



CAWSTON GRANGE PRIMARY SCHOOL NEWSLETTER

Friday 28th March 2025

It's been a fantastic week for Cawston Grange pupils, with achievements pouring in from all corners of the curriculum!

Netball Triumph!

Our brilliant netball team kicked off the season in style, playing their first games of the year on Tuesday afternoon. For some of our players, it was their very first competitive match – but you'd never have known it! With impressive skill, accuracy and superb teamwork, the team stormed to victory with two incredible scores: 22–2 and 20–1!

Miss Bradley and Mrs Lyon were absolutely delighted with the team's performance and sportsmanship. A huge thank you to all the parents who came along to support!

Cross Country Champions

We are equally proud of our cross country runners who took part in the Warwickshire finals. A special mention goes to Bella, who ran her heart out in a race that included 90 girls from across the UK. She completed the course in just 7 minutes and 12 seconds, placing an impressive 48th overall.

Rocking the Leader Board!

We are thrilled to announce that Cawston Grange is currently topping the local leaderboard on Times Tables Rock Stars! An amazing team effort – well done to everyone who's been putting in the practice. Keep up the momentum!

Numbots Launch!

To build on our TTRS success, we're excited to launch Numbots – a fantastic resource to help children sharpen their mental arithmetic skills.

- Reception and KS1 pupils will receive their login details today
- KS2 pupils can access Numbots using their existing TTRS logins

Doodle Reminder

Just a reminder that our school's access to Doodle Maths will end on 31st March. If your child has a long streak and you'd like to keep it going, now's the time to set up a parent subscription. A refreshed version of our Homework Policy will be shared with parents soon. In the meantime, we encourage all pupils to continue to read regularly, practise spellings and use Numbots and TTRS to support your child's learning at home.

Exciting Building Works Ahead!

We're thrilled to share that work on transforming our Quad space will begin over the Easter break. The main construction will take place over the summer holidays – bringing us closer to having our immersive classroom and breakout spaces. Watch this space – the transformation is about to begin!

Wrap Around Care – Recruitment Now Live!

Following our consultation earlier this year, plans to open our own school-based wrap around care facility are moving ahead. We are now advertising for a [Club Manager](#) and [Club Assistants](#) to join our team and help us bring this exciting new provision to life. The aim is to launch the facility in September, offering care for children after school each day until 6pm. We're keen to recruit a fantastic team who can create a safe, fun and nurturing environment for our pupils. If you're interested, or know someone who might be a great fit, please do share the details of the roles.

Mrs Worthington
Head Teacher

Don't forget – we're still seeking items for our Opal Bingo competition! It's time for a spring clean...!

Opal Bingo!

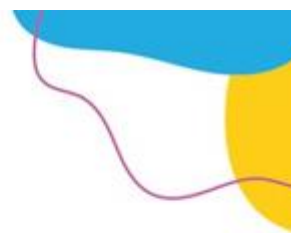


Buckets and spades	Pots and pans	Sheets and blankets
Dressing up clothes	Guttering	Pallets
Kitchen utensils (nothing sharp!)	Wheeled suitcases	Planks of wood

Mental Health in Schools – Tips for Helping Children with Sleep



Mental Health in Schools Team
Tips For Wellness



Tips for helping your child with sleep

Quality sleep is essential for children's growth, development, concentration, memory and problem-solving abilities, immune system, emotion regulation, behaviour and mood! Poor sleep habits at a young age can lead to longer term sleep problems. The recommended hours of sleep for children and young people are:

Primary age
children
9-11 hours

Adolescents
8-10 hours

Our top tips:

1. Keep a **sleep diary** – you may be able to identify patterns of poor sleep and factors that may be having an impact on your child's sleep quality. Do you notice they find it harder to get to sleep after doing an activity in the evening? Or do you notice their sleep is affected by what they have eaten that day? Try making changes to your child's normal routine and record any changes in the sleep diary.
2. Explore **environmental reasons** for sleep difficulties – is your child being over-stimulated at night? Are there any noises keeping them awake? Is their bedroom dark enough? Is their mattress comfy? Is the temperature of their bedroom cool?
3. Use **visual cues** – visual timetables or picture cards explaining your child's bedtime routine can help reduce anxiety, so children feel calmer and the evening is more relaxed for both you and your child.
4. Maintain a **regular routine** – keeping your child's bedtime the same, as well as the time they wake up in the morning, is important when improving your child's sleep quality.

