



Parents' Weekly Newsletter

'Thriving to achieve our best - together'

04th December 2020



"Nothing beats kindness," said the horse. "It sits quietly beyond all things."

Message from Dr Craddock

Dear Parents and Carers,

As we are fast approaching Christmas with our glitter and sparkle season at West Moors Middle School, I want to reassure parents that we have some great activities in mind. Although Christmas will be different this year, I want to reassure you that it will remain special. As the lyrics go, 'It is the most wonderful time of the year.'

In tutor groups, we have been amazed at the festive decorations and with Elf Day today to raise money for the Alzheimer's Society, our classrooms all look incredible. We are also preparing a special virtual Christmas concert which we are all looking forward to watching! A link to this will be shared with everyone via our School's Twitter feed so please follow us on Twitter to keep up-to-date and see wonderful photos each day of our children's learning in action (Twitter: @west_moors).

Keep safe and have a great weekend.

Dr Craddock

Science

This week year 7 have been food testing in science. Yesterday they tested for starch and protein and today they have tested for lipids and sugars. The solution turns a bright orange colour when sugars are present. As you can see there are many different shades. Here we have two of our students who completed the experiment looking proud with their results! Well done year 7!



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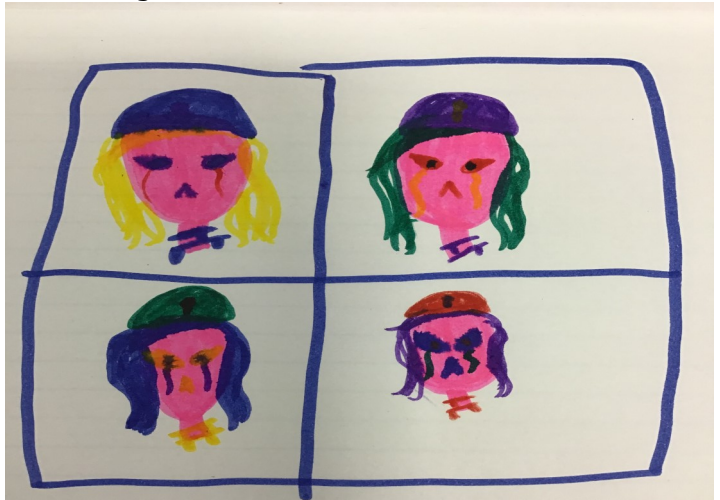
Head Teacher: Dr Deborah Craddock Deputy Head Teacher: Deborah East



Chameleon HQ

In Chameleon HQ this week, we have been learning about Pop Art. We researched Andy Warhol and had a go at creating some of our own Pop Art using a select range of colours.

Each week, we will now include a section in the newsletter on our 'Rights Respecting Schools Journey'. As we have previously shared, we were awarded Bronze: Rights Committed in July 2020, which is the first stage of the Rights Respecting Schools Award. It is primarily a planning stage for the second stage of the Rights Respecting Schools Award, Silver: Rights Committed, which we will be applying for in the new year. In order to continually embed the rights into our school, we have a weekly virtual assembly where we focus on an Article of the week. This week, we are looking at two articles, Articles 32 and 35 - Protection from Harmful Work & Prevention of Abduction, Sale and Trafficking. These mean that, 'Governments must protect children from economic exploitation and work that is dangerous or might harm their health, development or education. Governments must set a minimum age for children to work and ensure that work conditions are safe and appropriate' (Article 32) and that they must, 'Protect children from being abducted, sold or moved illegally to a different place in or outside their country for the purpose of exploitation' (Article 35). After the assembly, we then carry out activities in our tutor groups relating to the article of the week.



Christmas Decorations

All children have loved designing their own personalised Christmas tree decoration.



The importance of sleep for all children

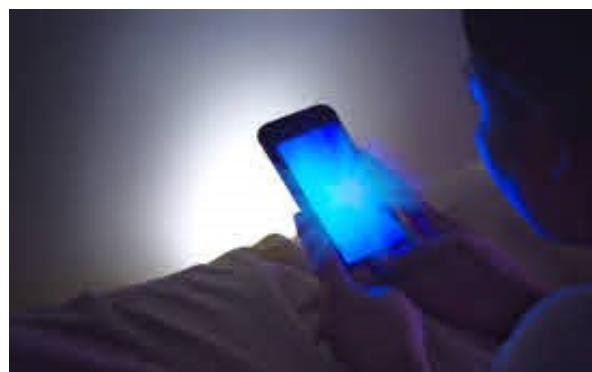
Sleep is really critical to developing young brains. The NHS recommendations below, details the amount of sleep that children require:-

9 Years - 10 hours

10 Years - 9 hours 45 minutes

11 Years - 9 hours 30 minutes

12 Years – 9 hours 15 minutes



Screen Time before children's Bedtimes

The Royal College of Paediatrics and Child Health (RCPCH) review of screen time harms found evidence of links between increased use and sleep disruption, obesity and mental health issues like anxiety and loneliness. In the first expert UK guidance aimed at helping parents prevent smartphones and console use becoming harmful, it has been advised that children should switch off screens an hour before bedtime.

PARENT SURVEY

To help us make sure we're providing the best standard of education for your children, we would value your views about our school. This will help us to celebrate and promote our strengths as a school, as well as listen and respond to feedback to further develop provision for our children.

To support, please can you take a few minutes to complete this short online survey- [CLICK HERE](#) the closing date will be Monday 14th December 2020. Your feedback is very important and will be shared with all of our hard working staff team as we endeavour to thrive and grow.



Christmas Lunch

KS2 - Wednesday 16th December 2020

KS3 - Thursday 17th December 2020

We would like to remind all parents to complete the form stating if your child would like a Christmas lunch or not. It is really important that the form is completed for each child individually. The form will need to be completed even if your child does not want a Christmas lunch and will therefore be bringing a packed lunch that day. Your support with this is very much appreciated.

Coats in Cold & Wet Weather

As the weather turns colder and often wetter, please make sure your children come to school with a coat so that they stay warm and dry when outside during lunch and break times. It is more important than ever that we go outside at break times, so that the children get fresh air and exercise.

Thank You

A huge thank you for all your generous donations. We raised a fantastic £106.85 towards the great cause, 'Children In Need' ! Thank you very much for all the donations to this year's Poppy Appeal too.



Health and Safety at the start and end of the school day

Can I please remind all parents to consider safety issues at the start and end of the day and to drive and park safely and considerately. For the safety of our children and local residents.



Finally.....For the latest news and updates and to see more photos of our children learning, please follow us on twitter at: [@west_moors](https://twitter.com/@west_moors)

School Year: Term Dates & Holidays 2020/21

Autumn Term 2020:

Term starts for students on Monday 2nd November
Term ends on Friday 18th December

Spring Term 2021:

Term starts for students on Tuesday 5th January
Term ends on Friday 12th February

Term starts for students on Tuesday 23rd February
Term ends on Thursday 1st April

Summer Term 2021:

Term starts for students on Monday 19th April
Bank Holiday: Monday 3rd May school closed
Term ends on Friday 28th May

Term starts for students on Tuesday 8th June
Term ends on Friday 23rd July

Inset Days:

Monday 4th January 2021

Monday 22nd February 2021

Monday 7th June 2021



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