bread	Oven Baked Fish Fingers Or Cheese and Tomato Pinwheel

## What's my child been doing this week?

Reception	Capturing evil peas, creating our own supertatooe stories and learning our new sounds x, y, z.
Year 1	Measuring weight, time and capacity to make crispy cakes, enjoying the story of Jack Frost and looking at the qualities of good leaders.
Year 2	Addition on a number line, painting our hot air balloons and exploring the text 'Journey' by Aaron Becker.
Year 3	Ordering fractions, writing character descriptions of Hogarth from The Iron Man and coding using iPads.
Year 4	Practising different multiplication methods, planning, writing and editing Stone Age stories and exploring Christian pilgrimage.
Year 5	Editing and improving our descriptive writing about the Minotaur, contrasting writing in formal and informal styles and locating key places in Greece.
Year 6	Finding out about the discovery of Tutankhamun's tomb, explaining the importance of the River Nile and measuring and calculating angles.

## Next week:

Thursday 30 <sup>th</sup> January	11.00	School Council meeting The School Lunch Company
Friday 31 <sup>st</sup> January	AI Day	Maths Day

Yours sincerely,



Ed Read  
Headteacher