

Somerville News

Phone: 0151 638 5074

E-mail: schooloffice@somerville.wirral.sch.uk

Website: www.somerville.wirral.sch.uk

AIMING HIGH TOGETHER



SUMMER TERM - SPORTS DAY

After a long, wet Spring - summer is within touching distance. This means only one thing...SPORTS DAY. The new format Mr Shennan introduced last year worked really well so we will be doing the same again this year. Please find the dates below for each year group:

Tuesday 21st May - Year 6- 9:15-10:30, Year 5- 10:45-12:00

Wednesday 22nd May - Reception & Year 1- 9:15-10:30, Year 2- 10:45-12:00

Friday 24th May - Year 3- 9:15-10:30, Year 4- 10:45-12:00

We have moved the dates to be earlier this year to give us opportunity to rearrange if we have bad weather etc.

The event will be on the field at the back of our nursery school. Entrance will be through the public entrance on the field and NOT through the nursery school. Only Somerville children will be able to use the toilets in the nursery school. Adults and other children will be unable to use the facilities in the nursery school so will need to plan ahead.

SLEEP ASSEMBLY

This week the school has had an assembly delivered by CAMHS around the theme of sleep and the importance of a good nights sleep. Poor sleep can have an impact on physically and mentally. There are short term affects such as drowsiness, low mood, irritability and long lasting impacts. Did you know 75% of the human growth hormone is released in deep sleep. There have been numerous scientific studies, some still ongoing, on long term impact of poor sleep in children. Studies suggest long term it can lead to poor memory and concentration, behavioural problems, aggression, emotional distress, depression, poor school performance and even affect immune function and growth. When we see children struggling in school and we try to unpick why this is, often they are very tired, struggled to sleep the night before or went to bed late. CAMHS shared the strategies below with the children to support them in getting a good nights sleep.

- ★ Having a good routine that suits you and keeping this the same each night.
- ★ Devices have the blue light that stimulates the brain - put them away at least an hour before bedtime.
- ★ Down time - need relaxation time before bed, this is not device time. This could be reading, drawing, colouring, meditation, listening to a story - older children chapter books.
- ★ Worry time - get it off your chest well before bedtime - early evening - think decompress. Don't take those worries to bed.
- ★ Strengthen association between bedroom and sleep / relax space. Having devices in the bedroom disassociates the fact that the bedroom is for sleeping.

Dates for you Diary

Monday 6th May

May Day bank
holiday School
closed

Friday 10th May

Class photograph
day. ALL pupils to
be in school
uniform - no PE kits

Monday 13th May

KS2 SATs week

Monday 27 May - Friday 31st May

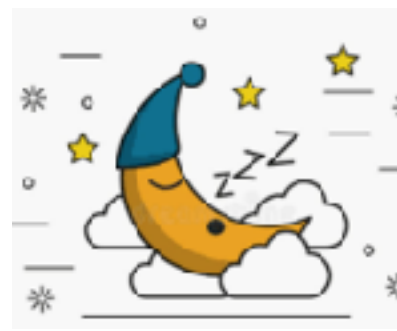
Half term - school
closed

Monday 3rd June

Inset day - School
closed

Tuesday 23rd July

Last day of term



ORACY FAMILY DISCUSSION POINT OF THE WEEK

What is your bedtime sleep routine? Does it help you have a good nights sleep so you are feeling fresh and ready for the following day?



FRENCH PHRASE OF THE WEEK

Ca va bien, merci - I'm fine, thank you

FREE SCHOOL DINNERS FOR ALL

There has been a national debate, in England, for a few years now on whether or not the universal free school dinners for key stage one children should continue throughout primary school like it does in Scotland and Wales. With the cost of living crisis not showing any signs of slowing down the debate is very much still ongoing. If this is something you strongly believe in and you wish to support this national campaign please visit the website below where there is more information and a link to the petition.

www.freeschoolmealsforall.org.uk

NO CHILD LEFT BEHIND

ABOUT | LONDON FOR ALL | NATIONAL TEAM | **SIGN THE PETITION**

FREE SCHOOL MEALS FOR ALL

We believe that every child should have a healthy school dinner, every day. It's that simple.

Will you join us?

TAKE ACTION NOW →

ECO UPDATE

Our eco team have asked for this information leaflet on hedgehogs to be included on this weeks newsletter. The team are wanting to be a hedgehog friendly school and wanted to share as much information as possible on hedgehogs.

HEDGEHOG-FRIENDLY FACTSHEET!



Our hedgehog is the West European Hedgehog. The African Pygmy Hedgehog is not native to the UK.

Hedgehogs are nocturnal. Contact the British Hedgehog Preservation Society on 01584890801 if you're worried about a hedgehog out in the day.



Photo: Alexandra Maddams via Hedgehog Street

Funded by the



British Hedgehog Preservation Society

Hedgehogs are vulnerable to extinction in Britain – they've declined by up to 50% since 2000



In the wild, hedgehogs forage mostly for bugs and grubs. However, if you want to feed hedgehogs a supplement, feed meaty cat or dog food.



Provide a shallow dish of fresh water for hedgehogs all year-round.



Hedgehogs usually hibernate in winter, when it's cold and there is less food. Most hedgehogs will move nests at least once in this time. They emerge from hibernation in spring and will be very hungry!



Photo: Jean Nicholls via Hedgehog Street

WORRIED ABOUT A HEDGEHOG?

Contact the British Hedgehog Preservation Society on 01584 890801



Wild areas are crucial for hedgehogs – they need them to feed, breed and nest.



Hedgehogs are lactose-intolerant! Don't give them milk or cheese.



Hedgehogs can travel up to 2 kilometres per night! Think like a hedgehog and make sure you provide gaps and holes for them to travel through!

Never pick up a hedgehog (unless it needs your help). Just observe them from a distance!



Photo: British Hedgehog Preservation Society



HOG FRIENDLY

For further information please contact Hog-Friendly on info@hedgehogfriendlycampus.co.uk