



Chase View Community Primary School

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Week 32 20th May – 24th May 2019

<p>May 2019</p>	<p>Tuesday 28th - Friday 31st May</p>	<p>WBA Sports Camp - 9.30am - 3pm</p>
<p>June 2019</p>	<p>Monday 3rd June Friday 7th June Monday 17th June Monday 17th June Wednesday 19th June Thursday 20th June Friday 21st June Monday 24th June Thursday 27th June Date Change</p>	<p>School re-opens for staff and pupils. Non-Uniform Day - Bottles & Brick a Brack Year 5 Bikeability (Groups 1 & 2) Nursery Packington Farm Visit Reception Packington Farm Visit Year 1 Packington Farm Visit Year 2 Packington Farm Visit Year 5 Bikeability (Group 3) Summer Fayre 3 - 5pm</p>
<p>July 2019</p>	<p>Monday 15th July Tuesday 16th July Friday 19th July Friday 19th July</p>	<p>Reports out to parents Parents open afternoon (to discuss reports) Y6 Leavers Assembly - 2pm Last Day of Term</p>



If you know of anyone who has difficulty reading this or any other school information, please contact me at school and we will try and arrange confidential help.





Dojo Award



Mrs Love's class: Seren

Mrs Lloyd-Smith's class: Kaycee-Rae

Miss Stokes class: Lillie-Mae

Mrs Hardwick's class: Megan

Miss Smith's class: Leighton

Mrs Dixey's class: Isabella

Mr Minott/Mrs Williams' class: Owen

Mrs Harris' class: Jude

Well done to all the children.

The parents of the above children are invited to come into school on Friday 7th June 8.30am - 8.50am for 'Golden Moments' to view their child's work.

WEEKLY PERCENTAGE ATTENDANCE

We are now introducing information on the weekly attendance per class as well as the whole school attendance.

16th May - 22nd May, 2019

KEY STAGE 1	
Reception	95.0%
Y1	90.4%
Y2	96.2%
KEY STAGE 2	
Y3	90.7%
Y4	92.6%
Y5/6 Mrs Dixey	96.8%
Y5/6 Mrs Williams	90.0%
Y5/6 Mrs Harris	95.0%
Whole School	93.2%



Due to having the best attendance Year 2 & Y5/6 (Mrs Dixey's) class only, can come into school in non uniform on Monday 3rd June.

Well Done!

“But I’m not tired.....”

Sleep rules!

Without enough sleep, you can struggle to concentrate, can feel really cross one minute and like crying the next, or just like you want to crash out and lie down – when everyone else is busy getting on and having fun.

Everyone needs a different amount of sleep and this changes as you grow up.

As a guide, if you’re in primary school you should be getting 10-11 hours’ sleep a night, so that means going to bed between 7 and 8pm every night.

Once you get to 10 years old, you may need a little less, maybe 8 ½ to 9 ½ hours a night.

Relax and drift off

There are some things that we can do to make sure we are sleepy and ready for bed at the right time to get a full night’s sleep:

Get lots of fresh air and [exercise](#) during the day as this will help make you feel tired at bedtime

- After dinner, have some chill out time. Avoid watching TV and using electronic devices though as this wakes your brain up, and you want to be sending it ‘sleepy signals’

- Try a bedtime story to help you relax before you fall asleep

- Dim the lights in your room to make it darker

- Listen to some calming music

- Have a warm relaxing bath



Enjoy a warm milky drink. Make sure you avoid fizzy drinks and caffeine though, and don’t forget to [clean your teeth](#) before bed

- Get your body into a bedtime routine which is always the same and happens at about the same time every night

Sometimes it can be hard to switch your brain off and go to sleep. Sometimes you might wake up after a nightmare. If this happens to you regularly, talk to your parents, teachers or school nurse who will be able to give you more tips on how to sleep well.

DID YOU KNOW?

The average person spends 229,961 hours a sleep over the course of their lifetime – that’s 9581 days, or 1369 weeks or 26 ½ years!

Father's Day Meal - Important Information

Timetable

Wednesday 12th June

Preschool, Nursery & Reception Dinner service starts at 11.45am
Roast Dinner



Thursday 13th June

Y1, Y2 & Y3
Dinner service starts at 11.45am
Hot Dog & Chips



Friday 14th June

Y4, Y5 & Y6
Dinner service starts at 11.45am
Fish & Chips

Your child will have had a letter given to them today.

Please return the slip by no later than Wednesday 5th June.

Before you enter the hall please make sure your name has been ticked off
at the office.