Sleep guide for parents
(includes sleep diary template)



Top tips for improving your child's sleep:



Sleep guide for parents:



In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.

Mental Health in Schools – Be Active



Mental Health in Schools Team
Tips For Wellness



Be active

Moving our body every day can boost self-esteem, improve quality of sleep, contribute to better social skills and reduce feelings of anxiety. When we feel anxious, our bodies can experience the 'fight, flight, freeze' response. Our hearts beat faster, we sweat more, and our muscles tense; physical activity can help release these feelings!

Our brain also releases chemicals when we exercise, called endorphins, that make us feel good. Even just 10 minutes of fast walking can contribute to mental alertness, increased energy and positive mood.

Being active may be new to you, or you may already exercise regularly. Try to find an activity that you want to do, and you find enjoyable. It's okay if you aren't sure what this is yet, have a go at experimenting and why not start by checking out our ideas for being active below?

Our tips for being active:

1. **Add extra movement to your regular routine** – Can you change the way you travel to school? Could you walk or cycle to your friend's house, instead of travelling by car? If you need to use the car, think about parking further away to get some extra steps in!
2. You could engage in the '**Daily Mile**' as a class or whole school! This involves heading outside to run, wheel or walk around the school grounds for 15-minutes every day, at whatever pace suits you.
3. **Try a new sport or activity** – This is a great way to improve your sporting ability, but also an opportunity to make new friends and feel part of a team.
4. **Dance to music** - Whilst it can be a good idea to join a sports club if you enjoy this type of activity, we can still be active whilst listening to music and having fun! You could dance to your favourite playlist whilst you are tidying your bedroom or helping your parents/carers around the house...you might even forget you are doing chores too!
5. **Get outdoors** and move your body in the fresh air. If the weather is cold or rainy, why not try Zumba, hula hooping, skipping, or yoga.

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.





Warwickshire Family
and Relationship
Support

Nurture Programme

10-week programme for parents/carers at:

Cawston Grange Primary School, Scholars drive, Cawston,
Rugby CV22 7GU

Date: 28th April 2025 – 14th July 2025

Day: Mondays

Time: 12:30 – 14:30

Being a parent is exciting and rewarding but there are also times when children behave in ways that are challenging.

The Nurturing programme helps deal with those challenges so that you can have a calmer, happier life.

The 10-week Nurture Programme gives parents/carers practical tools and information to support you to raise happy, confident, and emotionally resilient children.

Eventbrite
page:



For enquires please email: New.n1@welearn365.com

PTA

Get ready for the ultimate Joules Outlet Sale – with amazing discounts on brand new clothing, accessories, and homeware! From stylish jackets to cosy sweaters, this is your chance to grab your favourite Joules pieces at unbeatable prices. With less than a week to go, tickets are selling fast, and we can't guarantee any on-the-door sales, so be sure to secure yours now before it's too late! This event is open to everyone – don't miss out on these fantastic deals!

Buy tickets here <https://friends-of-cawston-grange-pta.sumupstore.com/>



Weekly Online Safety Bulletin – Age Ratings

This week's free online safety guide focuses on BBFC and PEGI age ratings. It examines how ratings help to address a range of potential risks such as violence, sexual content and profanity.

Kilsby Lane Football Tournaments

Over the course of the year, our mixed team and girls' team have been competing in a Thursday night league at Kilsby Lane. Both tournaments have now concluded and all teams represented the school brilliantly and were strong competitors in all matches. Over 40 children represented the school over the tournament nights demonstrating the strength of interest in football across both boys and girls at the school. Thanks to everyone who took part or came to support.

