



# Friday Flyer

Dear Families,  
 Welcome to this week's news.

INTERESTING ARTICLE OF THE WEEK

**CUDDLY KOALA!**

It was reported in the news last week a baby koala has been saved in Australia after it crawled onto a back porch on a freezing night. It cuddled into the fur of the family dog called Asha. You will be pleased to hear that the koala is now being looked after.



SILLIEST HEADLINE OF THE WEEK FROM iNewspaper  
**"Driver lets monkey take the wheel of a bus!"**

Find out more by checking out [bbc.co.uk/newsround](http://bbc.co.uk/newsround) or read **The Week** in our library.  
 From Tommy & Ellis your roving reporters!

**FLU IMMUNISATION**

Flu immunisation will be administered in school on **NOVEMBER 5<sup>th</sup>** for FS2 - Y5 pupils. You will need to register your child to receive the immunisation online. Please follow the link to 'Teesside schools' and insert the Skelton code 81716  
<http://www.hdft.nhs.uk/services/Childrens-services/fimms-cdurham-darlington-teesside/childhood-flu/> Or call 0300 303 1603

**This week's House Champions**



**Attendance**

Our Target - 97%+



Well done to Blue 2 & Red 2 who achieved 100% this week.



Whole school attendance - 96.7%

**Head Teacher Award**

	Reading	Behaviour Badge	Teacher's Choice
GREEN	Lexie Blows	Olly Ingram	Lilly-May Bryant
ORANGE	Spencer Codling	Lillie Connaughton	Finley Dundon
BLUE	Charlie Jones	Sophie Bartram	
YELLOW	Stanley Allan	Phoebe Beckwith	Jamie Porritt
BROWN	Ella Boyes	Emily Slater	
GREY	Mason Starling	Theo Briggs	Ellie Westbrook
PURPLE	Will Chapman	Millie Parkin	Diesel Mackenzie
RED	Joseph Bannister	Ellis Holmes	Star-Marie Benson

**PHOTOGRAPHS**

Thankyou to those of you who attended our photograph day on Wednesday. The children shone!

Due to very high numbers, we have approached Tempest to start family photographs later in the afternoon next year. In this way, there will be less disruption for the children and they can go straight home afterwards.

**HALLOWEEN DISCO**

**October 25<sup>th</sup>**

**HAVE YOUR SAY**

A Redcar & Cleveland travel survey is being undertaken. Please follow this link if you are interested in sharing your view: [www.ibyd.com/travelsurvey](http://www.ibyd.com/travelsurvey)

Chicken enchiladas with rice	Salmon and broccoli pasta bake	Roast beef with Yorkshire pudding, gravy and mashed potato	H A L L O W E E N	Fish of the day with chips
Roasted vegetable and bean wraps with rice	Vegetable moussaka	Quorn roast, Yorkshire pudding, gravy and mashed potato		Vegetarian sausage with onion, gravy and mash potato
Seasonal vegetables salad bar	Seasonal vegetables salad bar	Mash potato Seasonal vegetables salad bar		Chips or mash potato Seasonal vegetables salad bar
Chocolate and banana slice	Carrot and orange muffins	Apple berry fool		Oaty biscuits
Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt		Fresh fruit and yoghurt
Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection		Jacket potato and sandwich selection

What's for Lunch Next Week?

**Leeroy's Joke Corner**



How do you make a tissue dance?

Put a little boogie in it.

**Year 6 Parents - School admissions reminder**

Just a reminder that October 31st is the last day for school admissions paperwork to be returned to the local authority. Please ensure you complete and return correctly otherwise you may be allocated a school not of your choosing.

**Thank you to ...**

Jude Flynn-Kurej, Paige McLaren, Martha Brayshaw, Isabelle Hedges, Connor Booth & William Keeler who helped Mrs Bentley on photo day!

**Next Week At A Glance**

Monday	Breakfast club 7.45am £1.20, no need to book Come for a cuppa 9am - ALL WELCOME 442 Multisports Rec-Y6 3 - 4.15 Tag Rugby Y5-Y6 3 - 4.15
Tuesday	Breakfast club 7.45am £1.20, no need to book Football Club Y3-Y6 3 - 4.15 Martial Arts Rec-Y6 3D Art Club Y5-Y6 3 - 4.15 Crochet Club Y6 3 - 4
Wednesday	Breakfast club 7.45am £1.20, no need to book St Nicholas Primary Music Festival - Start 1pm FILM CLUB: Matilda Finish: 4.30 Running Club Y2-Y6 3 - 4.15
Thursday	Breakfast club 7.45am £1.20, no need to book DISCO 442 Football - Rec-Y6 3 - 4.15 Singing for Fun - CANCELLED DUE TO DISCO Netball - CANCELLED DUE TO DISCO
Friday	Breakfast club 7.45am £1.20, no need to book Choir 8am

## **Bedtime routines- Advice and Support**

Parents often ask us for support and advice with managing their children at bedtime. Here are some top tips and information that may help ensure a good night's sleep for all.

When your child sleeps well, they are more settled, happy and ready for school the next day. Good-quality sleep helps your child concentrate, remember things and behave well. This helps them to be a successful learner.

At this age, children need **10-11 hours sleep a night**. They are usually tired after school and might look forward to bedtime from about 7.30 pm.

Some children fall deeply asleep very quickly when they go to bed. Others sleep lightly, fidgeting and muttering for up to 20 minutes, before getting into deep sleep. The first few hours of sleep are usually the most restful.

### **Relaxing before bed**

After a big day at school, your child might still be thinking about many of the day's events and worries. If they are still thinking or worried when they go to bed, it can cause a restless night or bad dreams. You can help your child settle and relax for sleep by playing gentle music or reading a story together.

Your child might sleep better at night if they:

- keep regular sleep and wake times, even at the weekend
- turns computers, tablets and TV off an hour before bedtime
- has a quiet and dimly lit place to sleep
- gets plenty of natural light during the day

## **Bedtime timetable**

A bedtime routine is very important at this age. It helps your child wind down from the day.

A bedtime routine might look like this, with older children it may be nearer to 9pm lights out:

- 6.45 pm: bath, pyjamas, brush teeth, go to the toilet.
- 7.15 pm: quiet time in the bedroom with a book and a bedtime story or quiet chat.
- 7.30 pm: goodnight and lights out.

## **Bed-wetting**

You might not hear parents of older children talking about it, but bedwetting is more common than you imagine. About ten percent of children aged five will wet their bed nearly every night. It is frustrating for you, and your child may be scared, sad and embarrassed.

For tips to prevent bedwetting visit:

<https://www.nhs.uk/conditions/bedwetting/treatment/#selfhelp>