Playtime Snacks

Key Stage 2 children are allowed to bring a snack from home to eat at playtime. Please ensure that this is either a piece of fruit or a cereal bar (nut free). Many children are taking items such as packets of crisps or sandwiches from their lunchboxes but these should be eaten at lunch, not playtime. We have also reminded the children of this in school



Breakfast Club

Just a reminder that bookings and payment for breakfast club places is via SCOPAY, all breakfast places must be pre booked 5 days in advance. Any questions please contact the school office

School Lunches – SwiftKitchen app

Remember that if your child is having a hot school dinner, meals need to be booked no later than 9am via your Swiftkitchen app. If you have booked a lunch and no longer require please cancel it before 9am on the day, as we are unable to remove orders.

Stir will be increasing their prices to £2.60 per meal starting from 31st March 2025.



School Year

2024/2025

Diary Dates – Spring Term 2025

Diary Dates – Spring Term 2025

March 2025		
28/03/25	Year 1 Red Pandas DT Workshop	2pm, Please book places via SCOPAY account
31/03/25	Last Week of Teacher Led After School Clubs	
April 2025		
01/04/25	Year 1 West Lodge Farm Trip	Consent and payment via SCOPAY accounts
03/04/25	Year 2 Seaside Day Workshop	Consent and payment via SCOPAY accounts
03/04/25	PTA Joules Outlet Sales Evening	Booking via PTA
05/04/25	Years 5 & 6 Primary School Swimming Gala	More details to follow, teams to be selected
07/04/25	RockSteady Concert to parents with children attending RockSteady Club	2.30pm School hall
08/04/25 & 09/04/25	Year 4 Pirates V's Mermaids Performance, 2pm	Book your seat via SCOPAY, Maximum of 2 adults per child
8/04/25 & 10/04/25	Parents evening	Booking opening Monday 24 th March at 5pm Via SCOPAY accounts
11/04/25	PTA Easter Hunt	More details to follow
11/04/25	School Closes at 3.30pm for Easter	

Diary Dates – Summer Term 2025

April 2025		
28/04/25	School reopens at 8.40am	
28/04/25	Year 4 Egyptian Day Workshop	Consent and payment via SCOPAY accounts
30/04/25	Reception Twycross Zoo Trip	Consent and payment via SCOPAY accounts
May 2025		
05/05/25	Bank Holiday	School Closed to Pupils
06/05/25	Braiswick Class Photos	
21/05/25-23/05/24	Year 6 Residential	
23/05/25	School Closes at 3.30pm for Half Term	

26/05/25 to 30/05/25 Half Term		
June 2025		
02/06/25	School reopens at 8.40am	
20/06/25	Designated Teacher Training Day	School Closed to Pupils
July 2025		
01/07/2025	Sports Day	Weather permitting
02/07/2025	Secondary School Induction Day	
05/07/25	Summer Sizzler	
7-18/07/25	Year 3 & 4 Swimming Lessons	More details to follow
17/07/25	Year 5 Trip to London	Consent and Payment via SCOPAY
18/07/25	School Closes at 3.30pm for Summer Holidays	

Please check dates regularly as more trips and events will be added as the year progresses.

Attachments

Mental Health in Schools – Tips for Helping Children with Sleep & Be Active
Weekly Online Safety Bulletin – Age Ratings



Here is the link to the March/May (Easter) digital version of Allsorts magazine
https://bit.ly/ALLSORTS_MARMAY
 - you can **tap** straight to advertisers' websites too when viewing the mag on your phone (please mention allsorts). There are lots of attraction to visit, services and articles to help your family. You can view this issue at www.allsortsmag.com too or on the allsorts Facebook page soon



The Frog and the Princess
Sunday 6 April, 14:30



Find out more and book now at
www.macreadytheatre.co.uk